

MINDFUL COLOURING FOR BEREAVEMENT

Colouring in patterns and shapes can be really calming and help to clear your mind. Have you tried it before?

We've put together some printable PDFs and digital downloads (use the app Colorscape to colour in on your device!) of these single colouring pages. Mindful colouring books are increasingly popular among all ages, but sometimes having a whole book can feel overwhelming.

Take some time out of your day, even if it's 5 minutes a day for 5 days. Try to follow a colouring pattern and see if it helps you take your mind away from your busy thoughts and grief.



To speak to a Winston's Wish Support Worker, visit our website winstonswish.org to use our live chat - now open 8am-8pm, call our Freephone Helpline 08088 020 021 (8am-8pm), or email ask@winstonswish.org at any time and we'll reply within helpline hours.

WINSTON'S
WISH WW

MINDFUL COLOURING

