

Colouring IN

Colouring in is such a wonderful, mindful activity. For years I think we all saw it as something for just the kids to do, to keep them occupied, to keep them focused and quiet for a while. However it really is an activity that anyone can do at any age. What's wonderful to have come out of the last few years is the amount of colouring books out there now for kids and adults to enjoy.

There's just so much choice and the growing trend is sticking around for a reason. We love to colour and its doing so much for us!

Colouring in on a basic level really is just filling in some colour in between a few lines. It's not inherently childlike at all. And it works to focus kids, keep them calm and mindful, because it works for everyone! In fact, it probably benefits us more than it does the little ones.

We're letting ourselves stop and place our focus in the now, to just concentrate on the one thing in front of us, with no pressure, no multitasking, not allowing outside worries in, just the simple activity of colouring in.

Give yourself 3 minutes with some colouring today. Switch off, and have a lovely mindful time.

