

Water cycle mindfulness colouring

You will need:

- The Water Cycle Mindfulness Colouring Sheet (see next page)
- Some of your favourite calm music or gentle water sounds
- Coloured pencils and/or textas

Optional:

- An iPad or Music player + portable speaker

Steps:

1. Print the colouring sheet.
2. Gather together your pencils and textas.
3. Find somewhere quiet and calm where you can spend some time colouring on your own or with a friend/family member.
4. Ask an adult to help you choose some calm music or even some gentle water meditation sounds.
5. Spend some time colouring the picture, enjoy the gentle music and take long deep breaths to help your body and mind stay calm and relaxed.



Water Cycle mindfulness colour-in sheet (with labels)

