

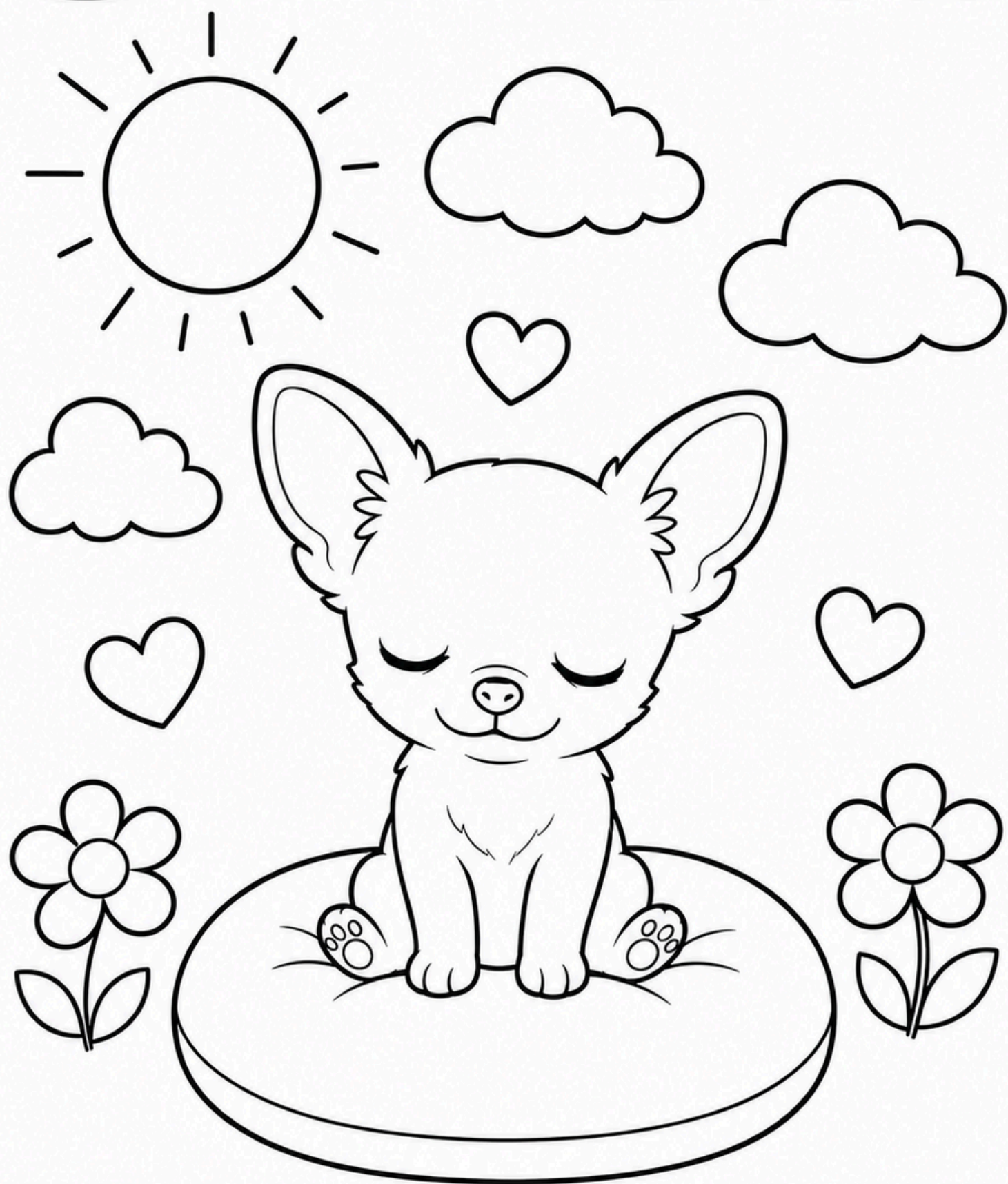
Colour, Breathe & Smile with Bug

A Mindful Colouring Book for Little Ones

Easy,
Happy Pages
for Ages 4-8



BREATHE





HAPPY





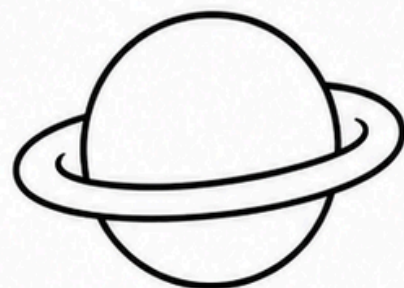
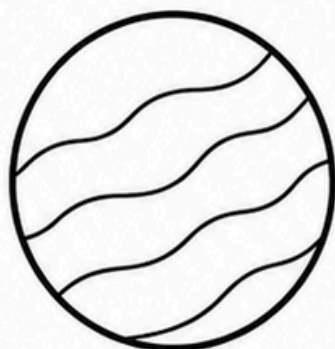
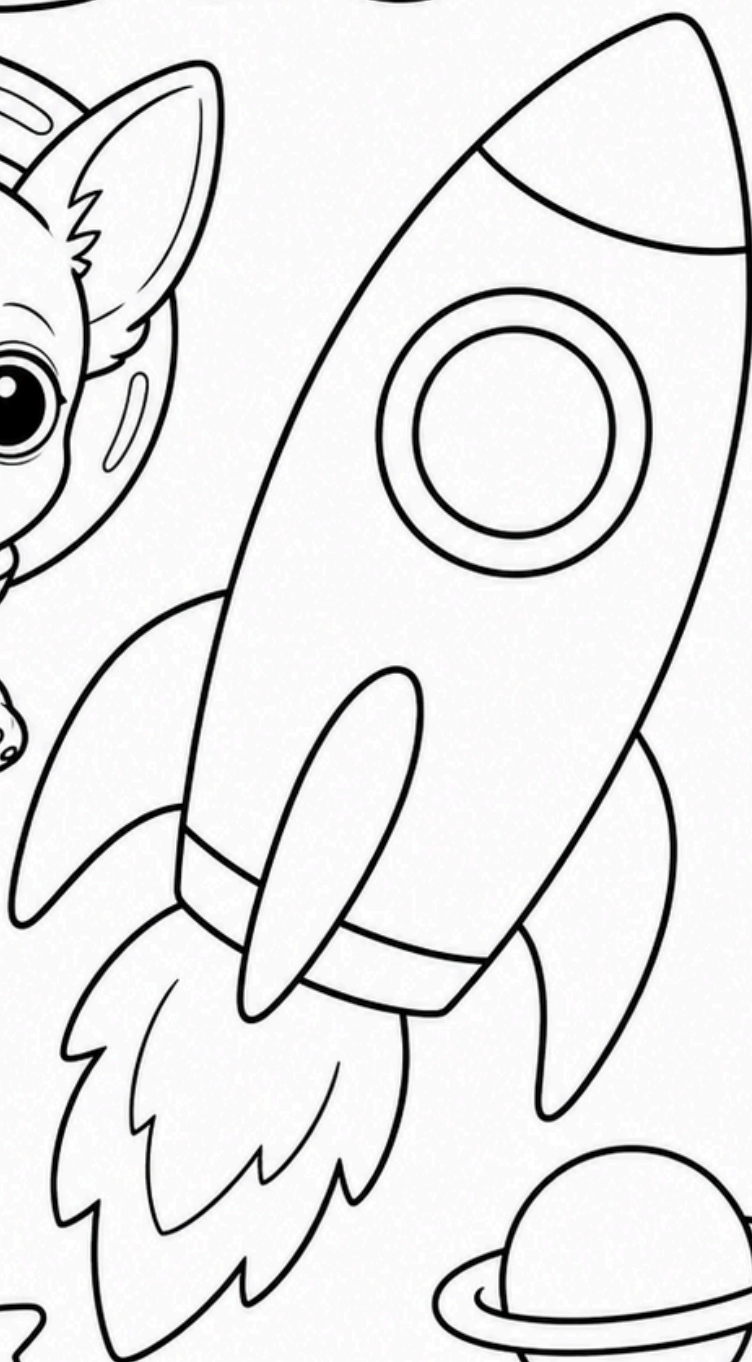
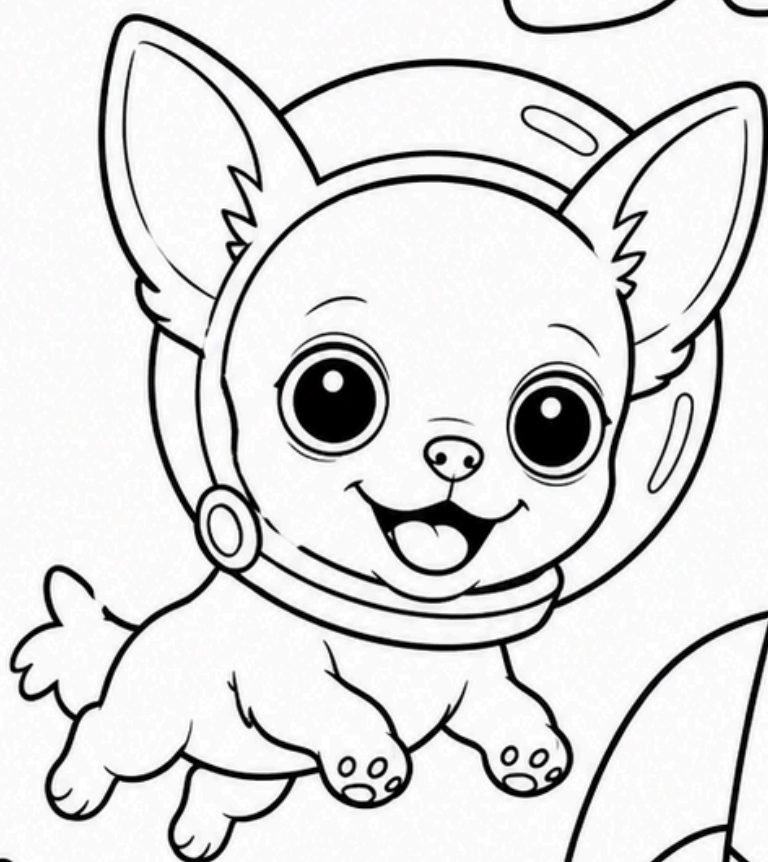
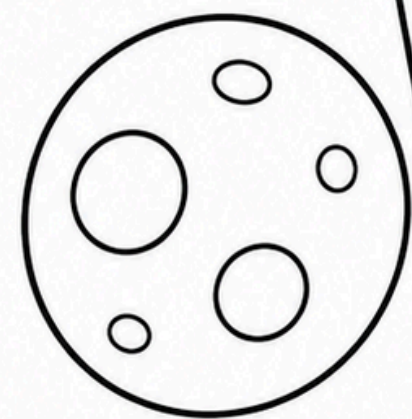
LOOK FOR RAINBOWS



REST AND GROW



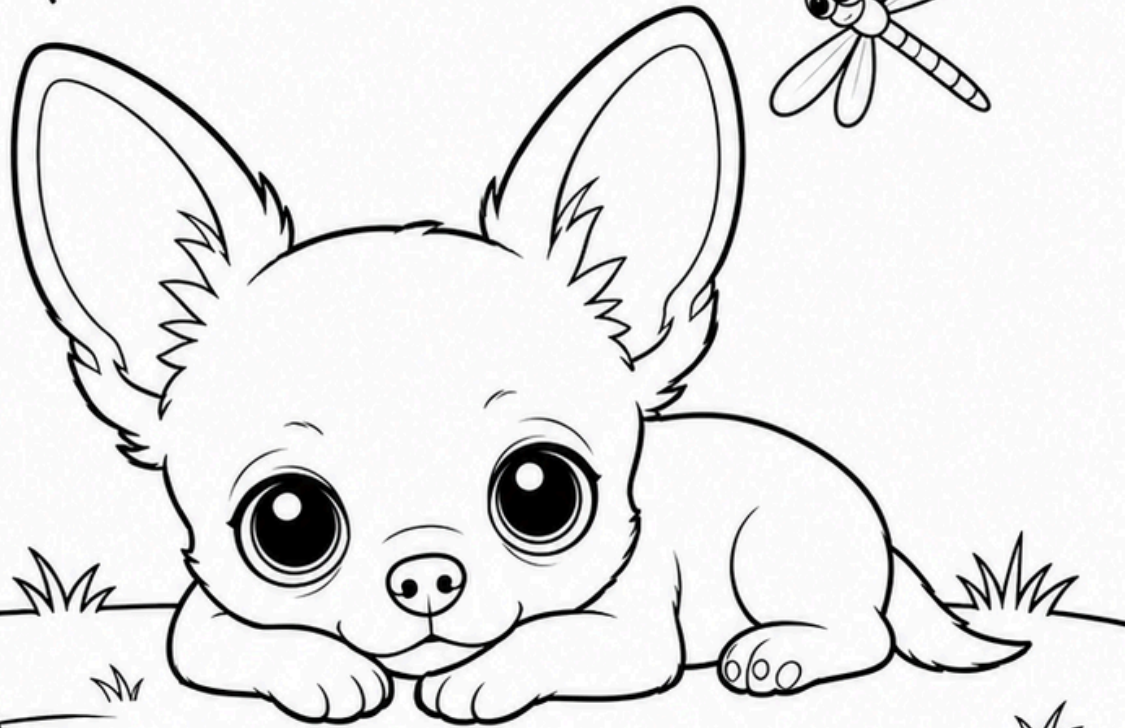
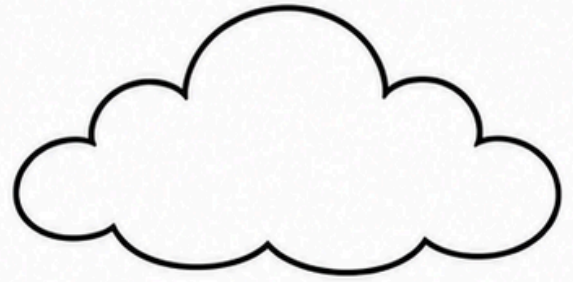
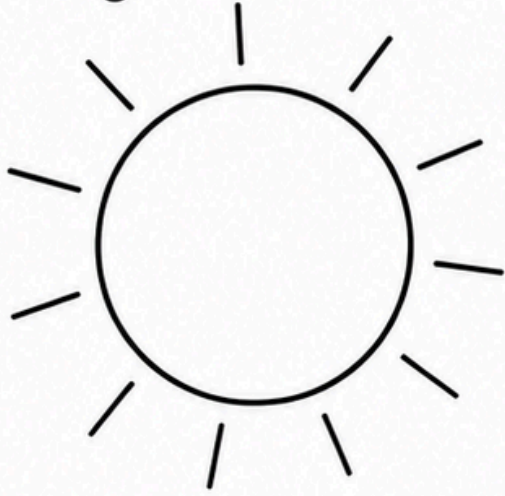
DREAM
BIG



BE CALM



QUIET MOMENT



BELLY BREATHS



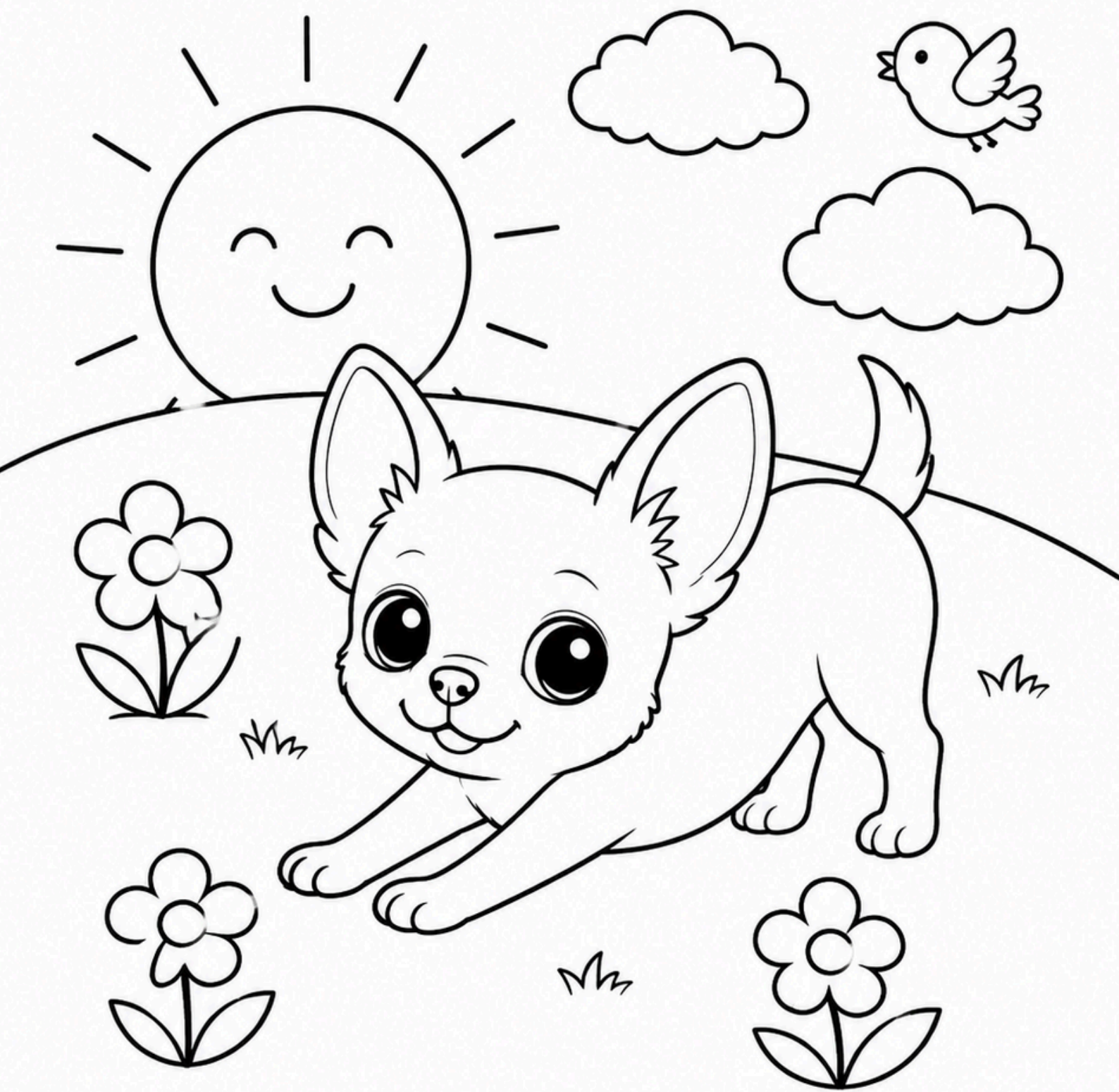
LET IT GO



FIND JOY



STRETCH AND SHINE



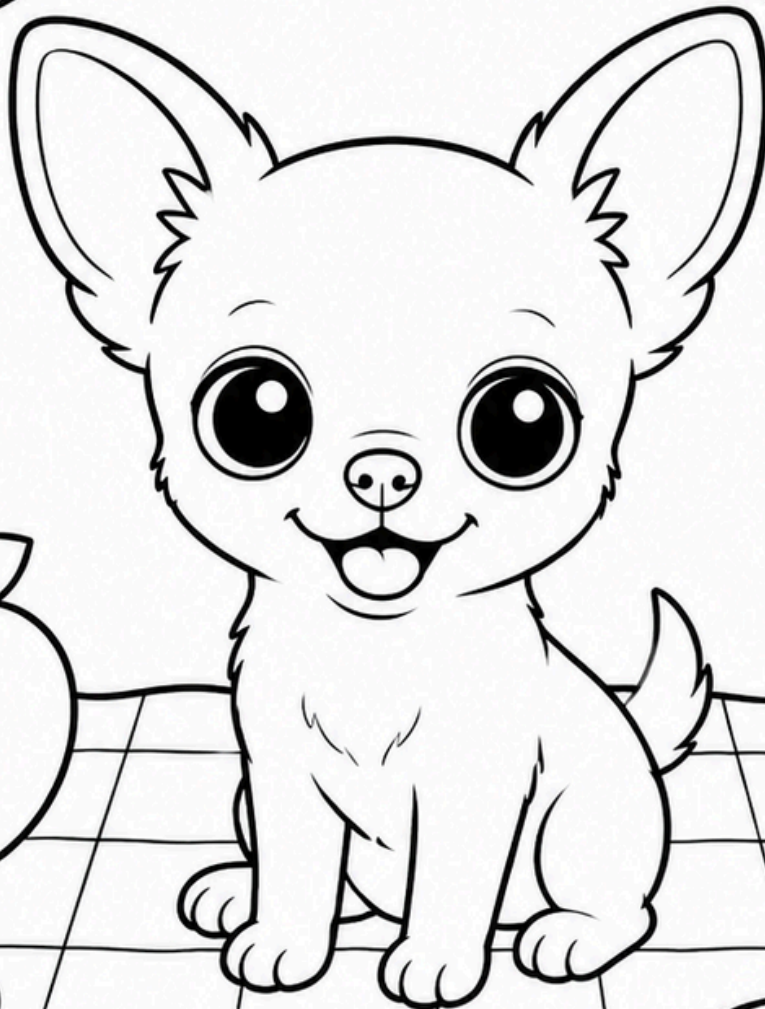
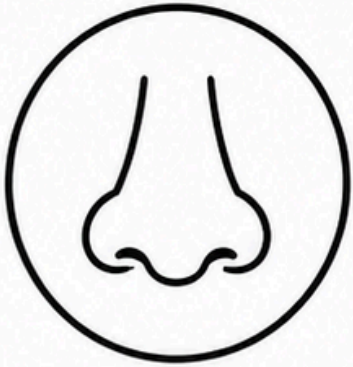
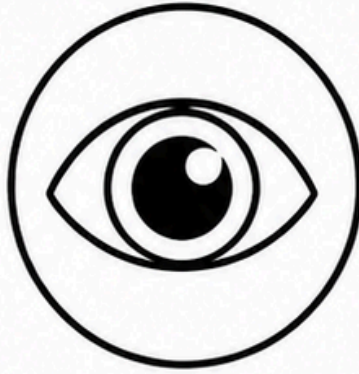
DREAM A LITTLE DREAM



I AM SAFE



USE YOUR SENSES



KINDNESS GROWS





Little Hands. Big Imagination. Calm Moments.

Colouring is more than creative fun. It can help young children slow down, focus their attention and enjoy a peaceful moment.

As children colour with Bug, they can practise:

- calm breathing
- focus and patience
- hand-eye coordination
- recognising feelings
- creativity and confidence
- taking a healthy break from screens

There is no perfect way to colour! Children can choose any colours they love, take their time and enjoy every page.

Breathe. Colour. Smile.

