

Colour Your Calm with Bug

A Mindful Colouring Adventure for Teens



THERE IS
ALWAYS
SOMETHING TO BE
GRATEFUL FOR







FIND JOY
EVERYWHERE

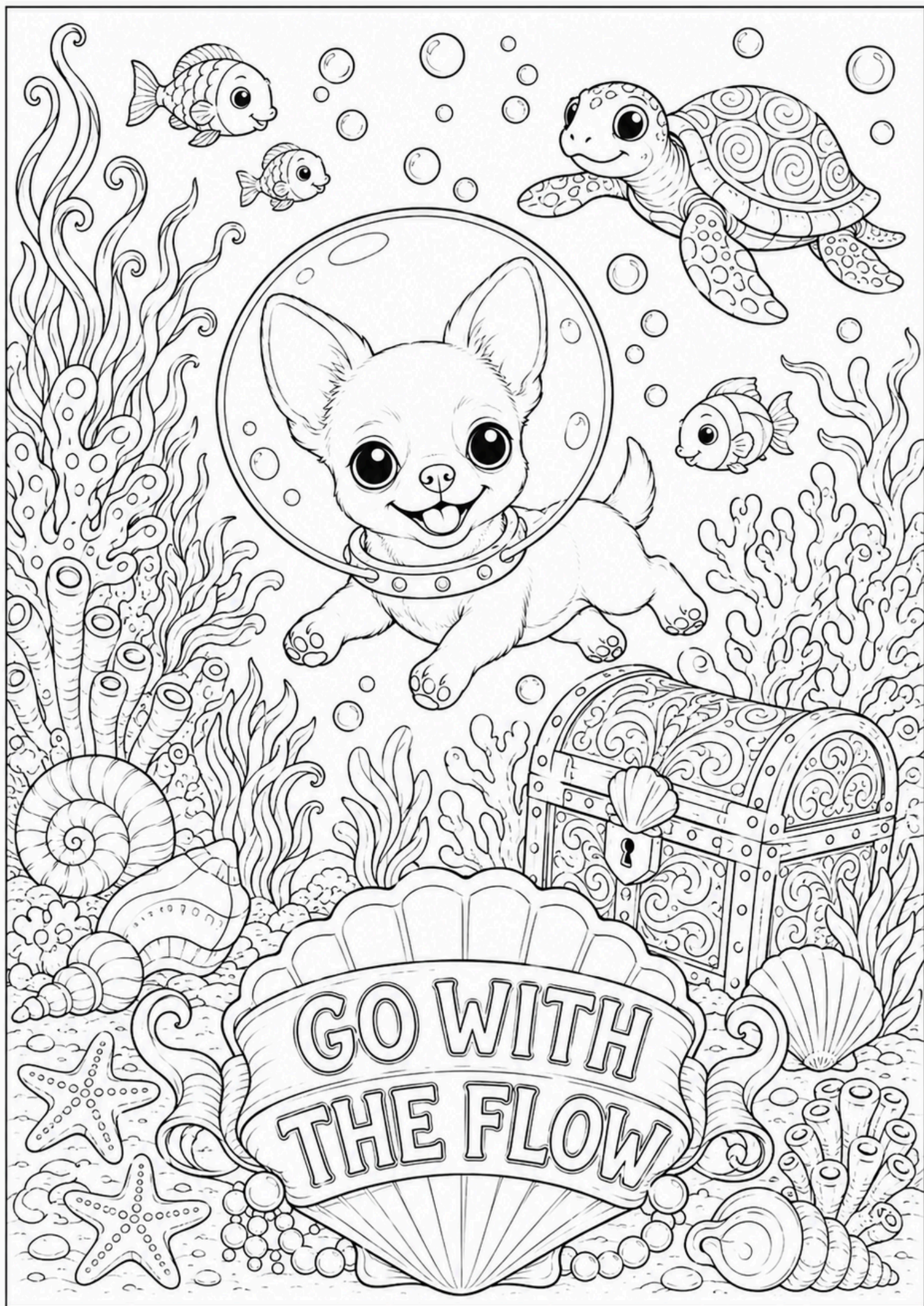


DREAM BIG



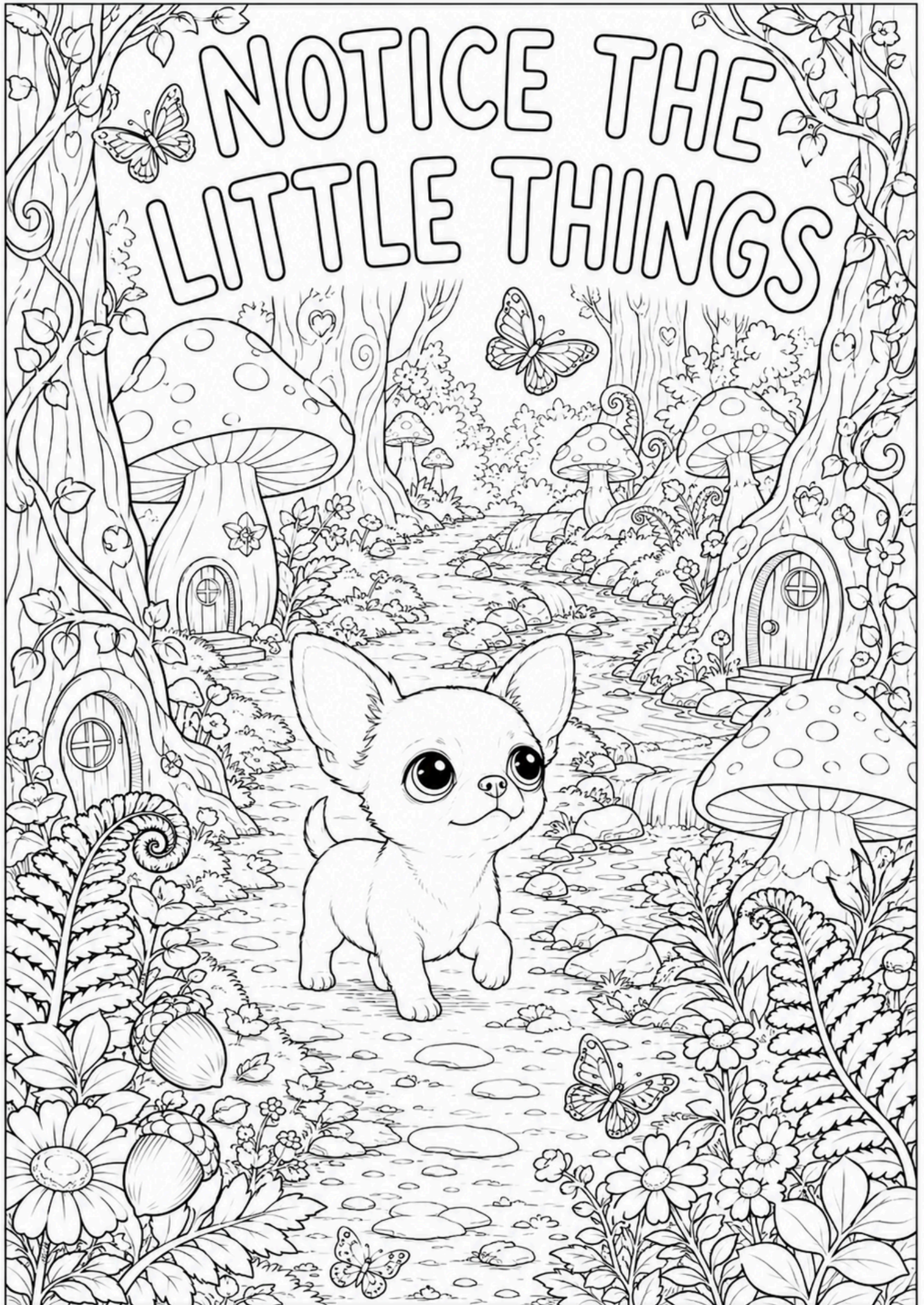
SLOW
DOWN

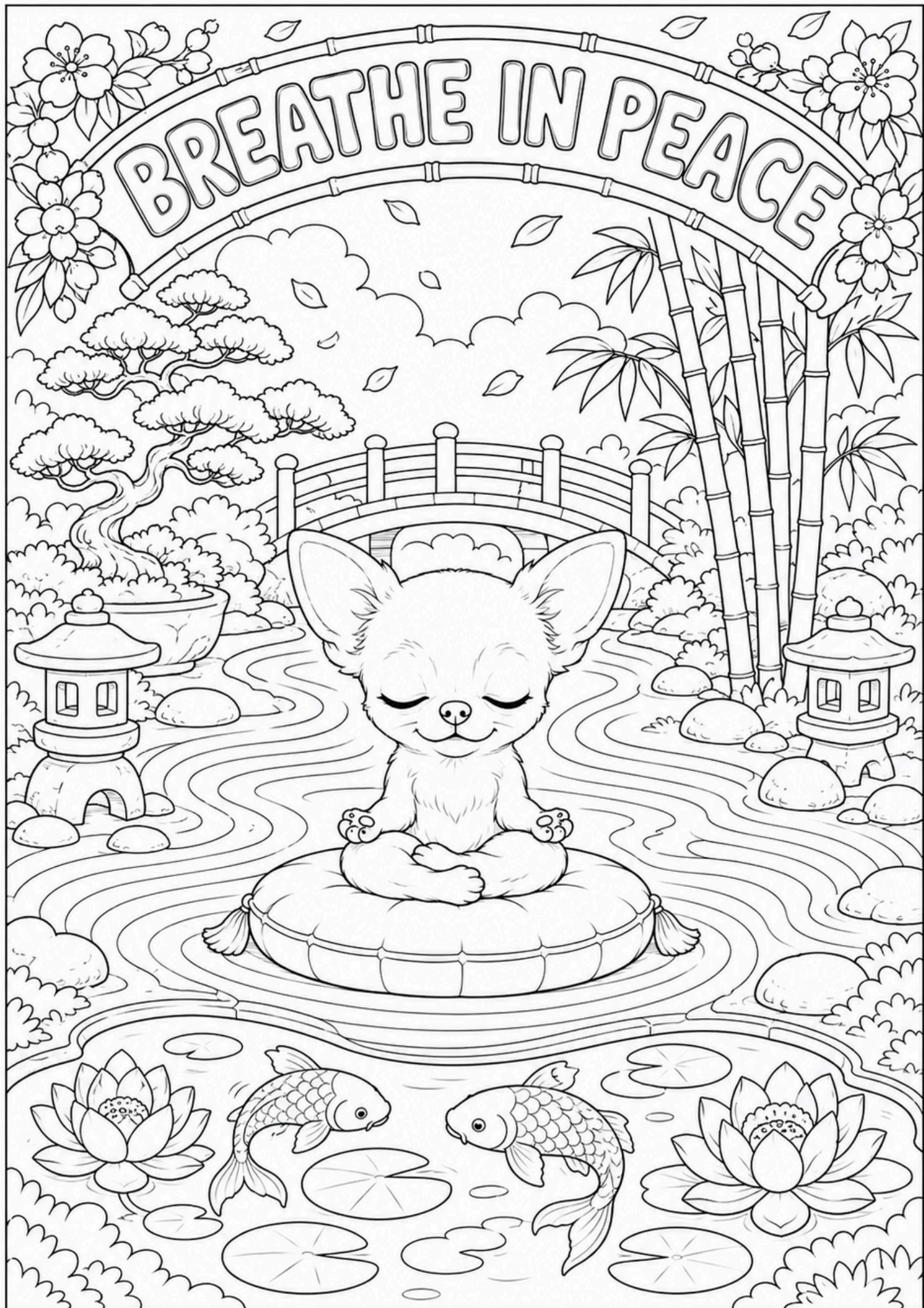




GO WITH
THE FLOW

NOTICE THE LITTLE THINGS









Find Your Calm, One Colour at a Time

Life can feel busy, noisy and overwhelming.
Colouring gives your mind permission to
slow down, focus and breathe.

Mindful colouring can help you:

- quiet racing thoughts
- reduce stress and tension
- improve focus and patience
- express feelings without words
- enjoy a peaceful break from screens
- reconnect with the present moment

There is no right or wrong way to colour.
Choose the shades that speak to you,
take your time and let Bug guide you
into a calmer world.

Pause. Breathe. Create.

