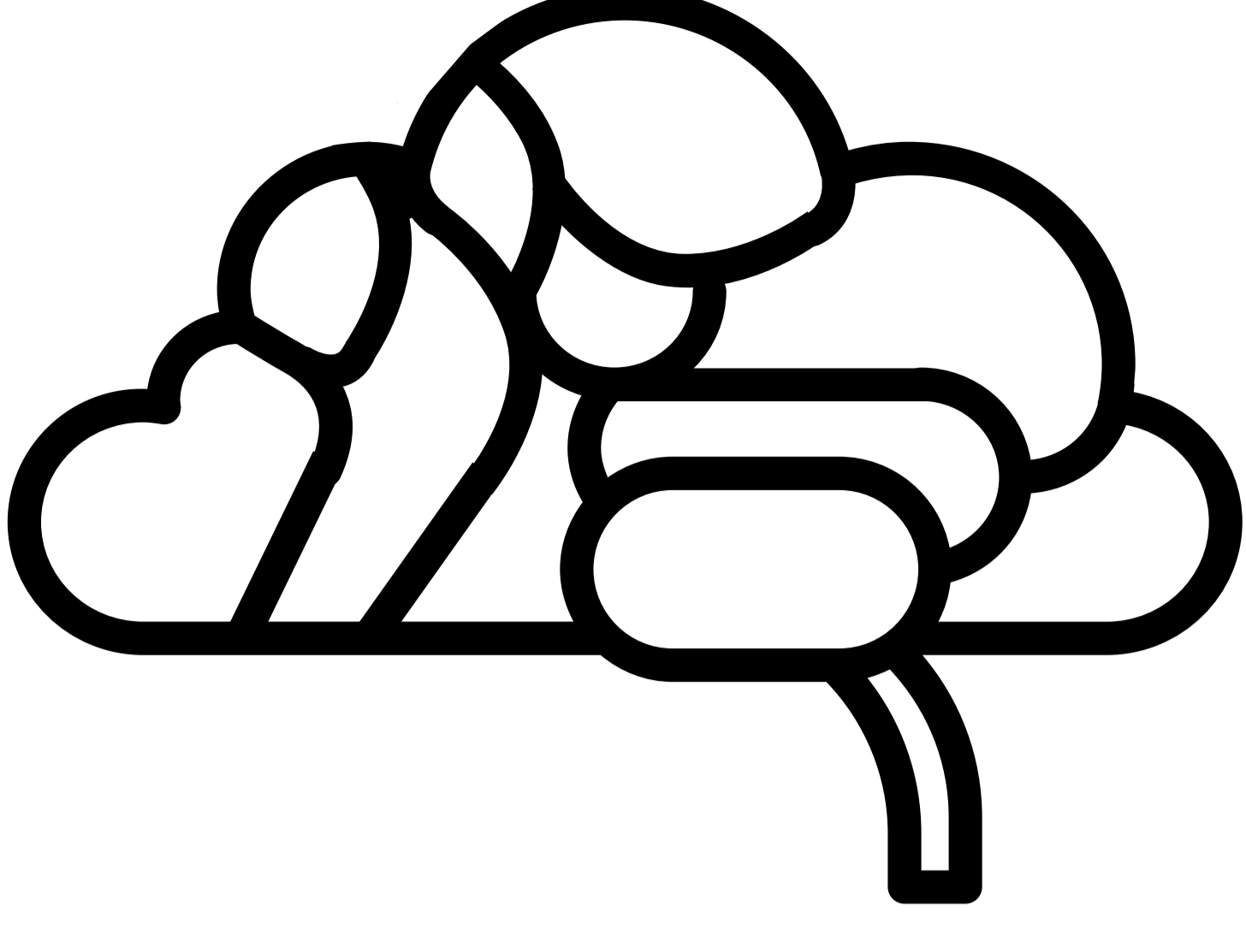


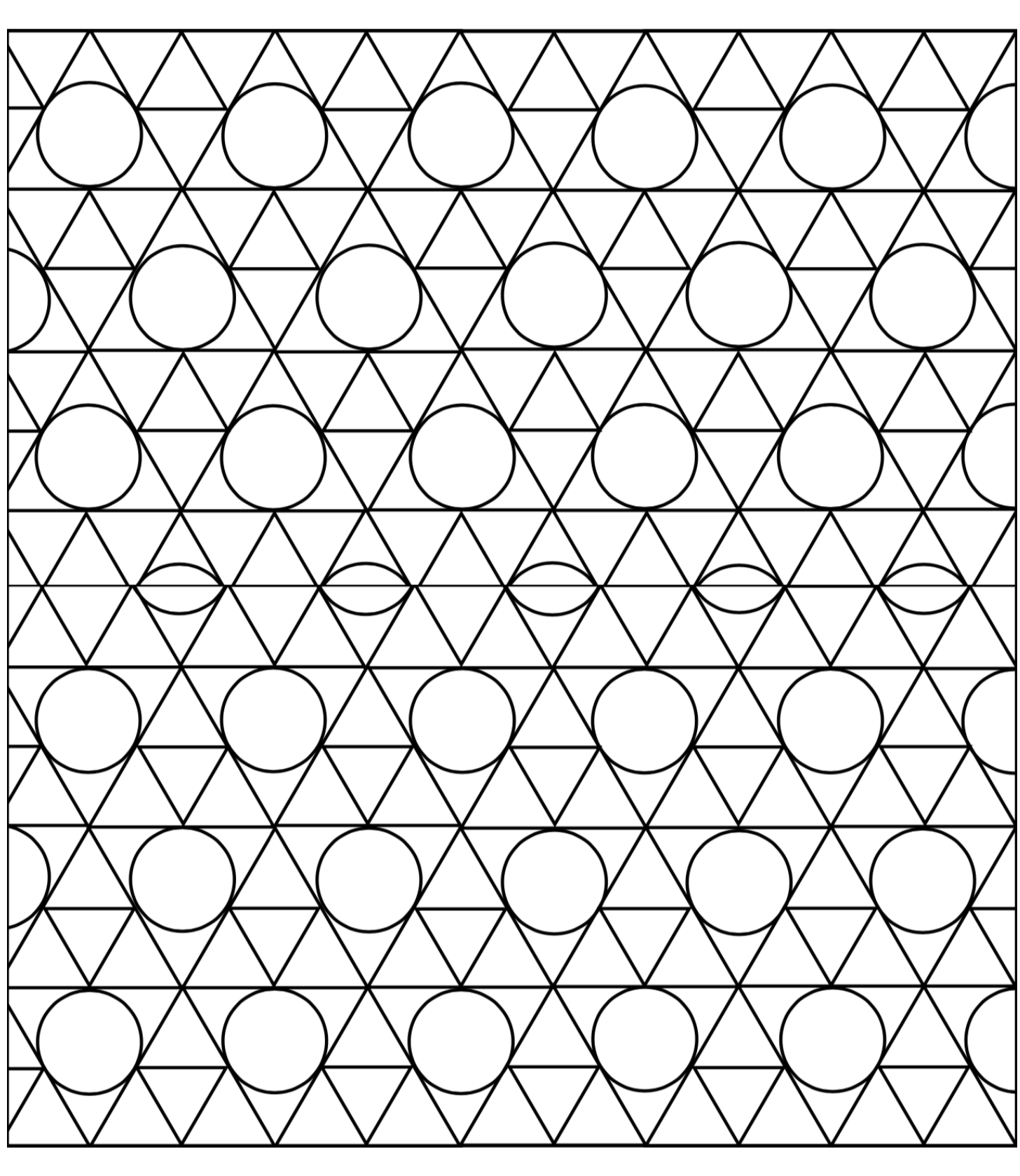
MINDFUL COLOURING

Calm your amygdala and engage your prefrontal cortex (PFC). Colour in the drawing below. Try to stay within the lines by focusing your attention on what you are doing and not getting distracted by the busy world around you. Concentrate on what you are doing in this moment.

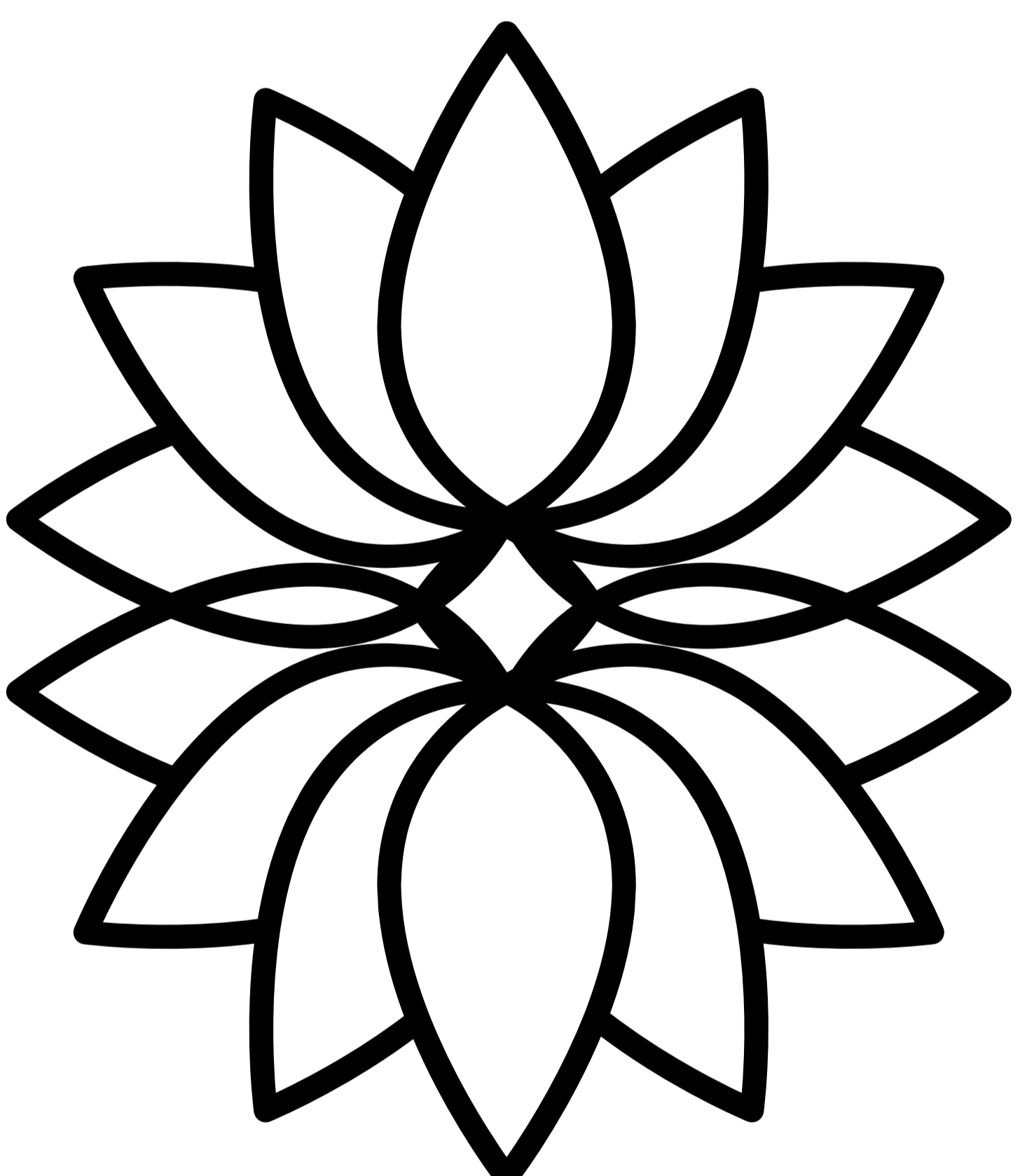
You can also create your own line drawing or pattern to give to a friend or a family member to do!



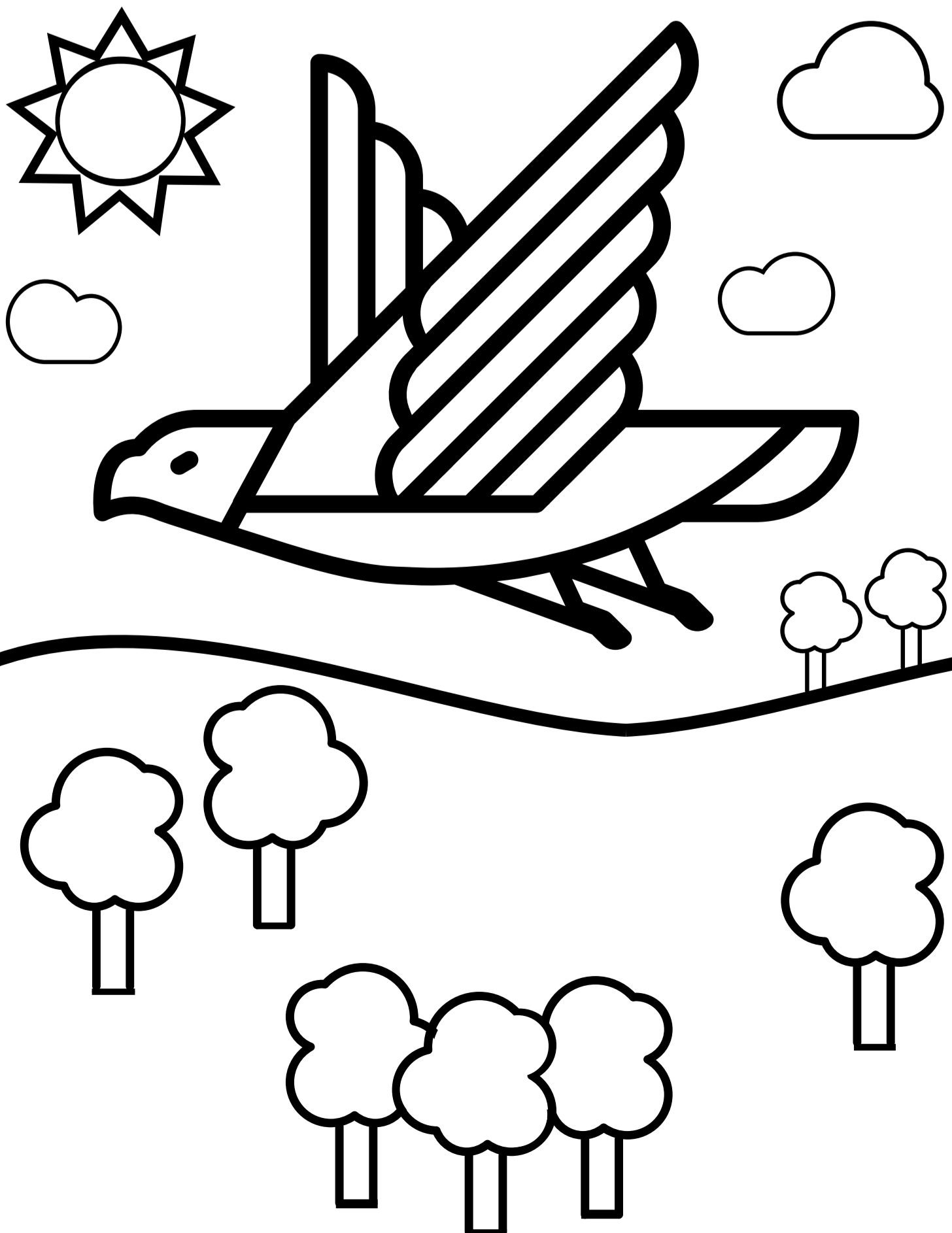
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