

Get ready to use your creativity side to find a moment of calm. You can use any coloring page you like, or try coloring your turtle friend below. Gather your crayons, markers, or colored pencils. This activity is all about slowing down and paying attention..

Step 1: The Color Choice

Before you begin, look at all your colors. Which one feels right to start with?

Choose one color and just notice it for a moment. What color is it? How does it make you feel?

Step 2: The Sound and Feel

Begin to color one small part of your page.

Pay attention to the sound your crayon or marker makes on the paper. How does it feel in your hand? Is the crayon smooth? Do you have to press hard or soft?

Step 3: The Shape and Line

As you color, notice the shapes you are filling in.

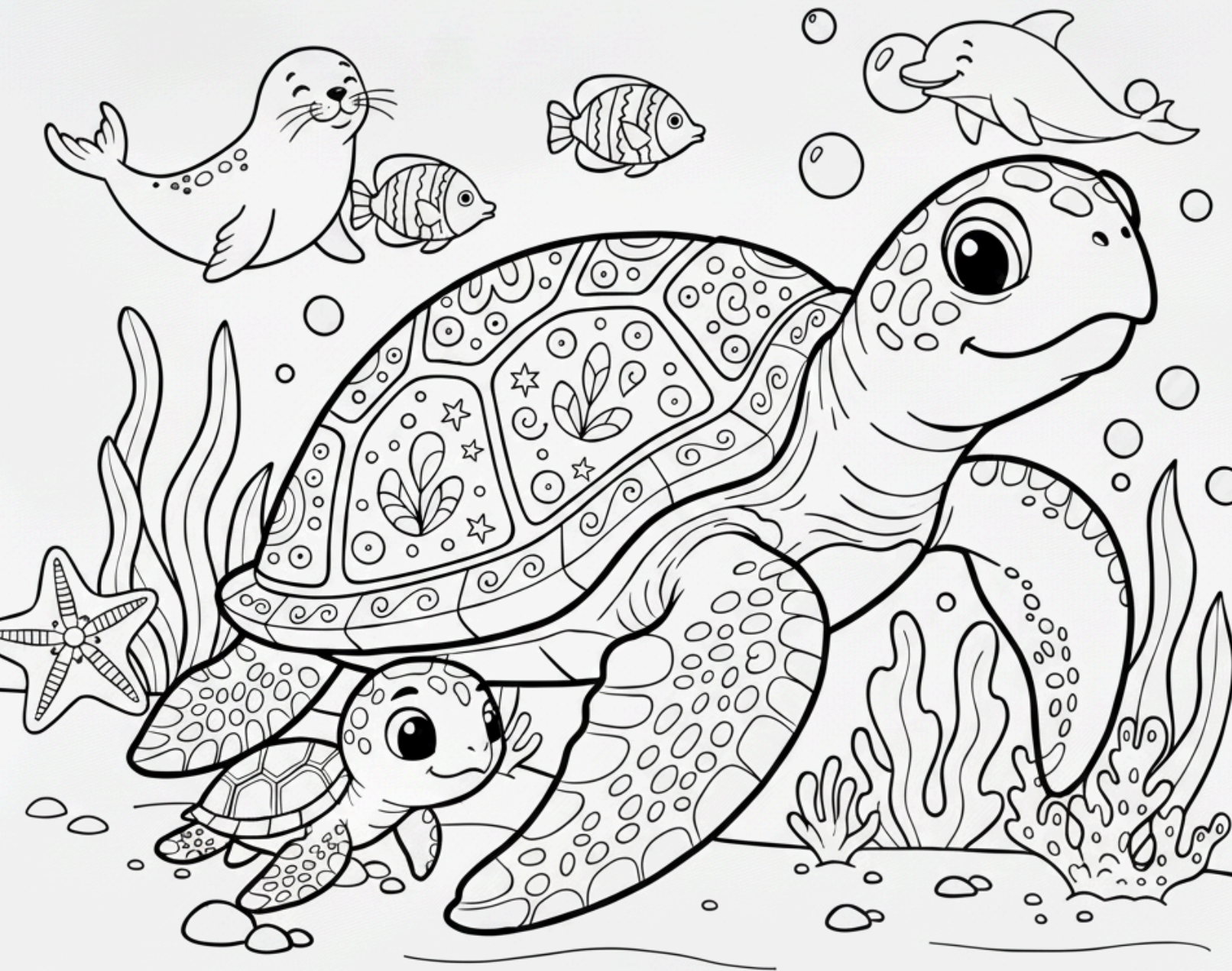
Try to stay inside the lines, but don't worry if you go outside of them! Just notice what happens.

Step 4: The Feeling Check-in

While you're coloring, take a moment to notice how you feel. Do any feelings pop up—maybe happy or calm, or perhaps bored or frustrated?

Just notice the feeling, like a little cloud floating by. You don't have to change it; you can simply watch it appear and disappear.

I am Brave, I am Kind, I am Loved, I am Safe



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