

MY QUIET MOMENTS COLOURING & CALM WORKBOOK

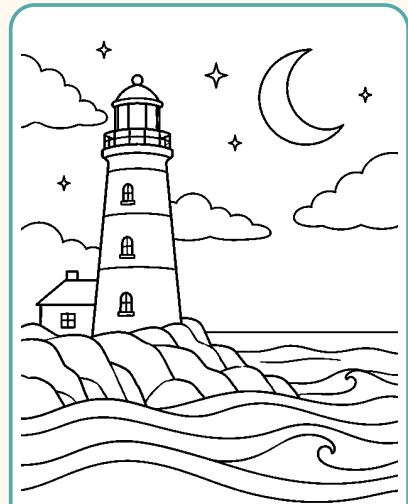
A gentle creative reset for busy minds



MOON & CLOUDS



COSY CAT



QUIET SHORE

PAUSE. COLOUR. NOTICE. BREATHE.

Choose a page, choose a colour, and take things at your own pace. You can write, draw, leave a space blank, or simply enjoy the pictures.

ARRIVING IN THIS MOMENT

There is no right place to begin. You can colour before you write.

You do not need to feel completely calm to use this page. Notice what is here, without judging it or trying to change it. You can skip any prompt, pause, or come back another time.

A small check-in

MY ENERGY

Low / steady / high / hard to tell

What do I notice in my body?

MY THOUGHTS

Busy / quiet / mixed / hard to name

What might help me feel present?

MY FEELINGS

Name one, several, or none

What feels important right now?

Choose a gentle intention

- ☐ I will go slowly.
- ☐ I will be curious, without judging myself.
- ☐ I can pause or stop whenever I need to.
- ☐ My own intention:

A reminder before you continue

There is no test to pass and no perfect way to use a colouring page. You can choose a familiar colour, make a pattern, scribble, or leave the page untouched. Any of those choices is okay.

What might help this moment feel a little easier?

QUIET NIGHT SKY

Let the shapes and stars hold your attention for a moment.

You might colour one cloud, one star or the whole page. There is no need to make anything look a certain way.



What helps my mind slow down, even a little?

What can I set aside for this short pause?

What would feel restful right now?

My colour-and-calm notes

Words, colours, patterns and unfinished thoughts are welcome here.

A COSY PLACE TO REST

Rest can be a small pause, in whatever way suits you.

Let the sleeping cat remind you that a pause does not need to be earned. Colour in the scene, notice your breathing, or simply look.



What helps me feel settled?

Where or when do I feel comfortable taking a pause?

What small comfort can I choose for myself?

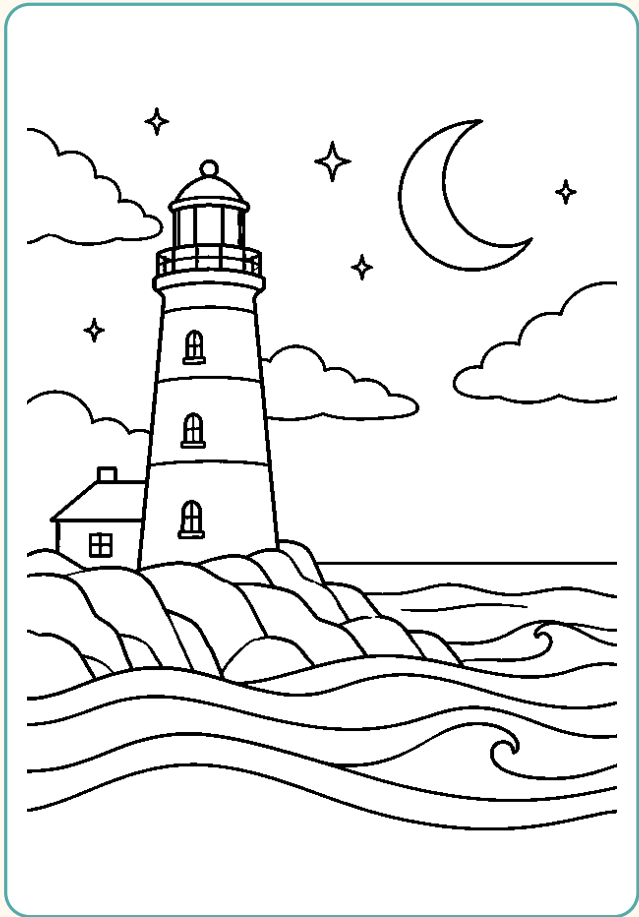
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A LIGHT ALONG THE SHORE

You can take the next moment one step at a time.

The lighthouse stays steady while the water moves. You can colour the scene and notice what helps you feel supported when things change.



What helps me through uncertain moments?

Who or what can help me feel supported?

What would a manageable next moment look like?

My colour-and-calm notes

Words, colours, patterns and unfinished thoughts are welcome here.

MY GENTLE RESET PLAN

Keep the parts that helped. Leave the rest.

After colouring, pause if you want to. You do not have to feel completely calm for this activity to have been worthwhile. A tiny shift, a new thought, or no change at all are all okay.

What I noticed

My body feels...

My thoughts feel...

My feelings feel...

My personal calm menu

When I have 2 minutes

Colour one small shape • notice my feet on the floor • take a quiet pause

When I have 10 minutes

Choose a familiar page • lower noise or demands • stretch or find a comfortable space

When things feel like too much

Put the pencil down • take a quiet break • connect with someone I trust

A gentle reminder

You do not have to finish a page, answer every question, or feel different. A pause is still worthwhile.