



Disney

Stitch

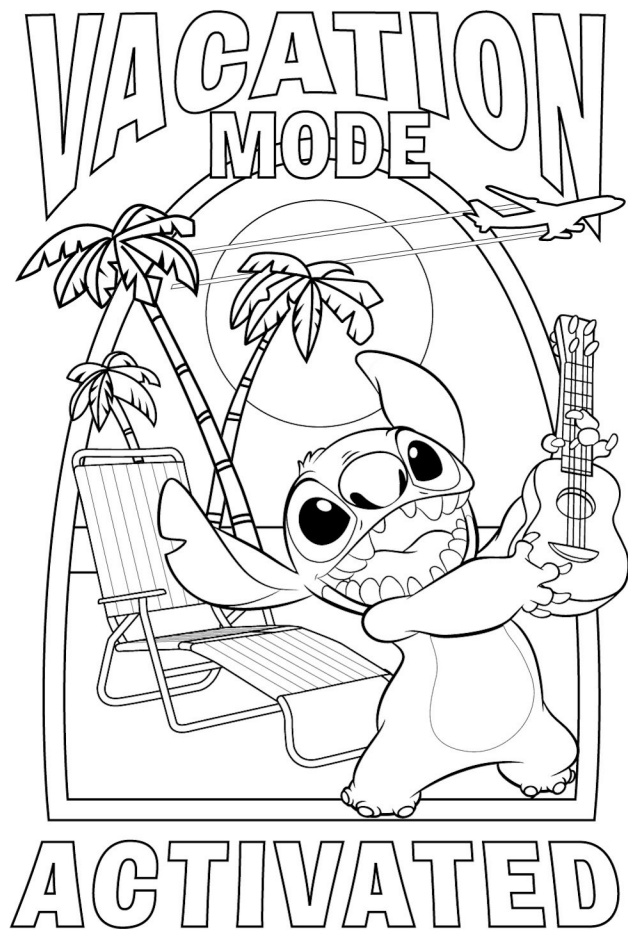
WAVE YOUR
WORRIES AWAY

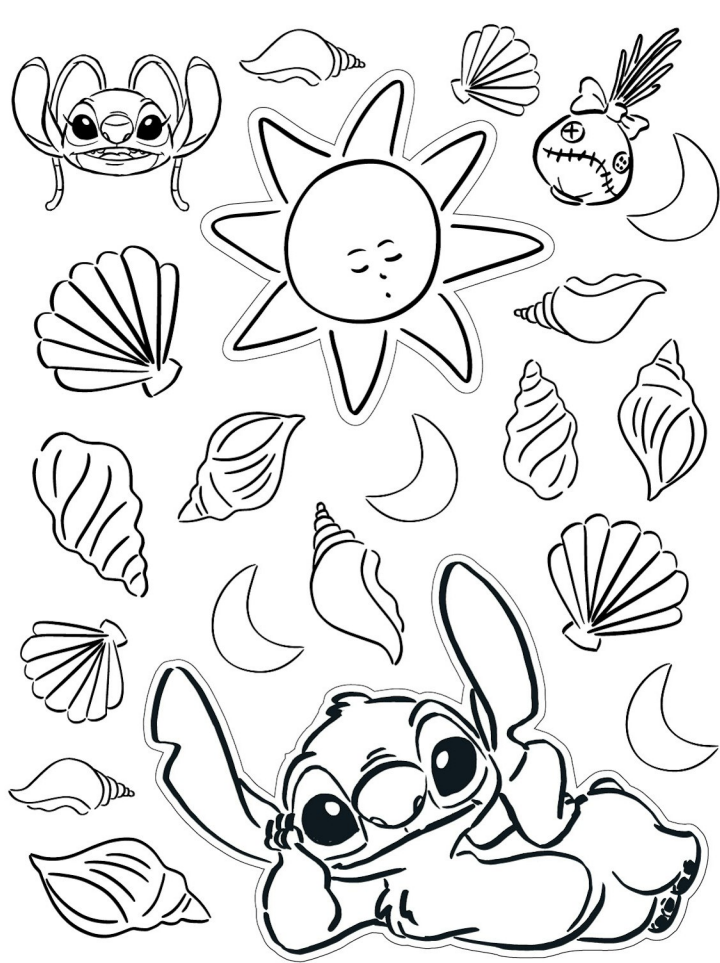
COLOURING
BOOK

A MINDFUL
COLOURING
JOURNEY

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.

