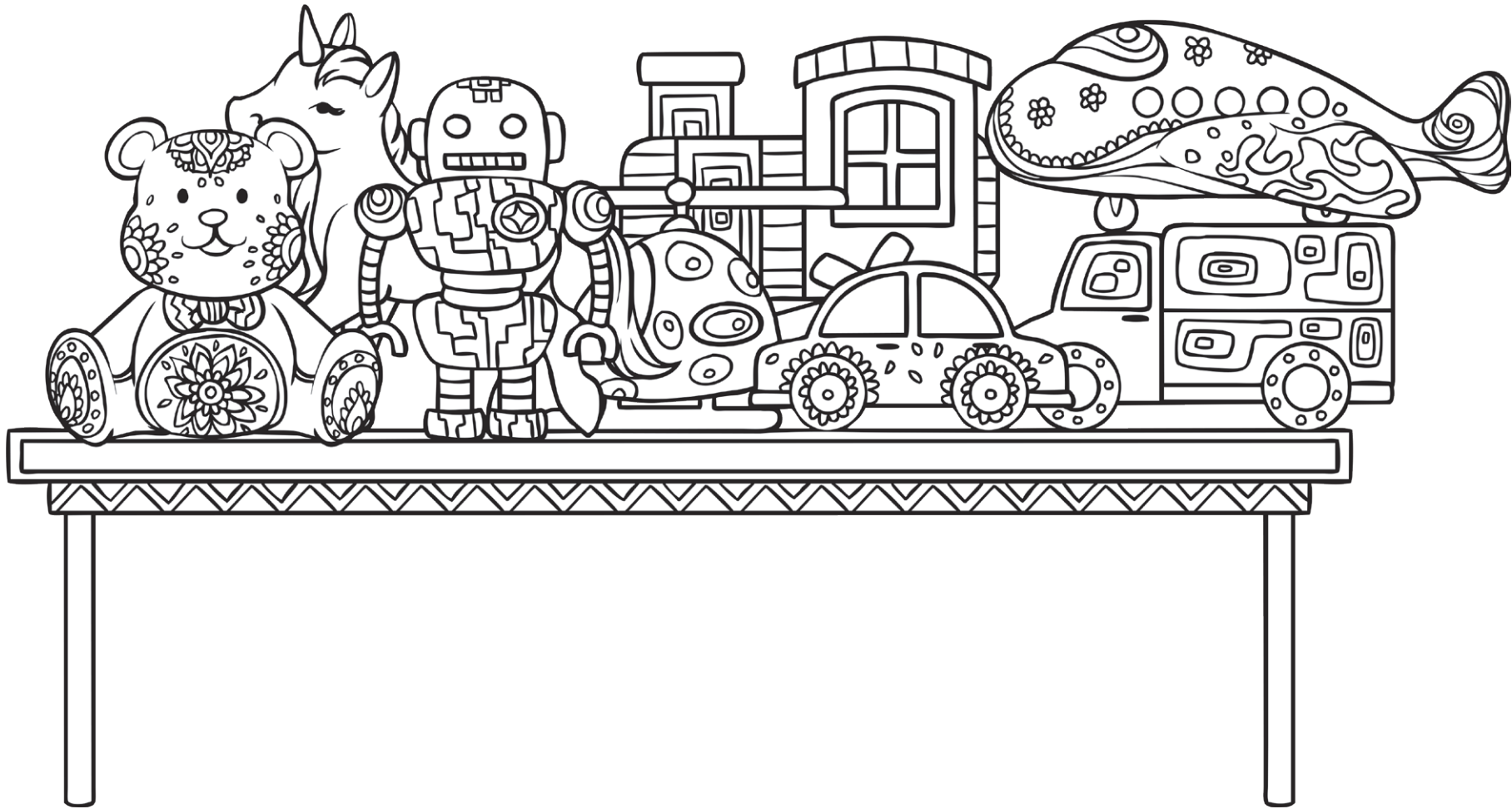


# Pudsey's Mindfulness Colouring

Practising mindfulness can help keep our minds healthy. Taking time to focus on the present can help keep the mind and emotions balanced. As you colour, practise being mindful. If your mind wanders, that's OK. Simply bring it back to focusing on your colouring. Enjoy the feeling of being calm and settled.



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