

# Relaxation Colouring Pack



A very simple easy way to relax and give your mind a rest is adult colouring also known as Art Therapy. It's something that everyone can do young or old.

No artistic ability needed. No rules, right or wrong way to colour. Just pick any colour that appeals and start in any place, change colour when feel like it. Just breath, take your time and RELAX !

There are many books, websites and free printable adult colouring sheets available. This is a starter pack that should have something for everyone, from animals, patterns, fairies to Star Wars.

## Set your scene:

- ❖ Soft Lighting
- ❖ Comfy chair, table or your lap
- ❖ Music (Relaxation or something you like)
- ❖ Selection of Colouring Pencils or Felt Tip Pens
- ❖ Use oil burner or aroma diffuser with lavender for peaceful and calm or orange and lemon for uplifting and energy (optional)





























