



*Everyone needs a calm moment every now and then...*

*Mindfulness colouring sparks the logical and creative aspects of your brain into action, it's like fun exercise for your brain! You are keeping your brain active, healthy and also improving co-ordination. When colouring your brain remains in control of its thoughts and employs both sides of the cerebral cortex.*

*Harold and Life Education Canterbury have created some mindfulness colouring for you.*

*Picture 1 - just print and colour*

*Picture 2 - print and add your own patterns. Want some inspiration? Search 'Zentangle Patterns' to help you.*





