

THE ATC OF MINDFULNESS

PART 3 - C

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Colouring can be relaxing. It's one of the very reasons that I chose to start this series of colouring sheets.

Colouring focuses your attention in the moment, on the process of colouring and on the design that you are colouring.

If you use pencils, notice how the 'tooth' of the paper or card affects the patterning of the design and how colour gets layered. If you use pens, try making strokes directional and deliberate.

In either case, just take time to enjoy the process and focus on the now rather than anything else happening in your life.



