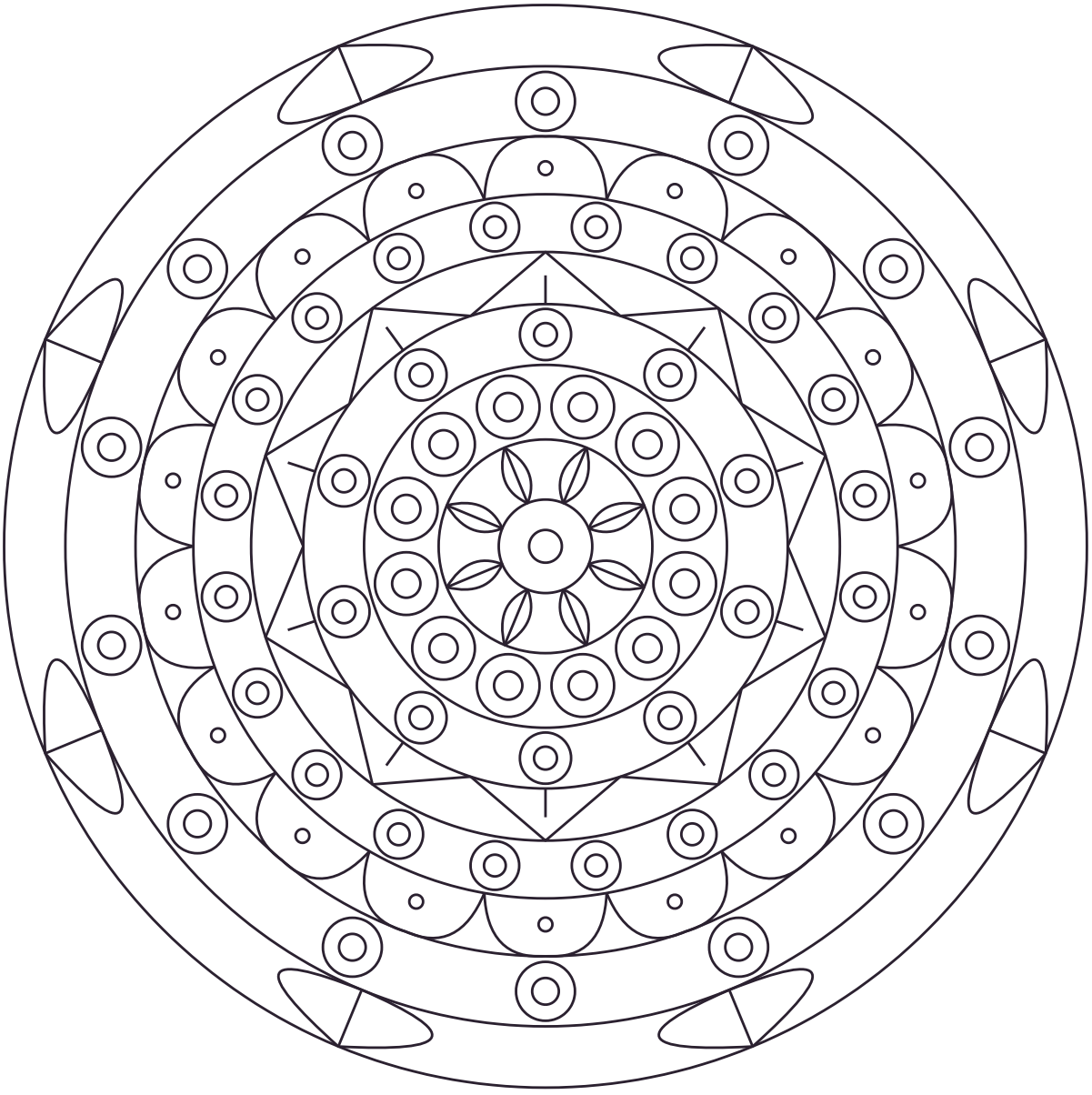
Calm circles

Start colouring from the centre and work outwards. Go slowly and notice your breathing as you colour.

Name: _____

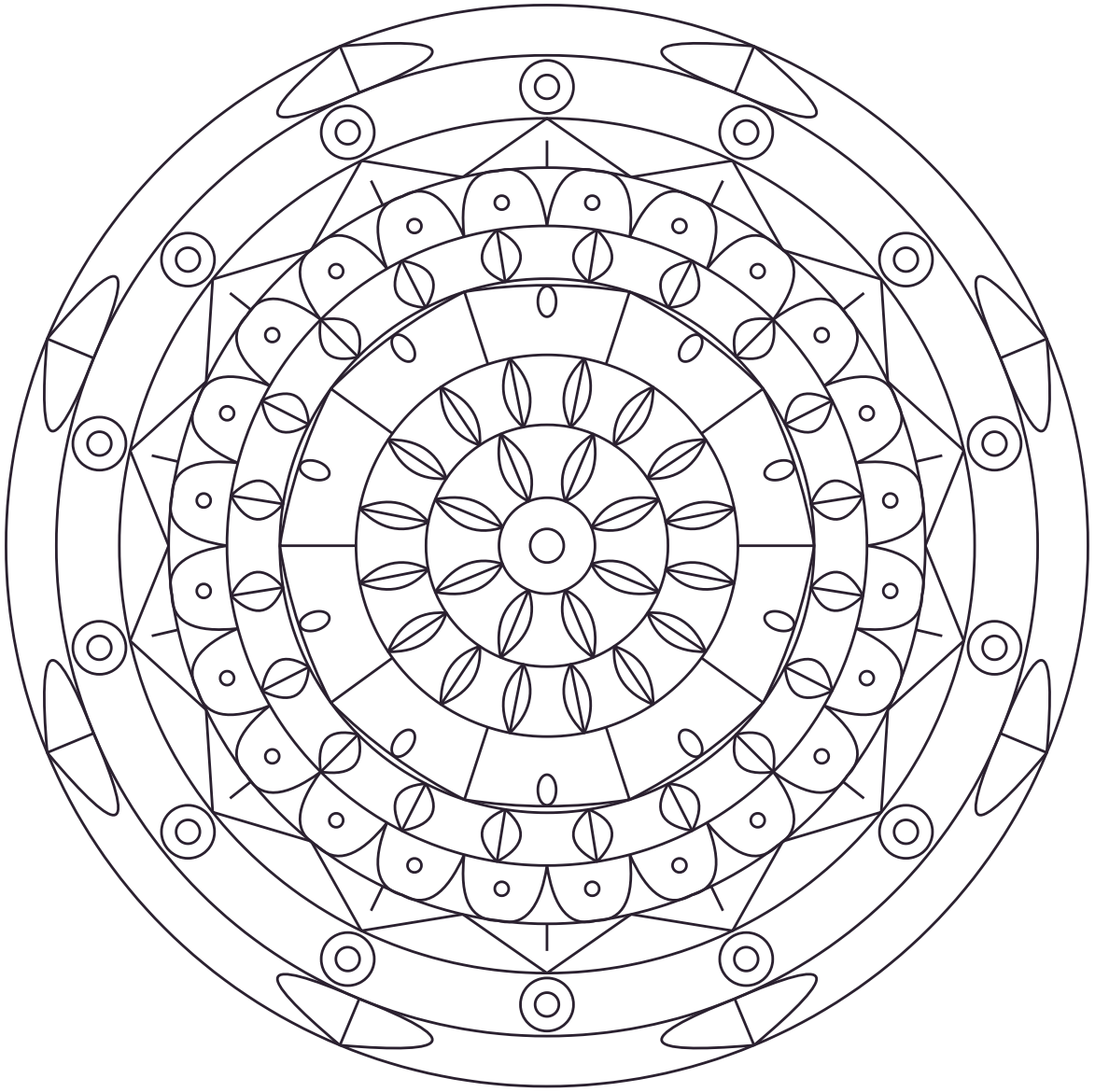


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Petals and stars

Choose three or four colours you love. There is no right or wrong way to colour a mandala.

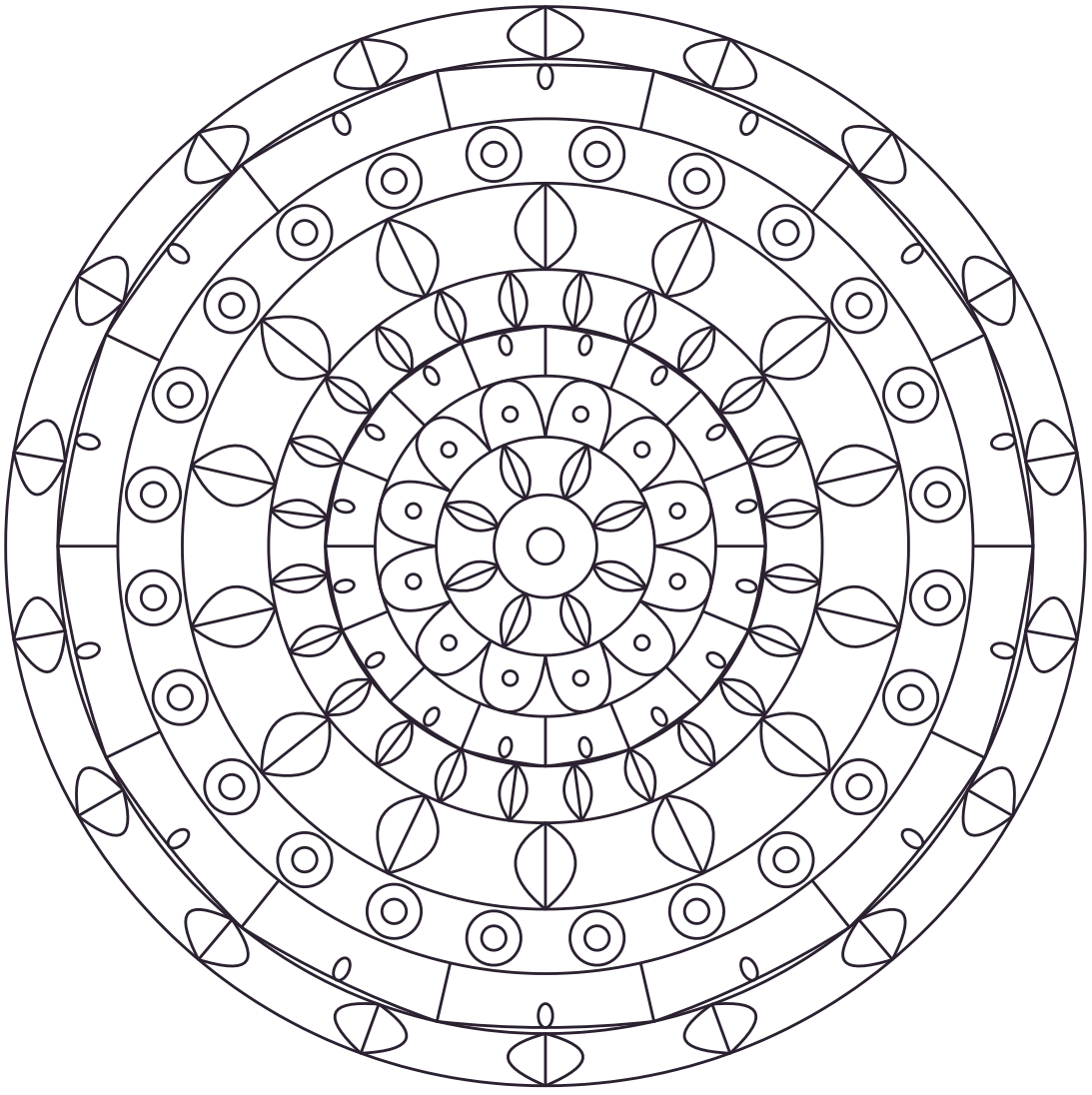
Name: _____



Sunrise wheel

Colour one ring at a time. When your mind wanders, gently come back to the next small shape.

Name: _____



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