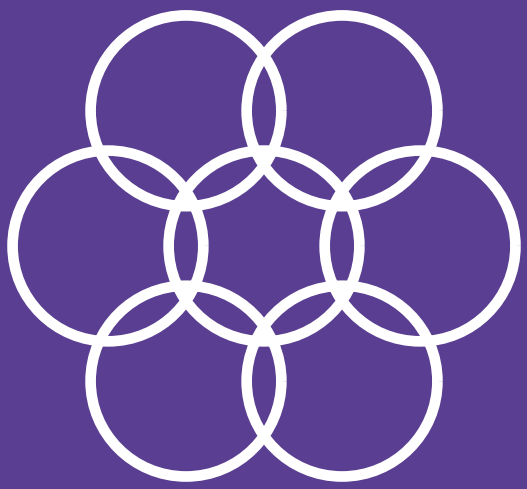
CALM COLOURING

A NeuroVillage starter pack

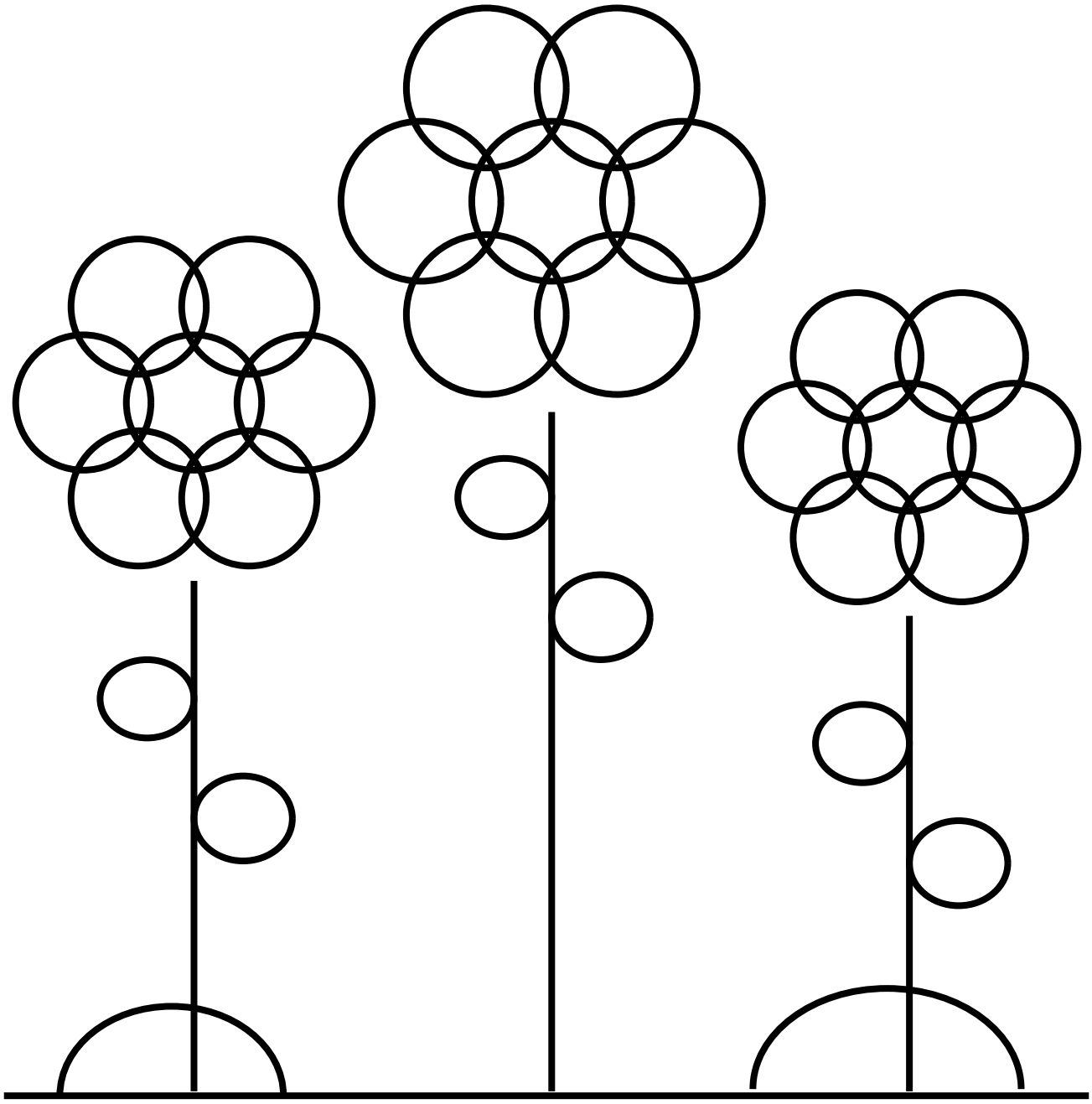


Six gentle, low-clutter pages for quiet creative time

Print at A4 - use pencils, crayons or felt tips

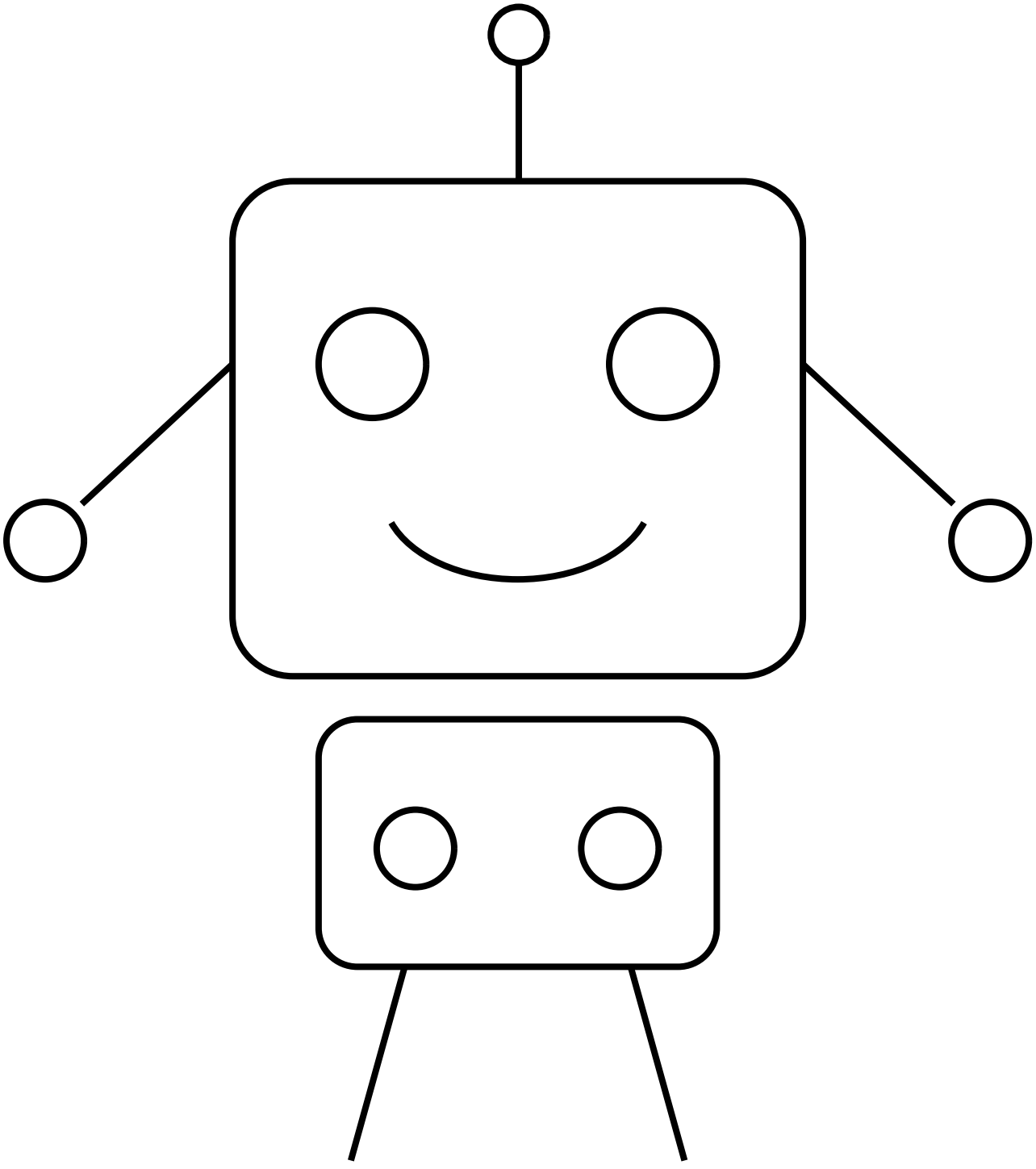
1. A calm garden

Choose as many or as few colours as you like.



2. Friendly helper robot

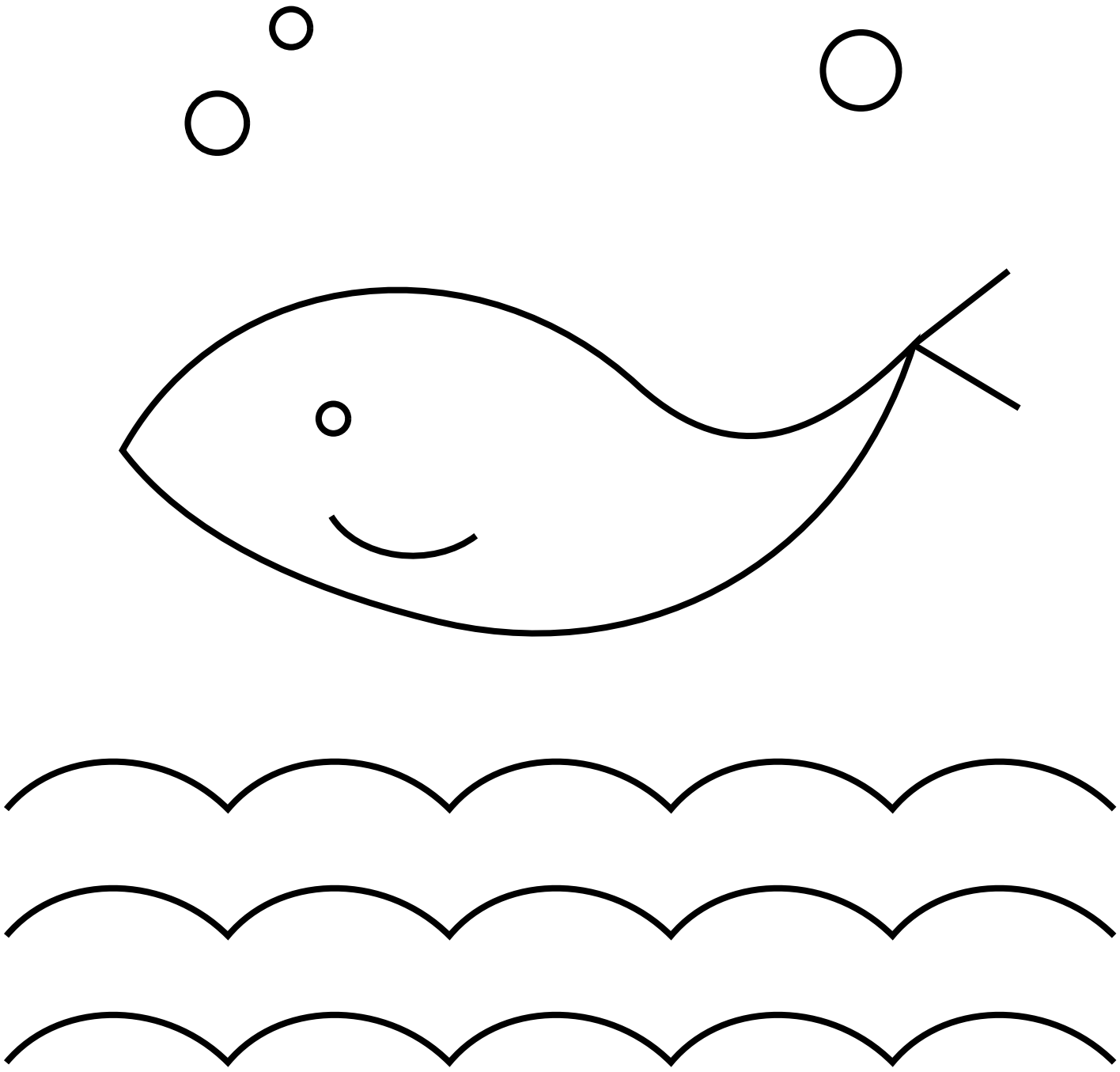
You can name the robot in the box below.



My robot is called:

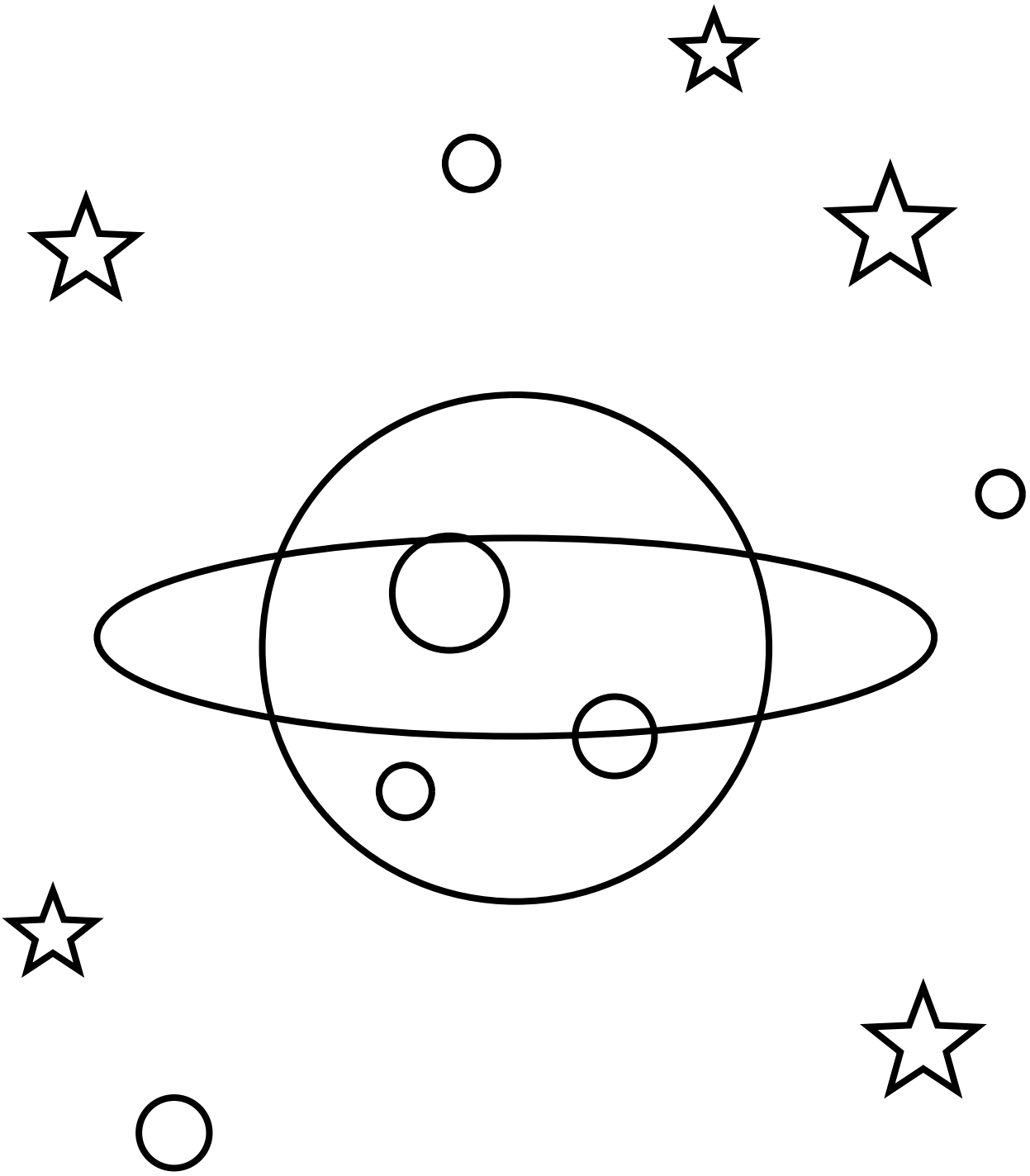
3. Slow ocean

Try a slow breath while colouring each wave.



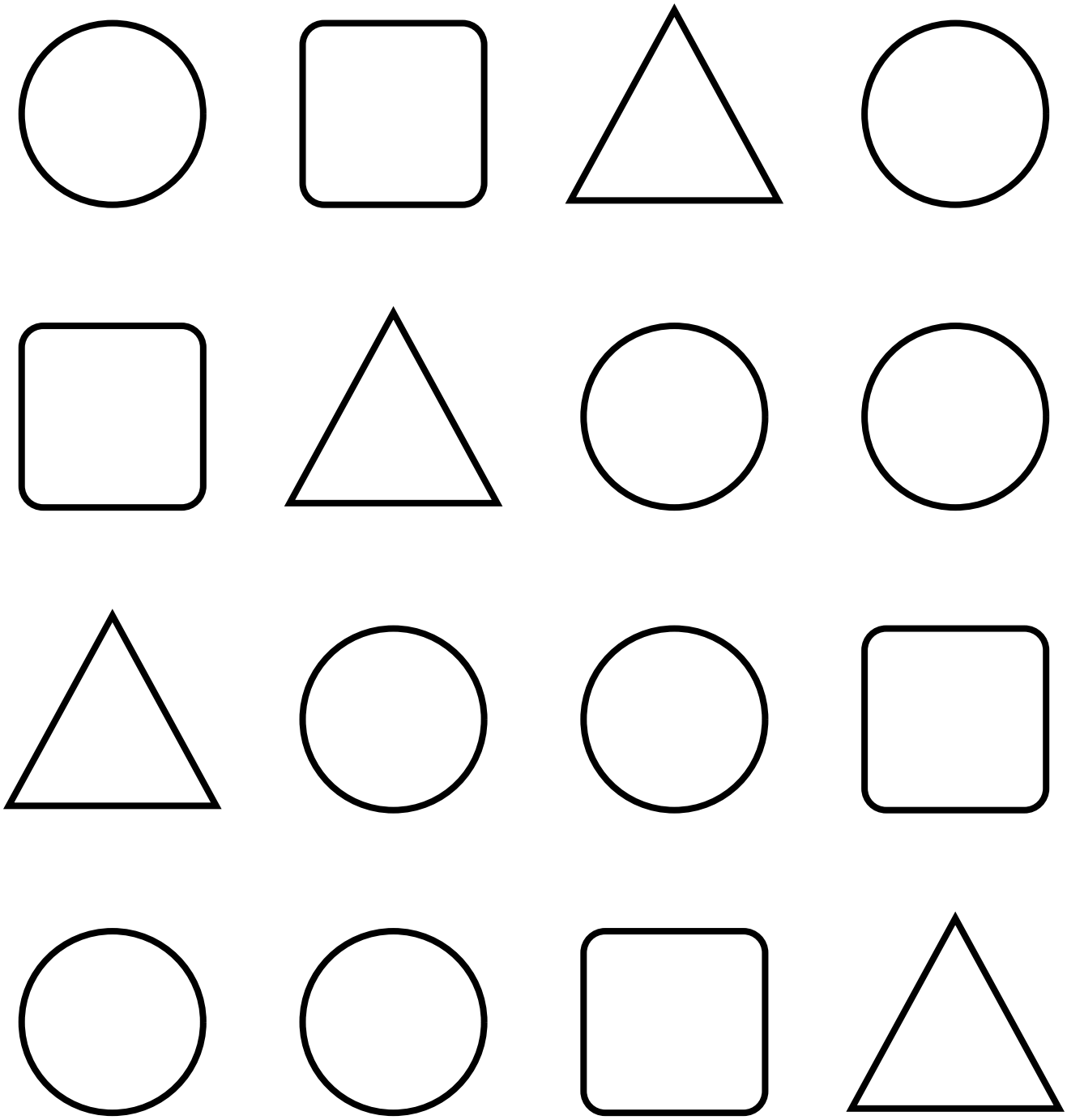
4. Quiet space

Colour one shape at a time, or leave some blank.



5. Gentle patterns

Repeat a colour, make a pattern, or choose randomly.



6. My calm place

Draw or colour anything that helps this space feel comfortable.

