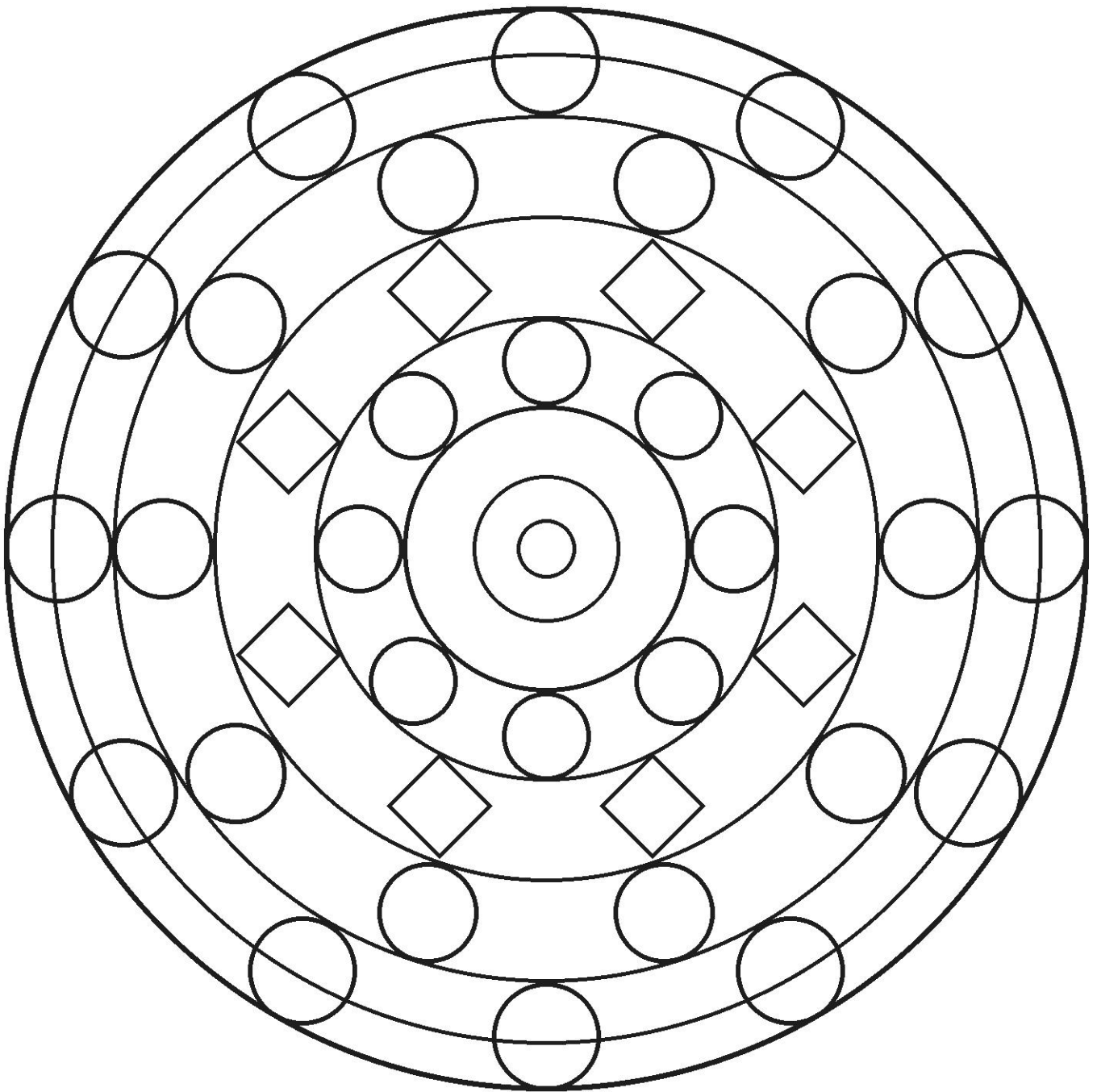


Romy's Calm Colouring

One mandala, slowly — one ring at a time



Start in the middle. Colour one ring, then the next.

There is no hurry — and no wrong colour.

One Ring at a Time

A calmer way to colour, in three steps

1

Choose one ring

Pick the ring you will colour first. Just that one.

2

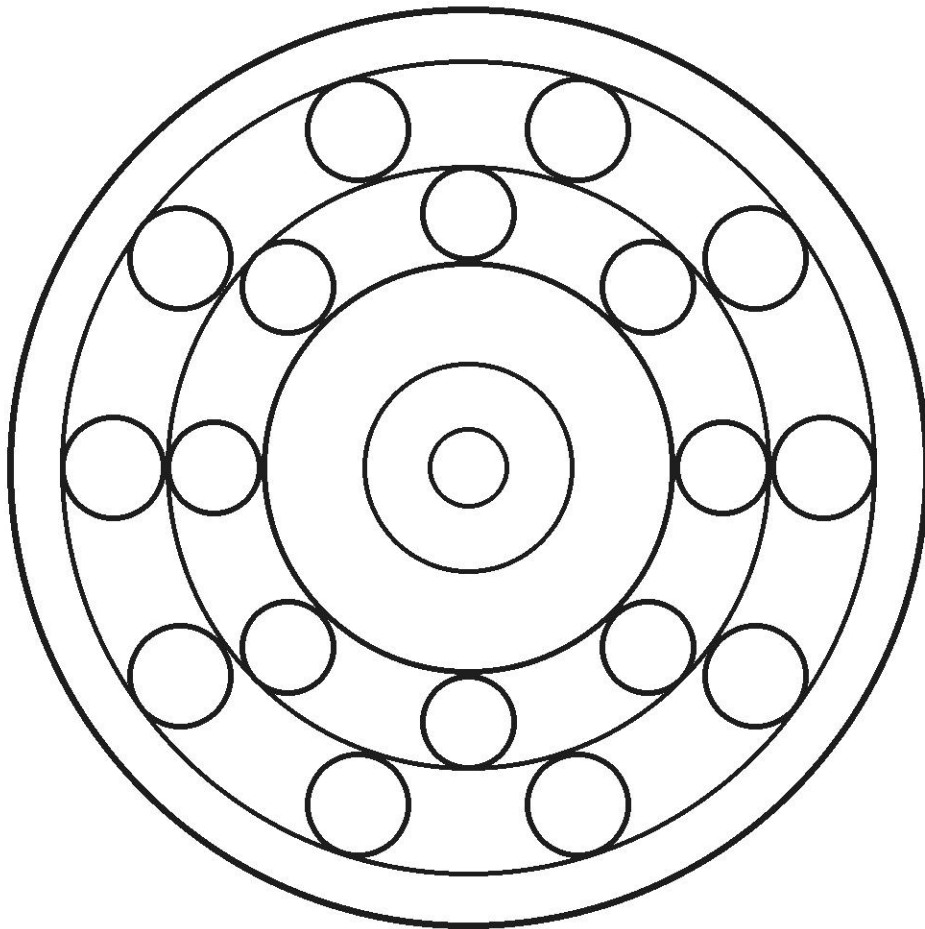
Breathe and colour

Slow breath in, slow breath out, colour as you go.

3

Stop when it feels done

A finished ring is a win. The rest can wait.



Grown-ups: colour your own corner. Quiet spreads.