

Creativity and colour

It's time to express your creative side with this mindful colouring exercise!



Mindful colouring has been proven to help relax and focus the mind.

Colouring activates the parts of the brain that are responsible for creativity and logic. Mindful colouring helps you to focus and pay more attention to the present moment, it's a great activity for keeping the brain active and relaxing the body at the same time.

Pay attention to the colours and patterns while you're colouring. Did you notice your mind wandering? Did you find it difficult to focus to begin with, what about at the end?

Make a note of how you felt before you started colouring and how you feel now: _____
