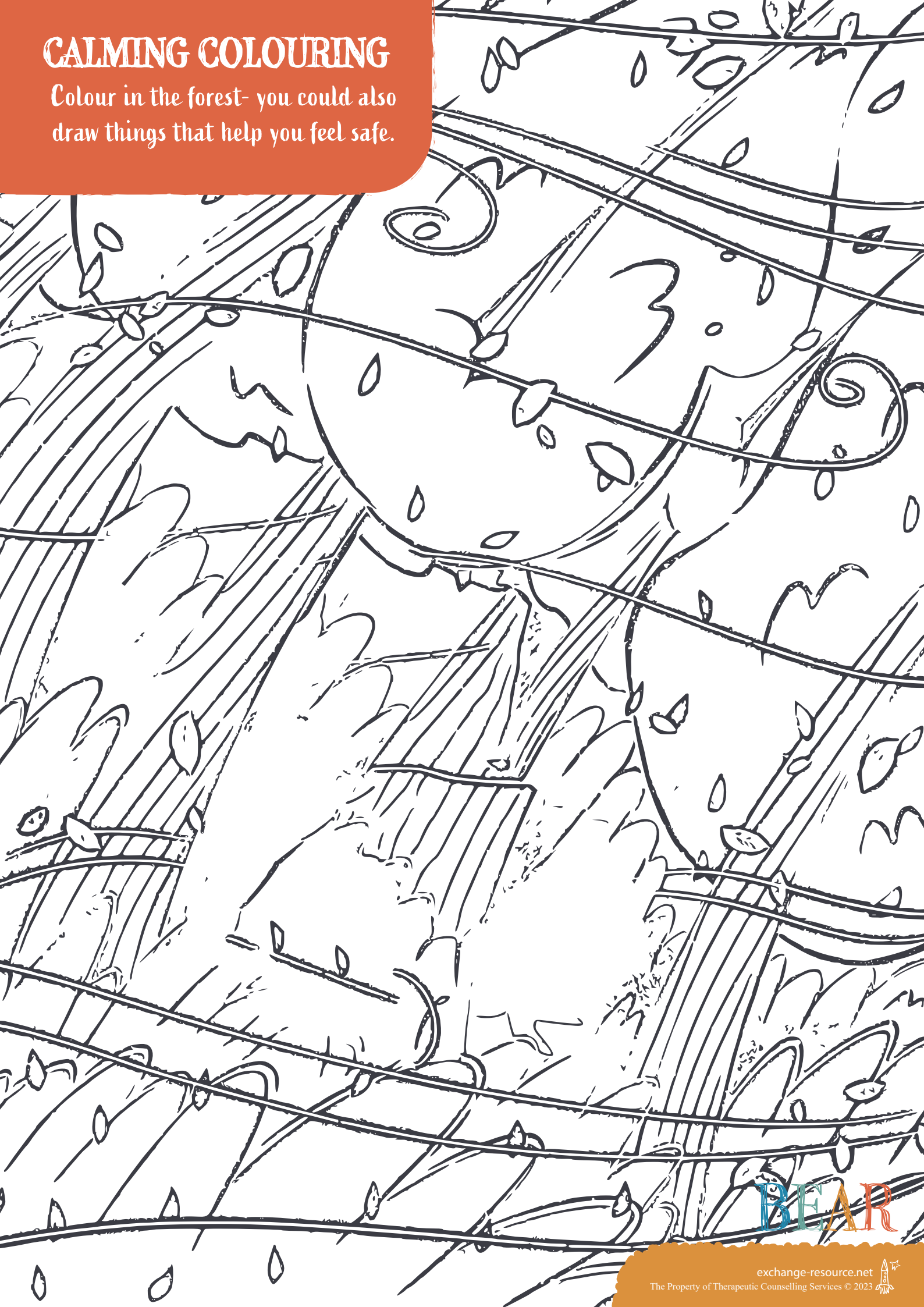


# CALMING COLOURING

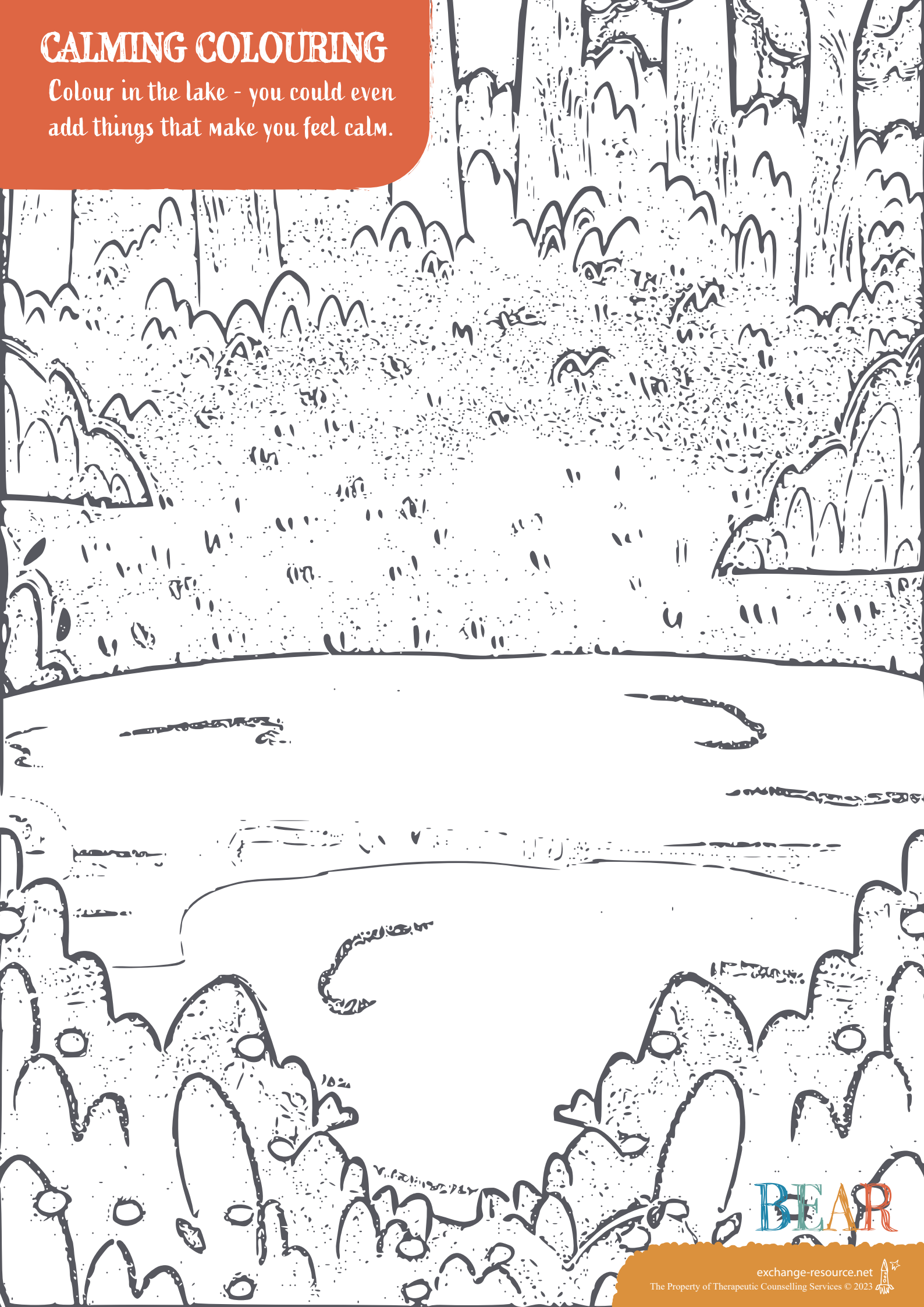
Colour in the forest- you could also draw things that help you feel safe.



BEAR

# CALMING COLOURING

Colour in the lake - you could even add things that make you feel calm.



BEAR

# CALMING COLOURING

Colour in the river - you could even draw yourself crossing.

