

BUG'S MINDFUL COLOURING BOOK



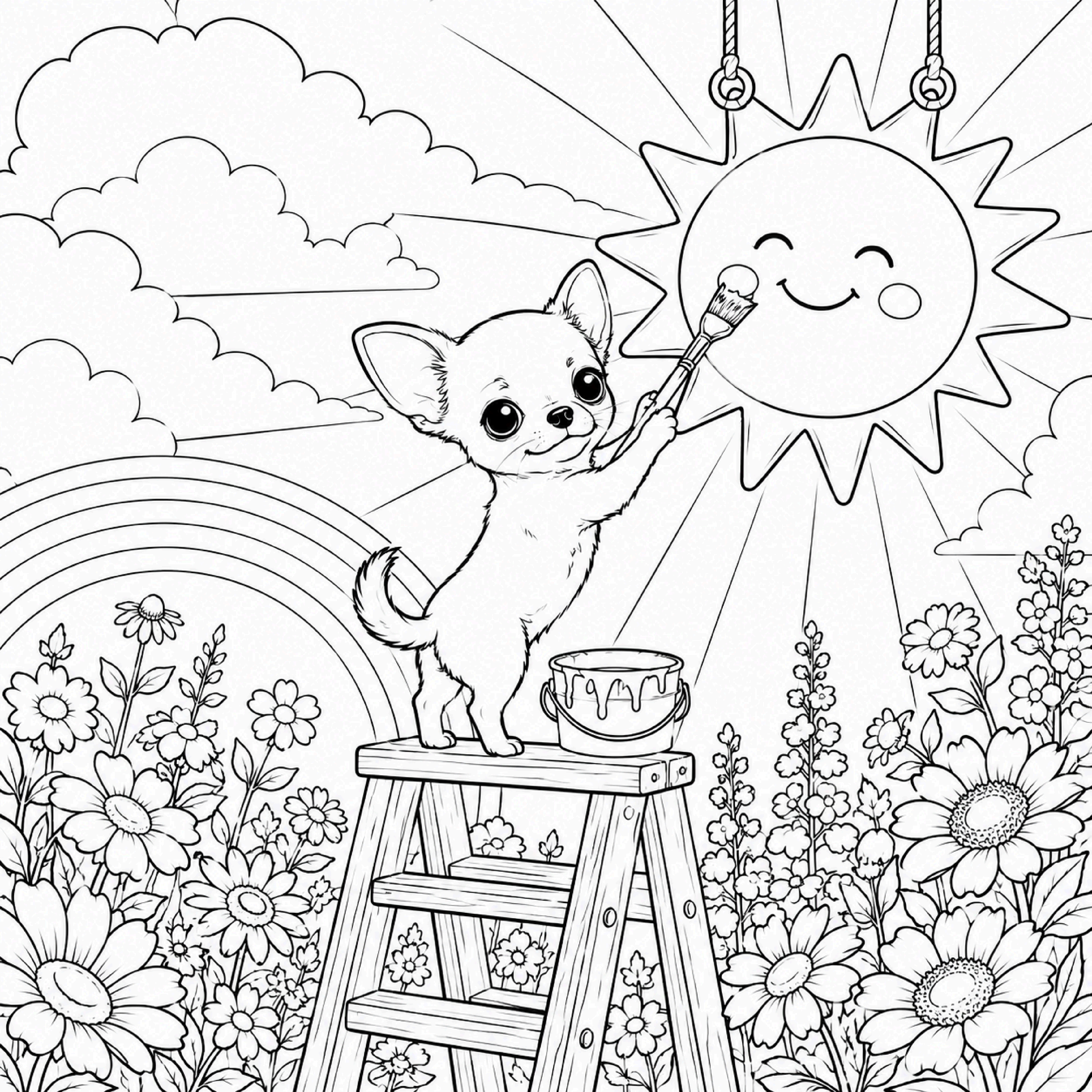






















WELCOME TO **BUG'S** MINDFUL COLOURING BOOK!

Join Bug on a joyful journey through rainbows, gardens, stars and magical adventures. Each page gives young minds a chance to slow down, focus and enjoy a peaceful moment of creativity.

MINDFUL COLOURING CAN HELP CHILDREN:

- Feel calm and relaxed
- Practise focus and patience
- Express feelings through colour
- Build confidence and creativity
- Take a gentle break from busy days

There is no right or wrong way to colour.
Just breathe, choose your colours
and enjoy the moment!