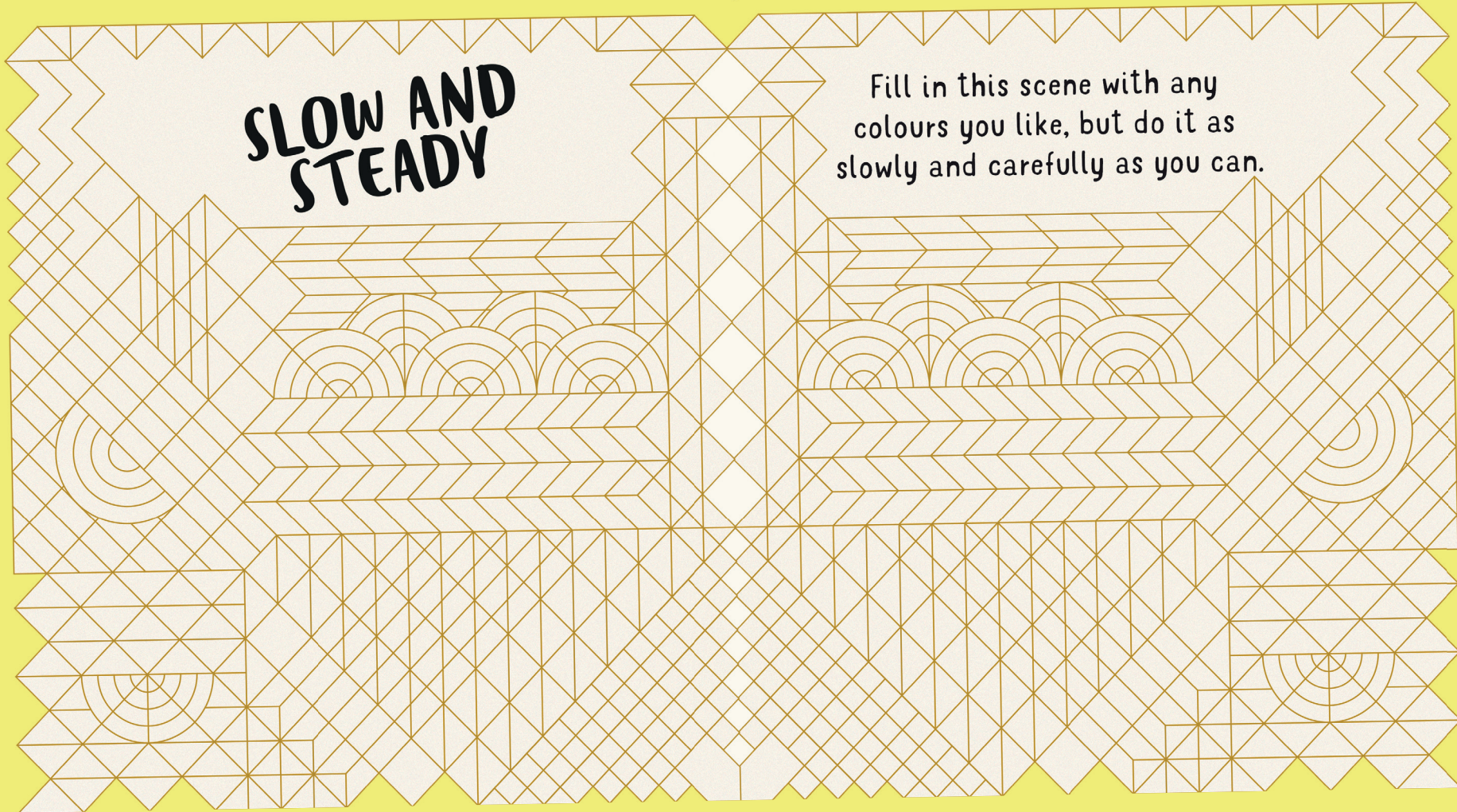


Colouring can help you relax by giving you something to focus on.  
Different ways of colouring suit different people, in different moods.  
Which of these techniques do *you* prefer?

**SLOW AND  
STEADY**

Fill in this scene with any  
colours you like, but do it as  
slowly and carefully as you can.



## Usborne Activities

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