

# MINDFUL COLOURING FOR BEREAVEMENT

Colouring in shapes and pictures can be really calming and help to clear your mind. Have you tried it before?

- What is being mindful?

Being mindful is being present in the moment to try and calm your busy brain and gives you the chance to focus on what you're doing in front of you and not think about anything else for a few minutes. In this case, the activity of mindfulness is colouring.

- How do I do it?

To be able to start mindful colouring, you'll need to find a picture you like and be sitting somewhere quiet or where you can concentrate on what you're doing.

- What do I need?

If you print the picture, you'll need some colouring pens or pencils. If you are colouring digitally, you'll need a grown up to save the image to a device and download an app called Colorscape to colour it in!



To speak to a Winston's Wish Support Worker, visit our website [winstonswish.org](http://winstonswish.org) to use our live chat - now open 8am-8pm, call our Freephone Helpline 08088 020 021 (8am-8pm), or email [ask@winstonswish.org](mailto:ask@winstonswish.org) at any time and we'll reply within helpline hours.

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