

# Mindfulness Colouring

1. Find a comfortable and quiet space for your young person to sit.
2. Encourage them to take a deep breath in through their nose and out through their mouth. Repeat this 3 times.
3. Now, bring their attention to the colouring page in front of them. Ask them to notice what they see in front of them. Encourage them to observe any patterns, shapes, words or other detail on the page.
4. Next, ask them to pick up their favourite colour and to hold it in their hand. Invite them to notice the weight of the pen or pencil and how it feels in their hands.
5. As they start to colour, ask them to notice the pen moving across the paper. Ask them if it feels smooth or scratchy as the pen moves across the paper. Encourage them to be fully present in the moment while colouring.
6. Remind them that it is perfectly normal if their mind starts to wander during this practice. Encourage them to just notice any thoughts as they arise and then to gently let them go, refocusing their attention back to their colouring.
7. Guide them to pick up another colour and ask them if they like the colour and how it makes them feel? For example, enquire if it makes them feel happy, calm or excited. Encourage them to explore various colours and to notice the emotions and sensations associated with each one.
8. When the time feels right, gently guide them to bring their attention back to the space around them.
9. Take a moment to check in with your young person and discuss any observations they may have had during the practice.
10. Encourage them to practice this mindfulness activity regularly.

