



Disney

Stitch

WAVE YOUR
WORRIES AWAY

COLOURING
BOOK

A MINDFUL
COLOURING
JOURNEY



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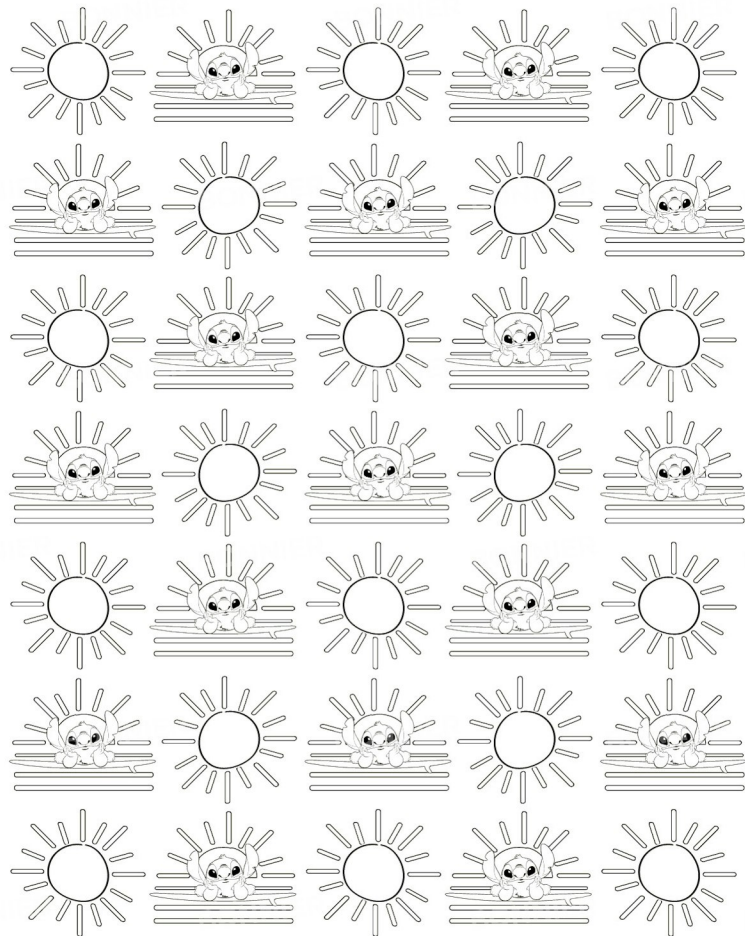
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Aloha! Welcome!

Your mindful journey awaits. Relax and unwind as you colour in Stitch and his friends and keep an eye out for their mindful tips.





KAUWELA



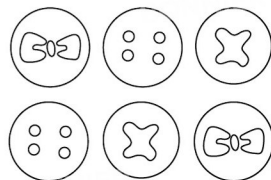
MEANS

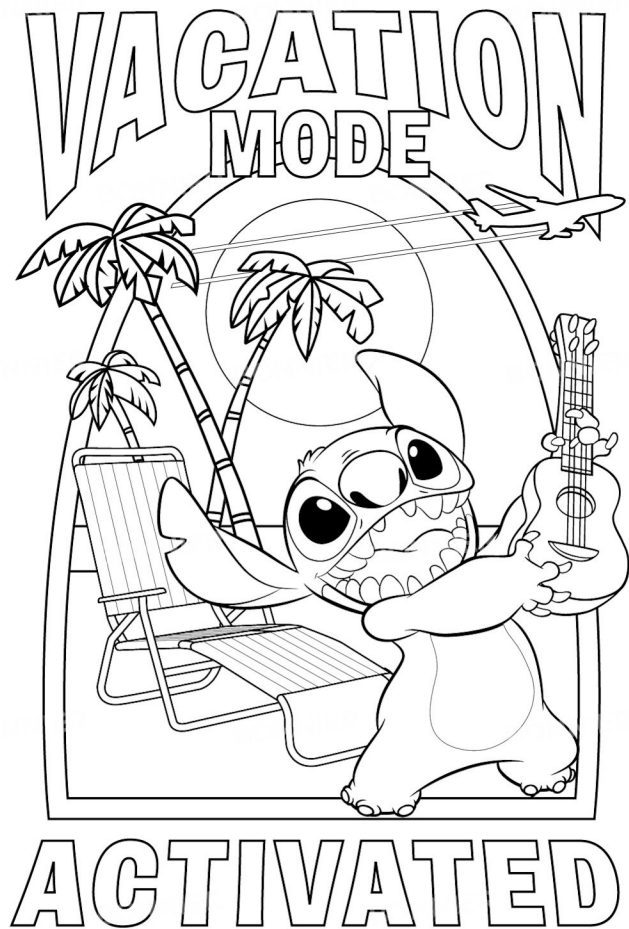
SUMMER IN

HAWAIIAN



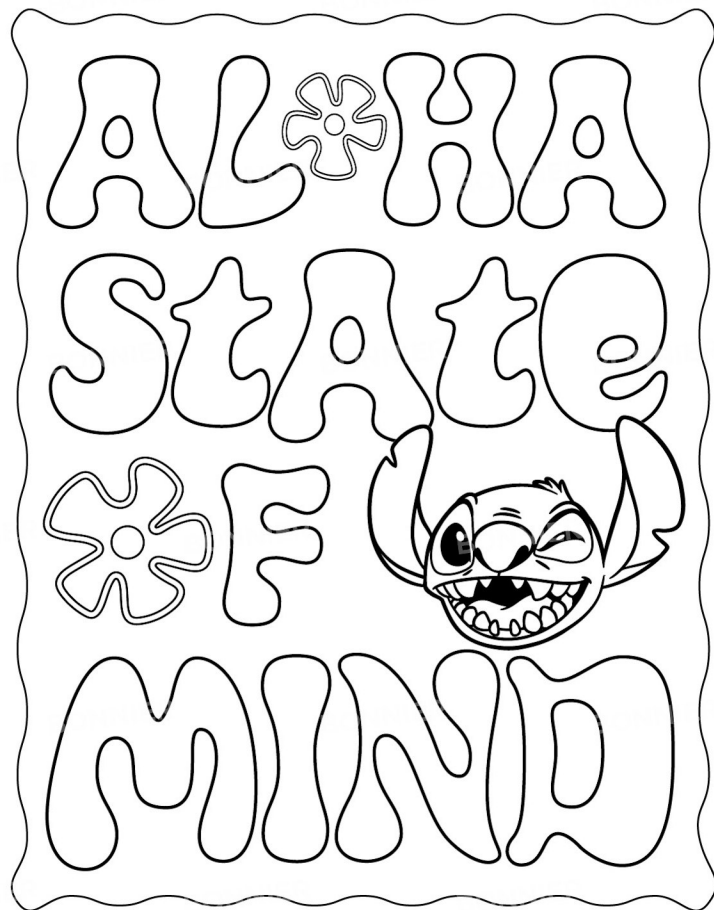
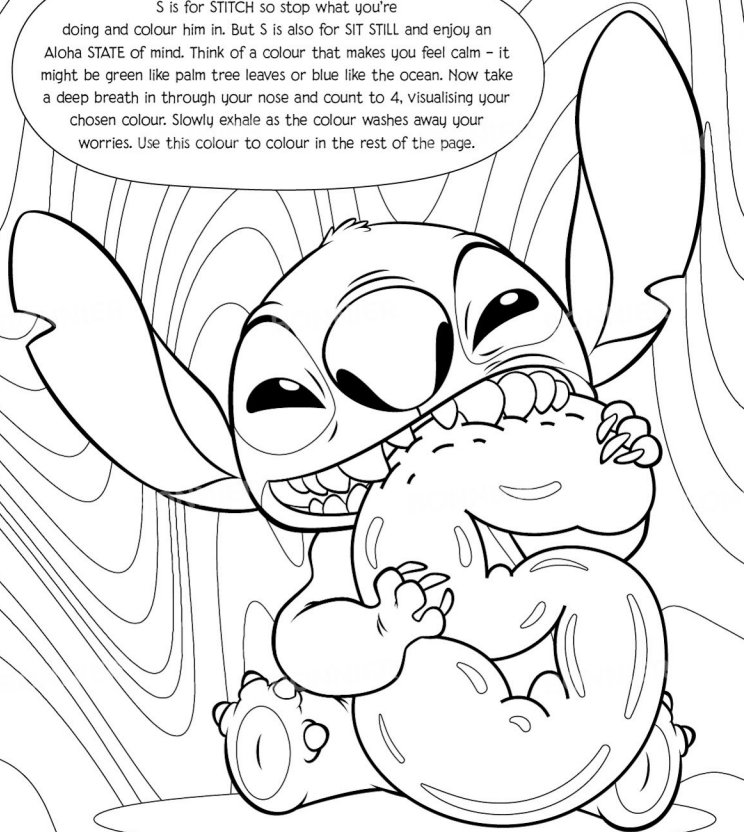
Good morning! Before you start your day, open the curtains and let the sun shine through the window. Take a seat and pause in your thoughts. Now close your eyes and picture the warm rays of the sun washing over you and clearing negative thoughts from your mind. With a calm sense of self, colour in this picture of Stitch and remember to relax throughout the day.







S is for STITCH so stop what you're doing and colour him in. But S is also for SIT STILL and enjoy an Aloha STATE of mind. Think of a colour that makes you feel calm – it might be green like palm tree leaves or blue like the ocean. Now take a deep breath in through your nose and count to 4, visualising your chosen colour. Slowly exhale as the colour washes away your worries. Use this colour to colour in the rest of the page.

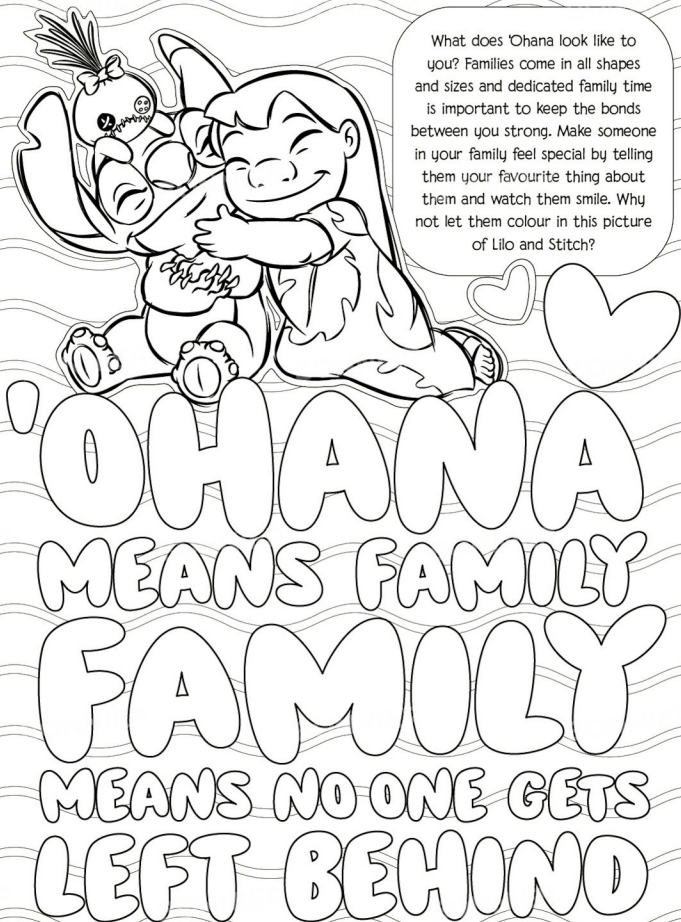




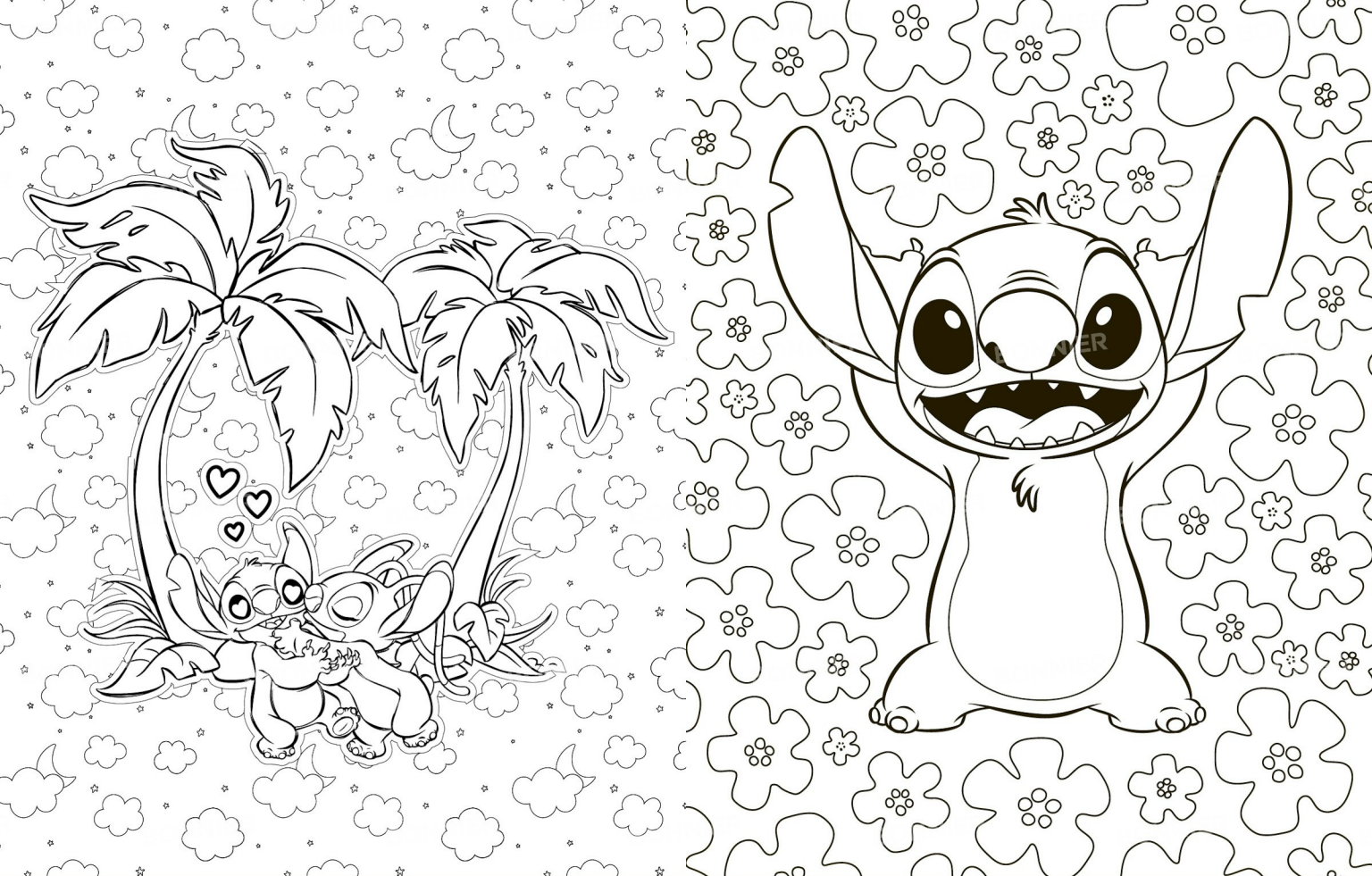


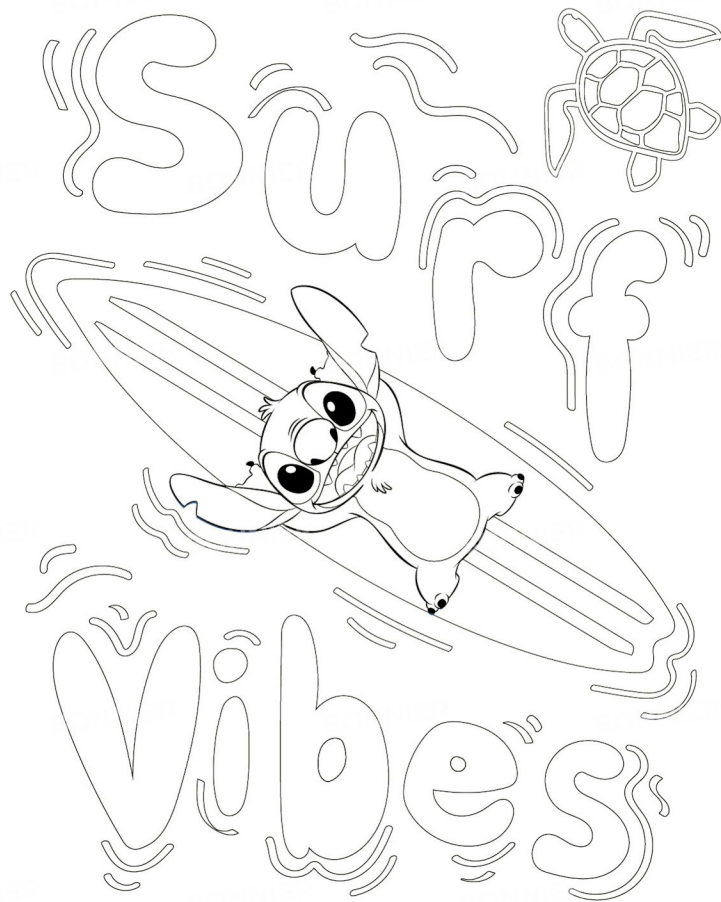
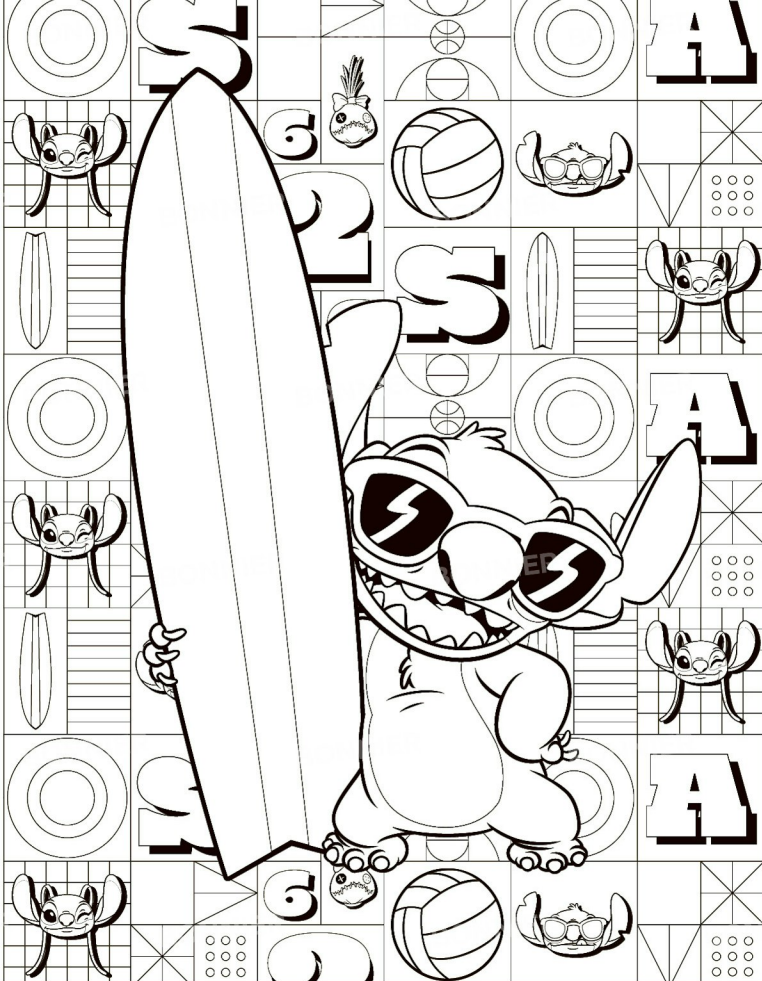


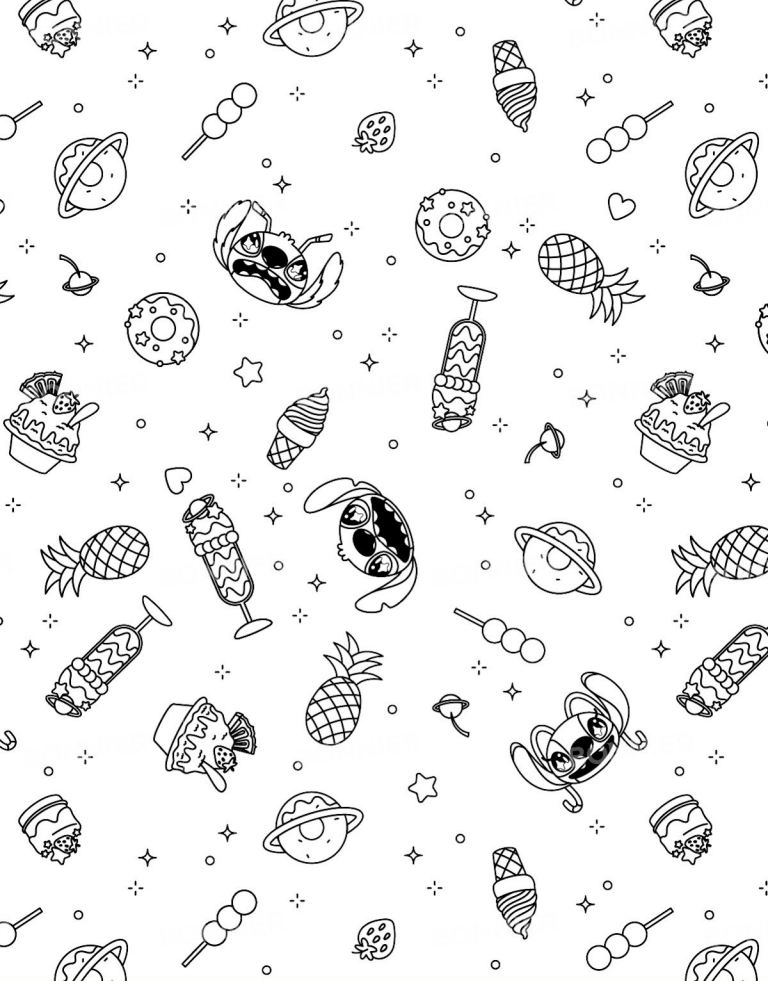
What does 'Ohana look like to you? Families come in all shapes and sizes and dedicated family time is important to keep the bonds between you strong. Make someone in your family feel special by telling them your favourite thing about them and watch them smile. Why not let them colour in this picture of Lilo and Stitch?



'OHANA
MEANS FAMILY
FAMILY
MEANS NO ONE GETS
LEFT BEHIND



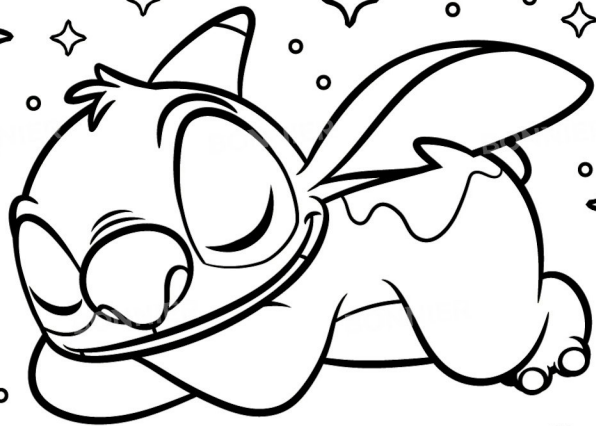




It's important to consume a diet consisting of all food groups, and that can include sugary treats. Don't restrict yourself entirely if you don't need to or feel guilty for enjoying a sweet snack every now and then - it's okay in moderation. Colour in this picture of Angel & Stitch taking an ice-cream break and grab one for yourself!



Don't Wake Me,



I BITE

DONUT
STOP ME!





I CAN

STILL

HEAR

THE WAVES



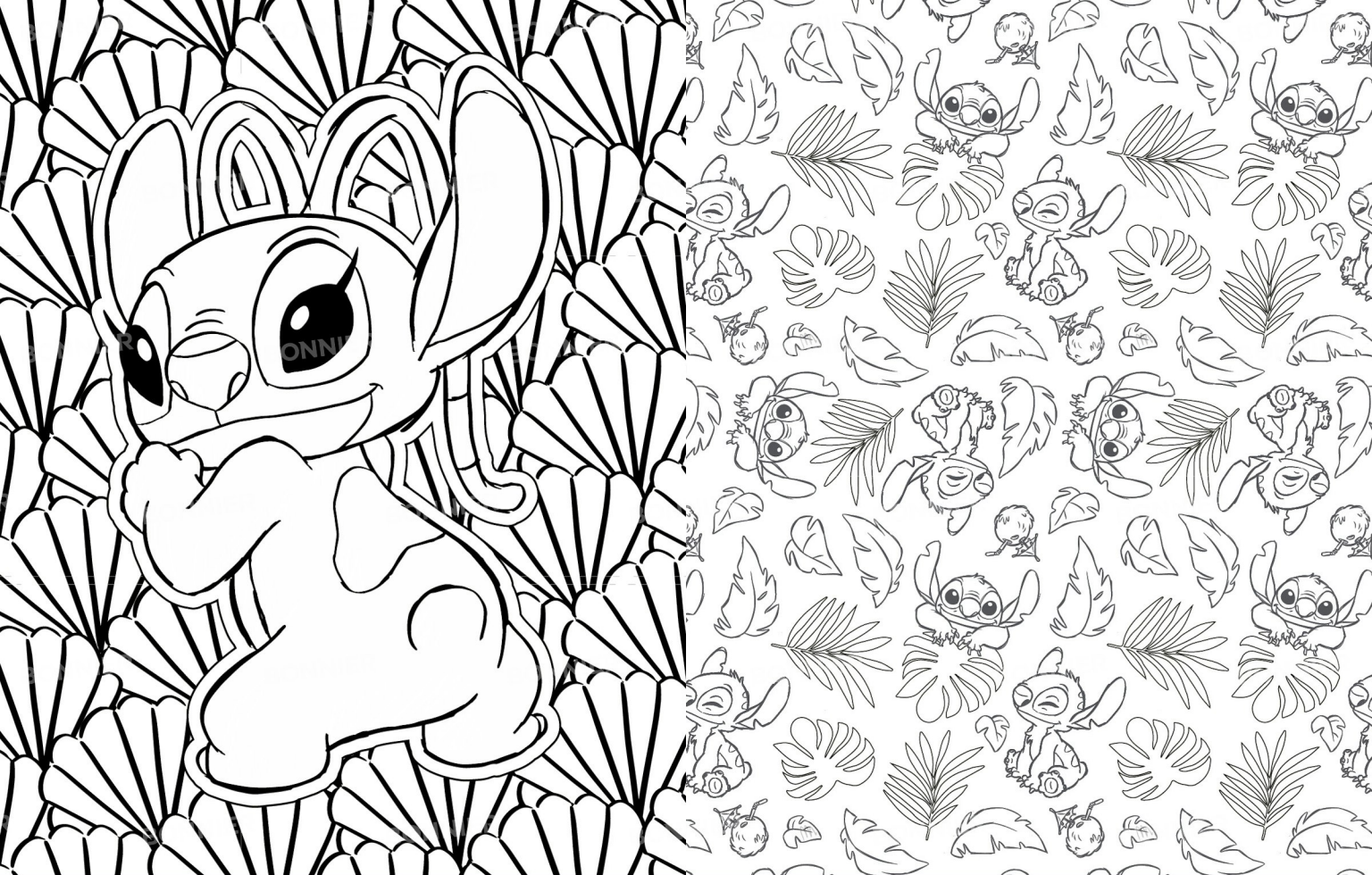
It's important
not to shy away from emotions.
If we don't take the time to feel our
feelings - the good and bad - they
can build up in our minds and cause
negative reactions. What are you
feeling at this very moment? Feel the
feeling while you colour in Stitch
and then let it pass like the
waves in the ocean.

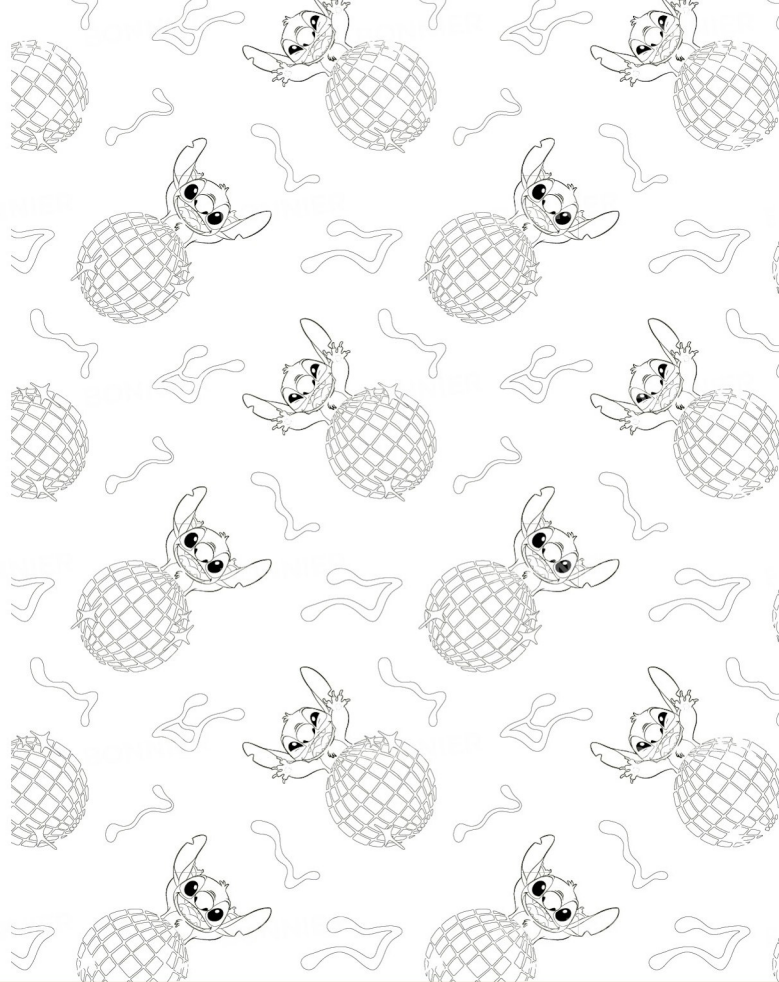
TASTES GOOD!

FEELS
GREAT!



STITCH
time to chill







We all have a little bit of alien in us - something that makes us unique. While you colour in Stitch, think of something that makes you different from your family and friends and why that makes you proud. Repeat these affirmations out loud:

I am special, I am loved and I am proud of who I am.





STITCH!





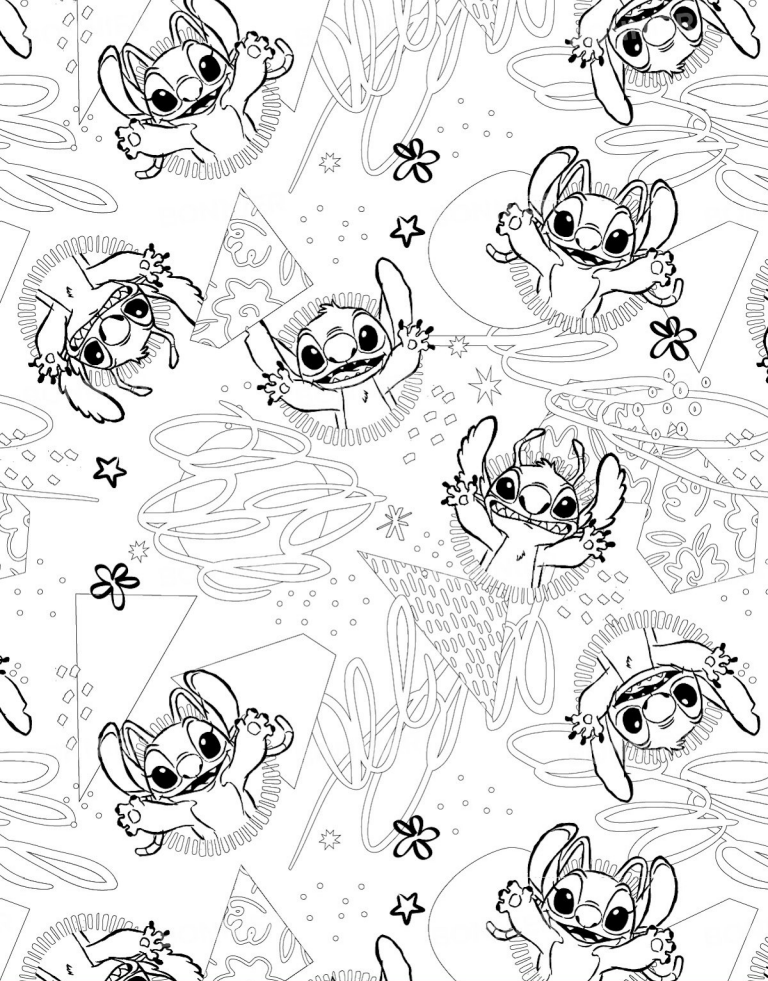
Colour in Stitch while he takes a break. Run yourself a bubble bath, hop in and close your eyes. Can you think of something that annoyed or upset you today? Take a deep breath and let go of that negative feeling. Picture the thought bursting like a bubble in the bath. You'll feel lighter.

Wash Away

★ YOUR TROUBLES ★

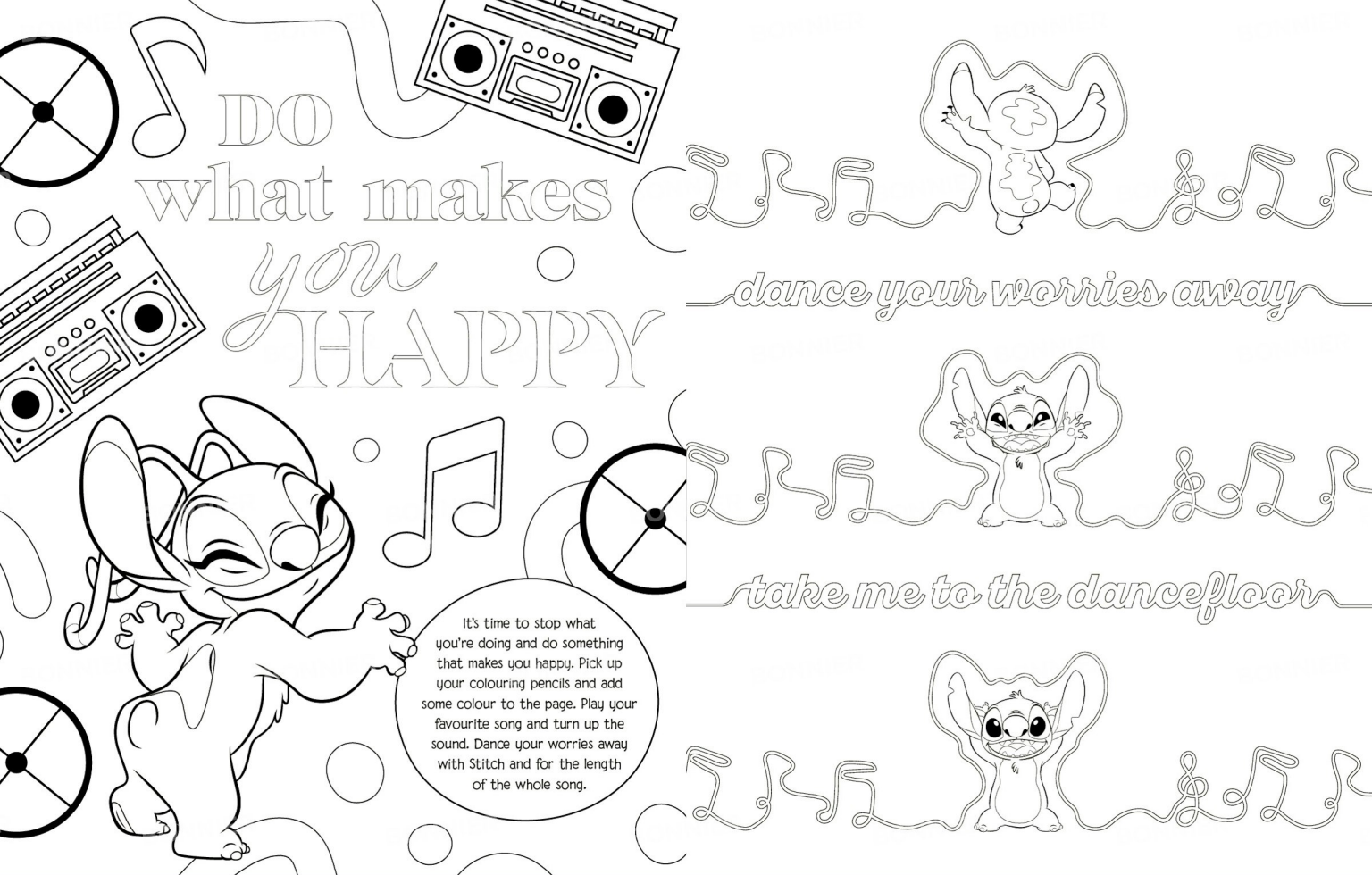
with some
bubbles!







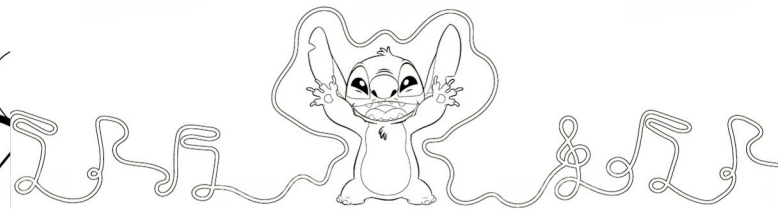
OK FINE
OK FINE
OK FINE
OK FINE
OK FINE
OK FINE



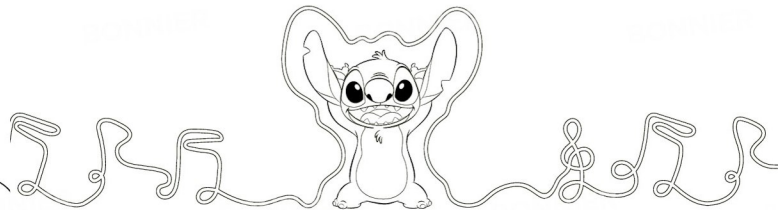
DO
what makes
you
HAPPY



—dance your worries away—



—take me to the dance floor—

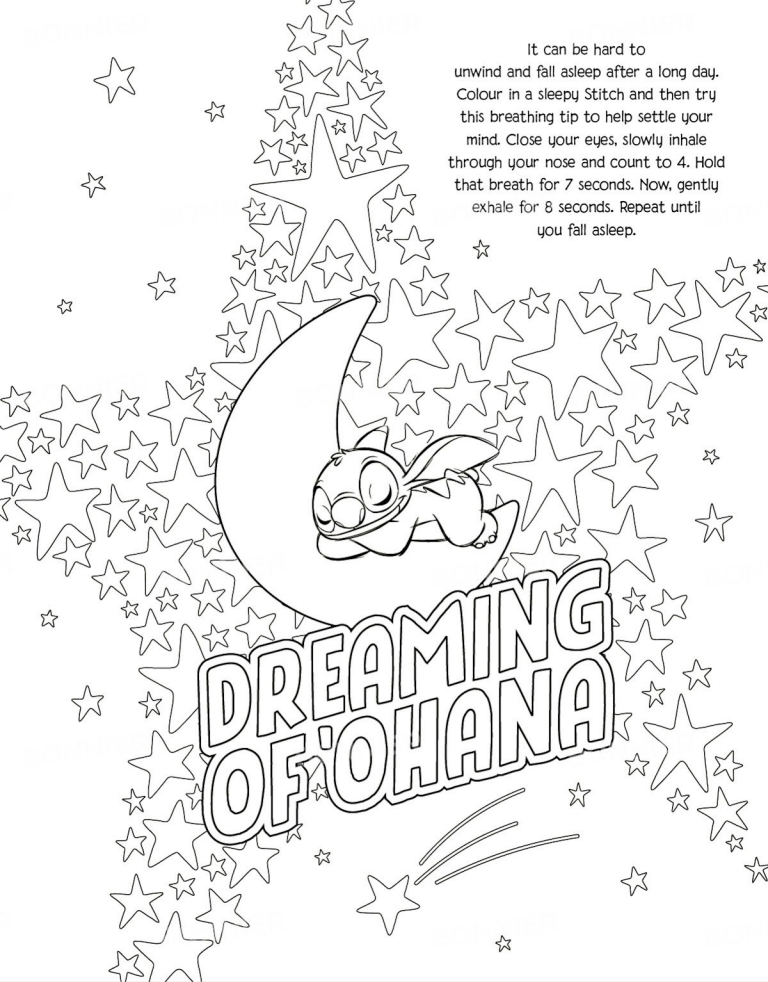


It's time to stop what
you're doing and do something
that makes you happy. Pick up
your colouring pencils and add
some colour to the page. Play your
favourite song and turn up the
sound. Dance your worries away
with Stitch and for the length
of the whole song.





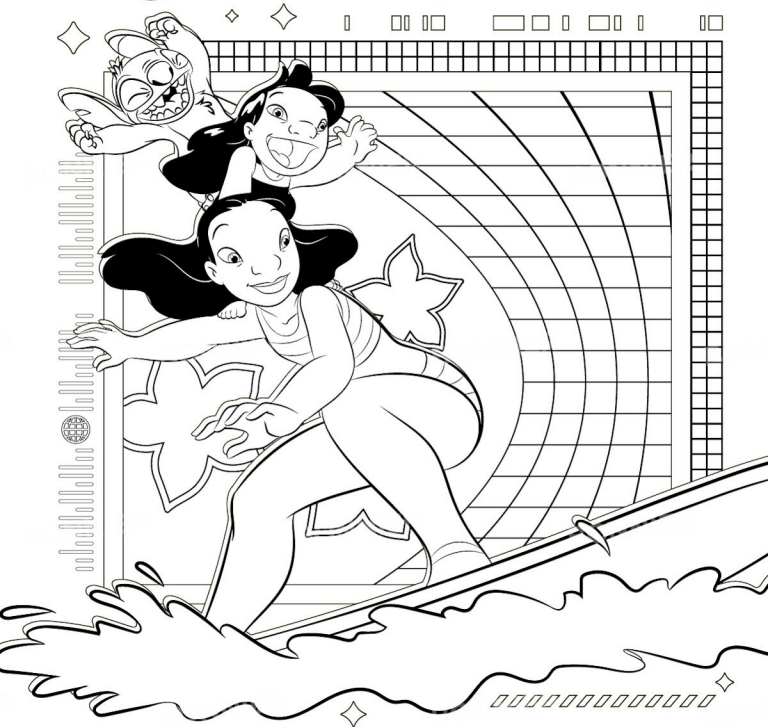
It can be hard to unwind and fall asleep after a long day. Colour in a sleepy Stitch and then try this breathing tip to help settle your mind. Close your eyes, slowly inhale through your nose and count to 4. Hold that breath for 7 seconds. Now, gently exhale for 8 seconds. Repeat until you fall asleep.



'O
H
A
N
A



GO HANA

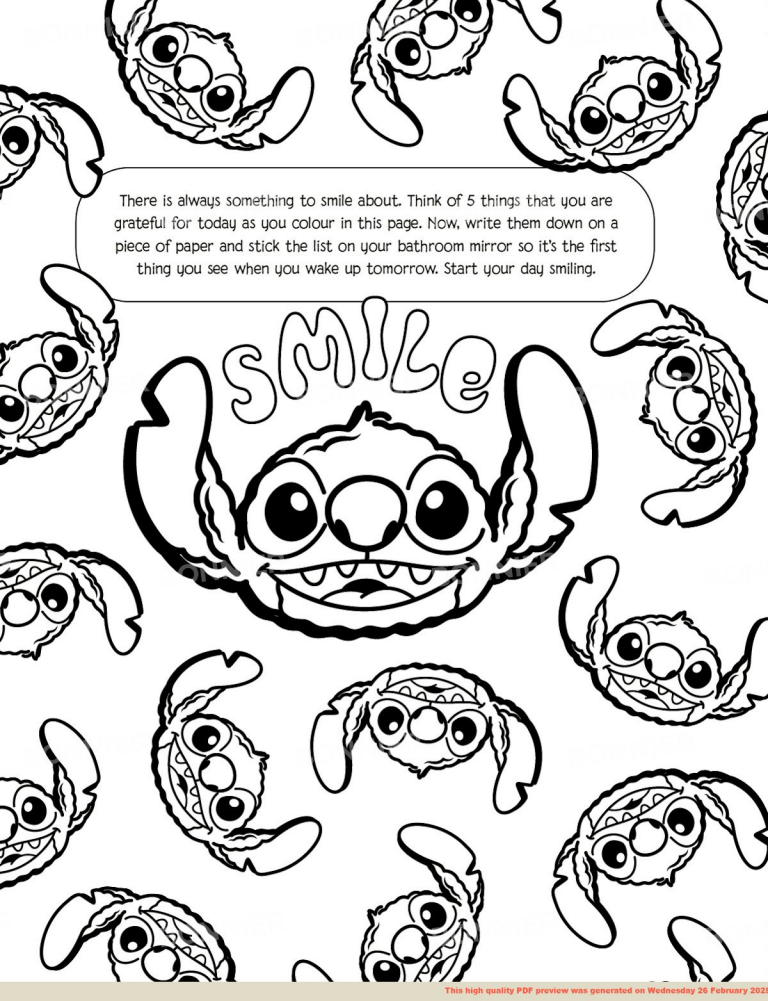
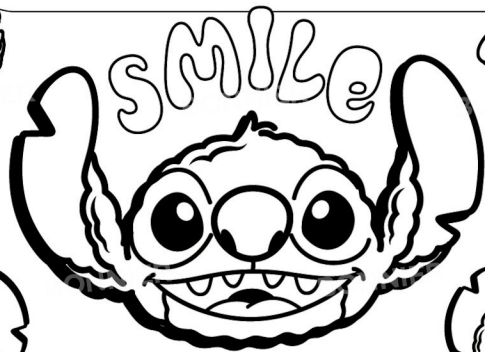


THIS IS MY FAMILY
I FOUND IT ON MY OWN,
IT'S LITTLE
AND BROKEN
BUT STILL
GOOD





There is always something to smile about. Think of 5 things that you are grateful for today as you colour in this page. Now, write them down on a piece of paper and stick the list on your bathroom mirror so it's the first thing you see when you wake up tomorrow. Start your day smiling.



BONNIER

BONNIER

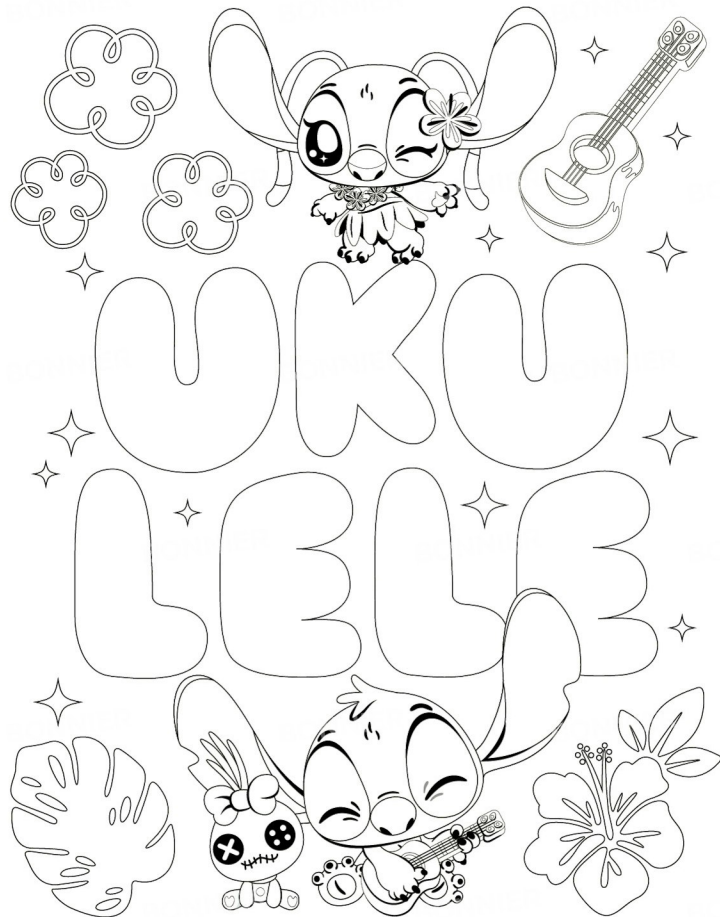
BONNIER

Don't disturb

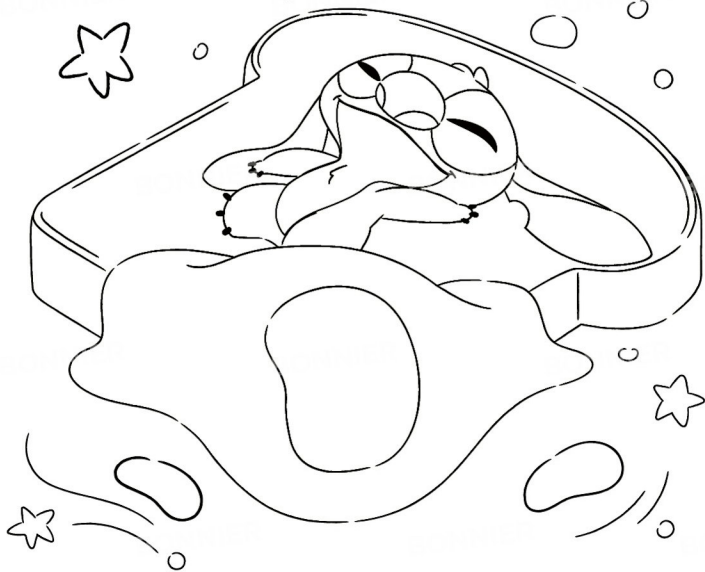


my CHILL





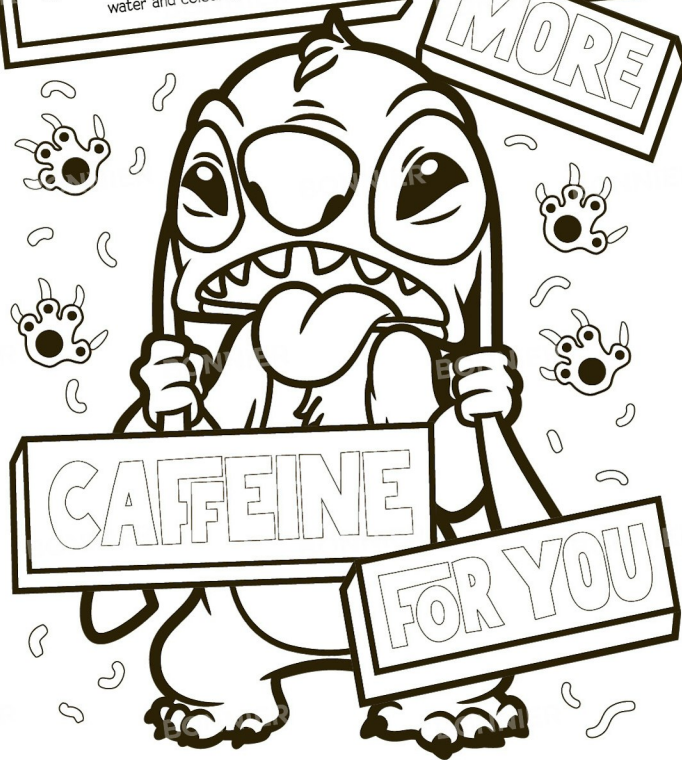
EGG-CELLENT DREAMS

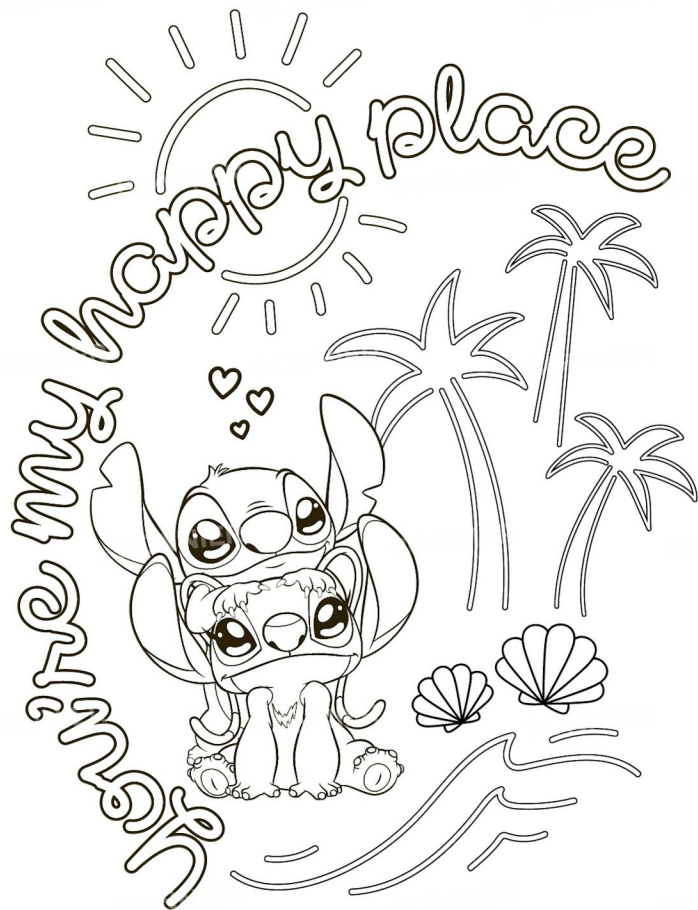


Stitch has had too much coffee! How many glasses of water have you had today? It's recommended that adults need around 6-8 glasses of water a day but it's easy to opt for a caffeinated or sugary drink for energy. Try to avoid caffeine before bed. Instead of tea or coffee, pour yourself a glass of water and colour in this page.

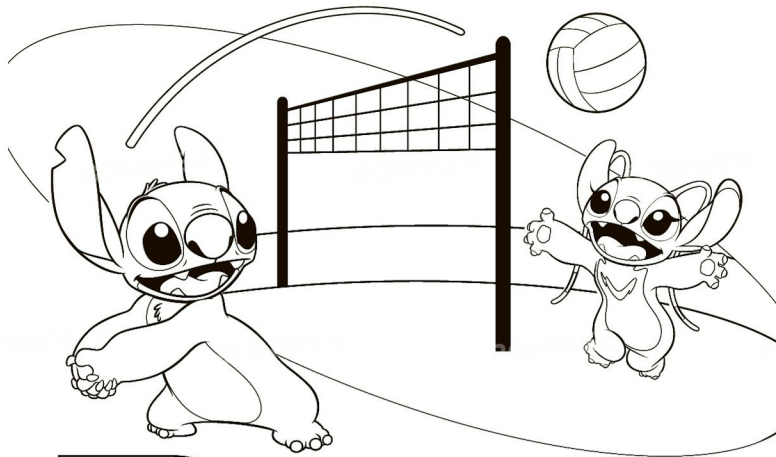
NO

MORE





Volley



Ball



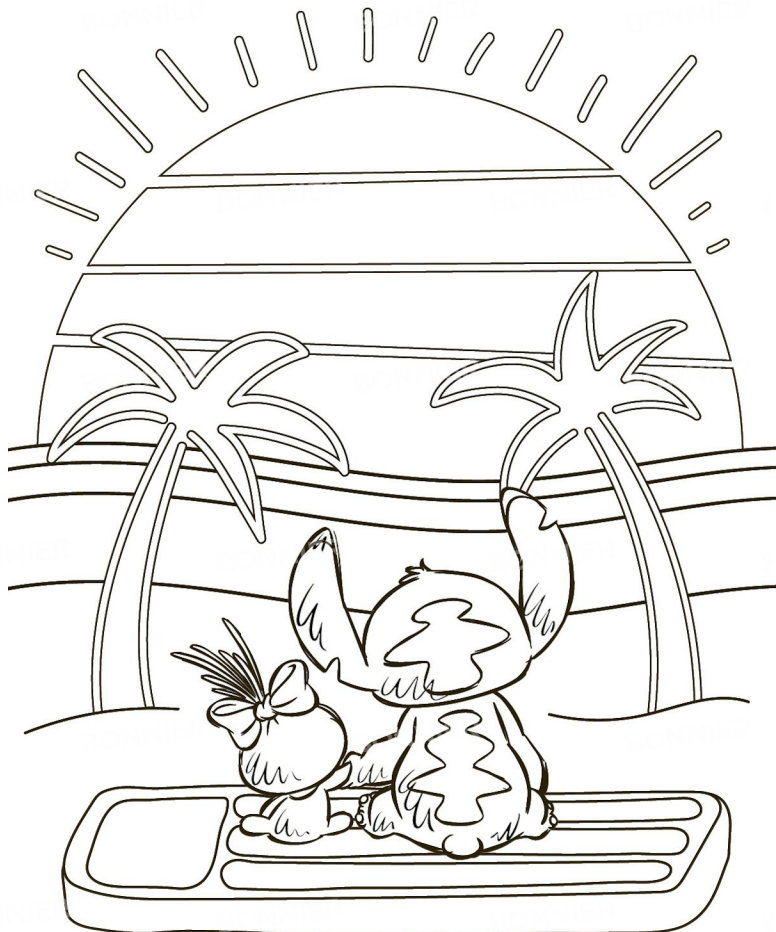


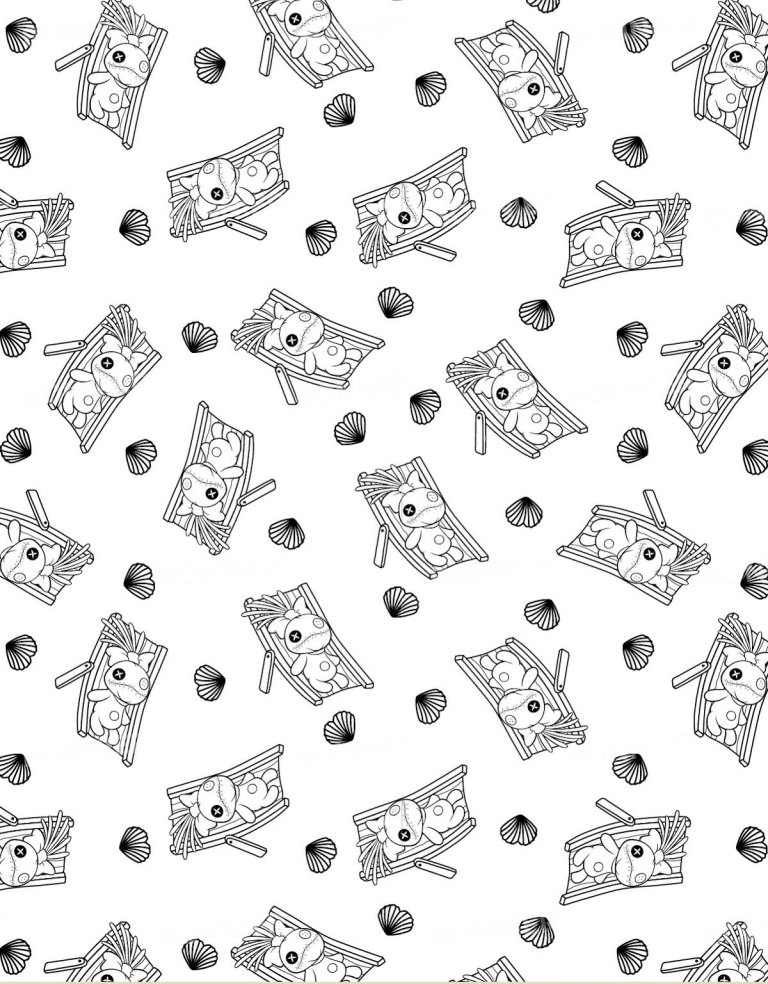
Try to avoid blue light from electronic devices in the evening. Turn off computers and put your phone down for at least 30 mins before you go to bed. Colour in this picture of Angel and Stitch ready for bed and then read a chapter of your favourite book.

Less
dramas



MORE
PYJAMAS!





KEEP PALM



& CARRY ON.

The illustration shows two cartoon fish characters in a tropical setting. One fish is lying down, looking up with a surprised expression, while the other is sitting up, looking towards the viewer with a slight smile. They are surrounded by palm trees and a sandy beach. The text "KEEP PALM" is written in a large, bubbly font above them, and "& CARRY ON." is written in a similar font below them.

