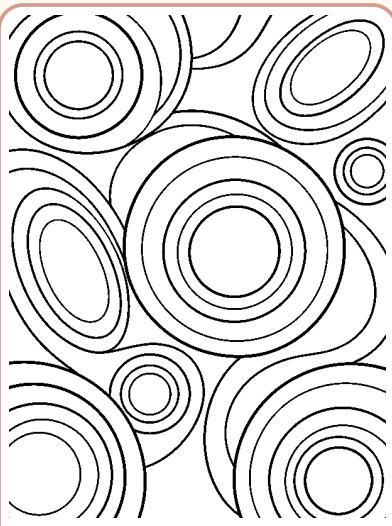
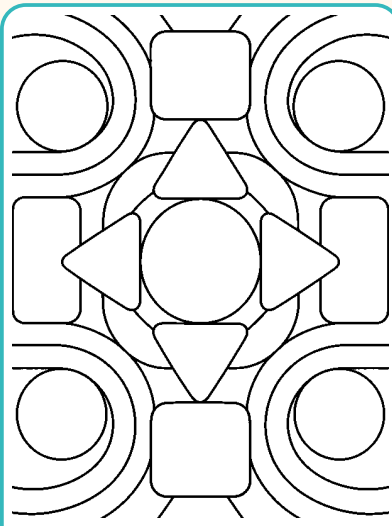


MY PATTERNS & CALM COLOURING WORKBOOK

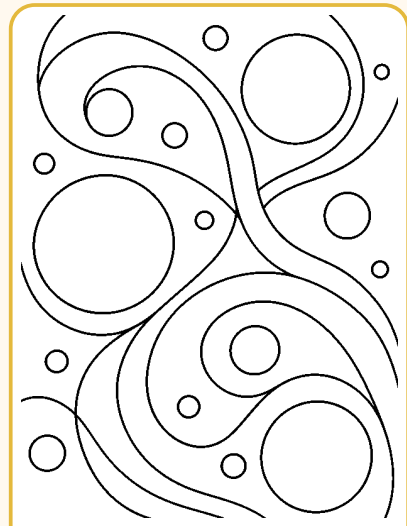
A gentle creative reset for busy minds



SOFT CIRCLES



SHAPES & LINES



FREE-FLOW PATTERNS

PAUSE. COLOUR. NOTICE. BREATHE.

Choose a pattern and a colour. Follow a line, fill a shape, or make your own marks. There is no right way to use this workbook.

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

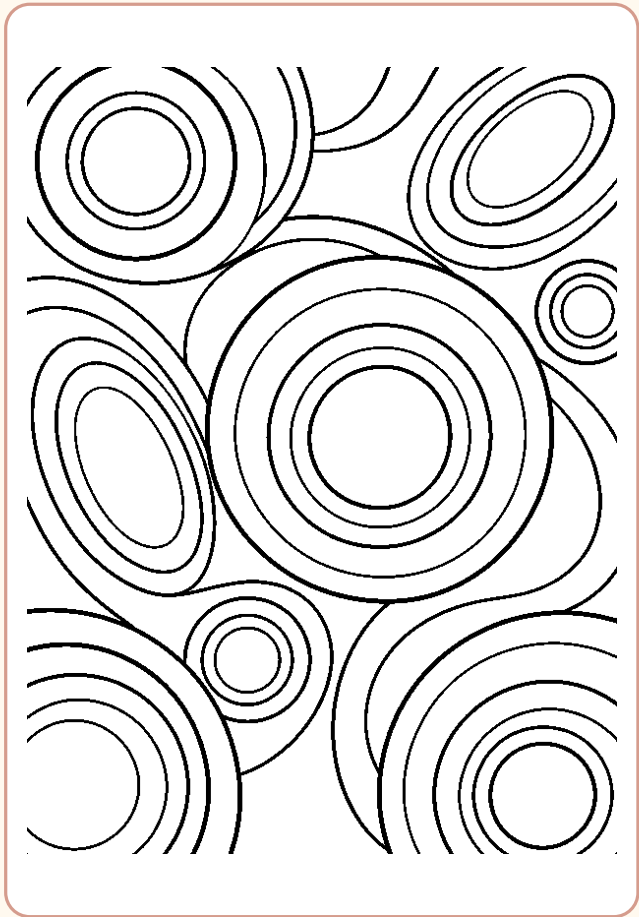
There is no test to pass and no perfect way to colour. Choose one colour, follow a line, make a pattern, or leave the page untouched. Any of those choices is okay.

What might help this moment feel a little easier?

SOFT CIRCLES

Start anywhere. Let the circles guide your colours.

Choose a colour for one shape or let your colours change as you go. You can follow a line, fill a circle, or look at the pattern without colouring.



Which shapes are easy to return to?

What colours feel comfortable today?

What do I notice as I colour?

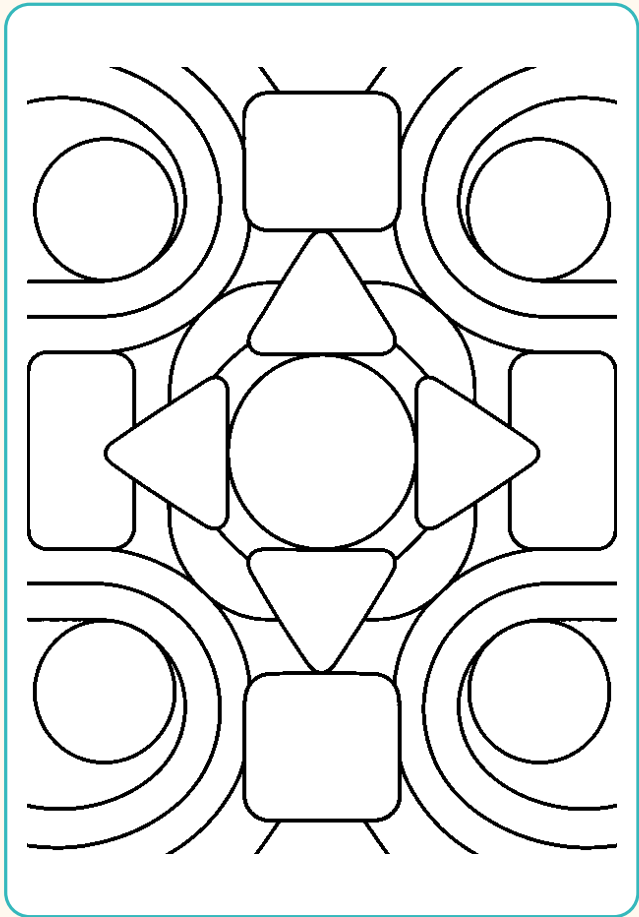
My colour-and-calm notes

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

SHAPES & LINES

Make your own pattern, one small section at a time.

There is no need to colour every shape or keep to a pattern. You can repeat one colour, change colours often, or leave open spaces.



Do any shapes or lines catch my attention?

Would I like more repetition or more variety?

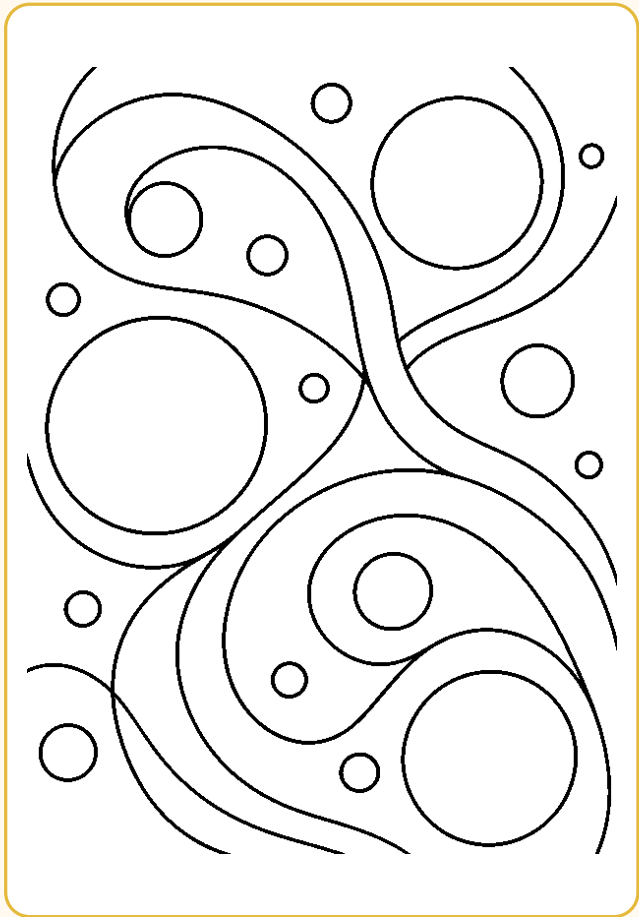
What happens if I leave some spaces blank?

My colour-and-calm notes
Words, colours, patterns and unfinished thoughts are welcome here.

FREE-FLOW PATTERNS

There is no beginning or ending you have to follow.

Move through the page in whatever direction feels comfortable. You can stop after one small part, add your own marks, or simply pause.



What can stay unfinished for now?

Where would I like a little more space?

What feels like a gentle next thing?

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 pattern • 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.