

ADULT COLOURING-IN

Colouring-in has lots of benefits for people of all ages. It's calming and gets your mind into focus. It's also a lot less pressure than drawing your own art.

Take time to note how you felt before and after completing this colour-in.
That way you'll know if it works for you!

HOW I FELT BEFORE:



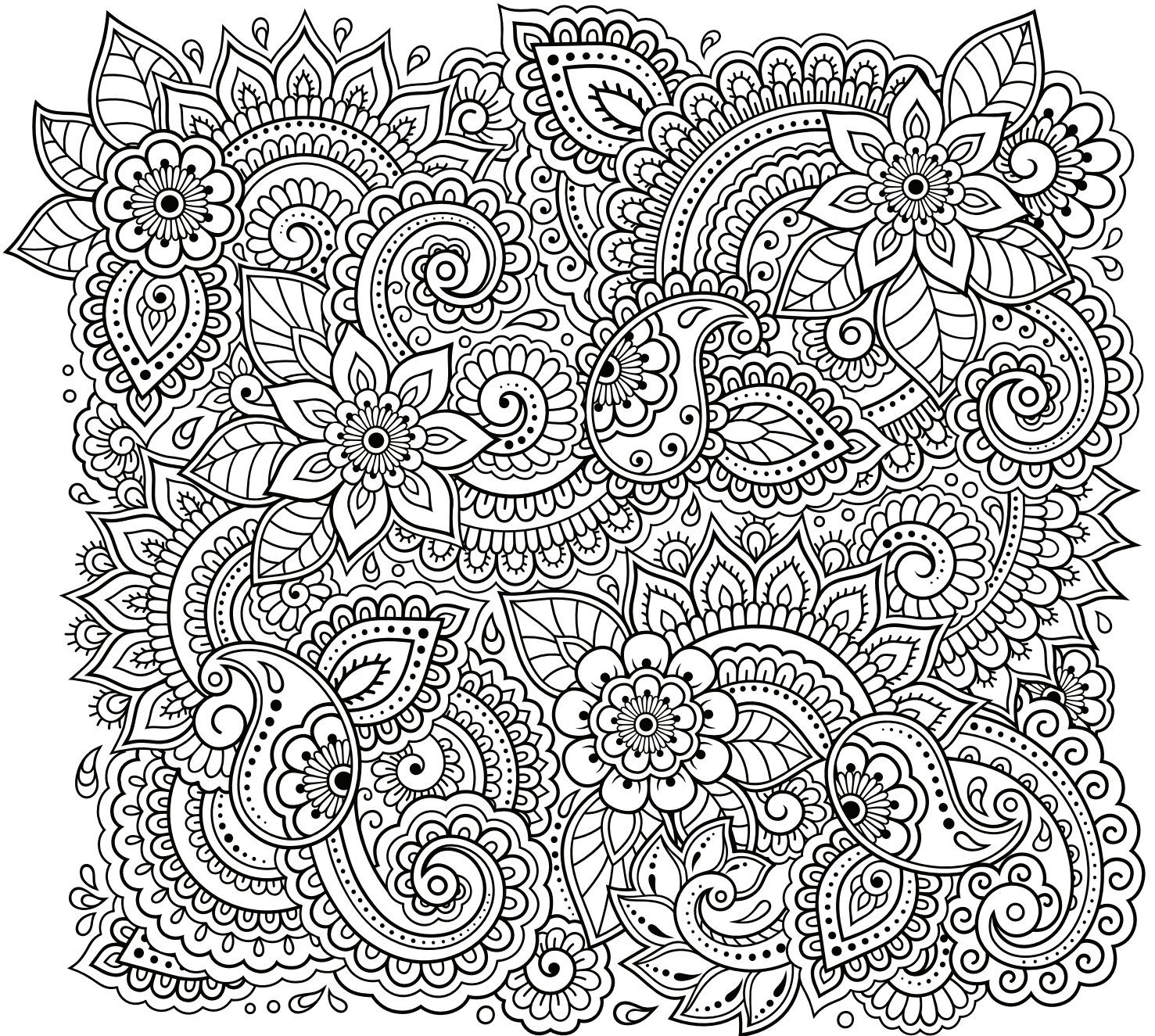
HOW I FELT AFTER:

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