

Thank you for joining Clara's Colouring Kingdom Bold and Easy Series for Teens and Adults

Tip: Print Single Sided to prevent bleed through

A Little Moment for You

As a Registered Nurse and Midwife, I have seen firsthand how the pace of modern life can take a toll on our wellbeing. Taking small moments for yourself through mindful and **relaxing activities** can help restore balance, calm the mind, and nurture self-care.

Colouring is a simple yet powerful way to relax. It encourages focus, creativity, and gentle mindfulness — giving your mind a break from everyday stress.

Bold and Easy designs are especially calming to colour. With clear lines and open spaces, they allow you to relax, colour freely, and enjoy the soothing rhythm of creativity without pressure or complexity. Take a moment, breathe, and enjoy this time just for you.

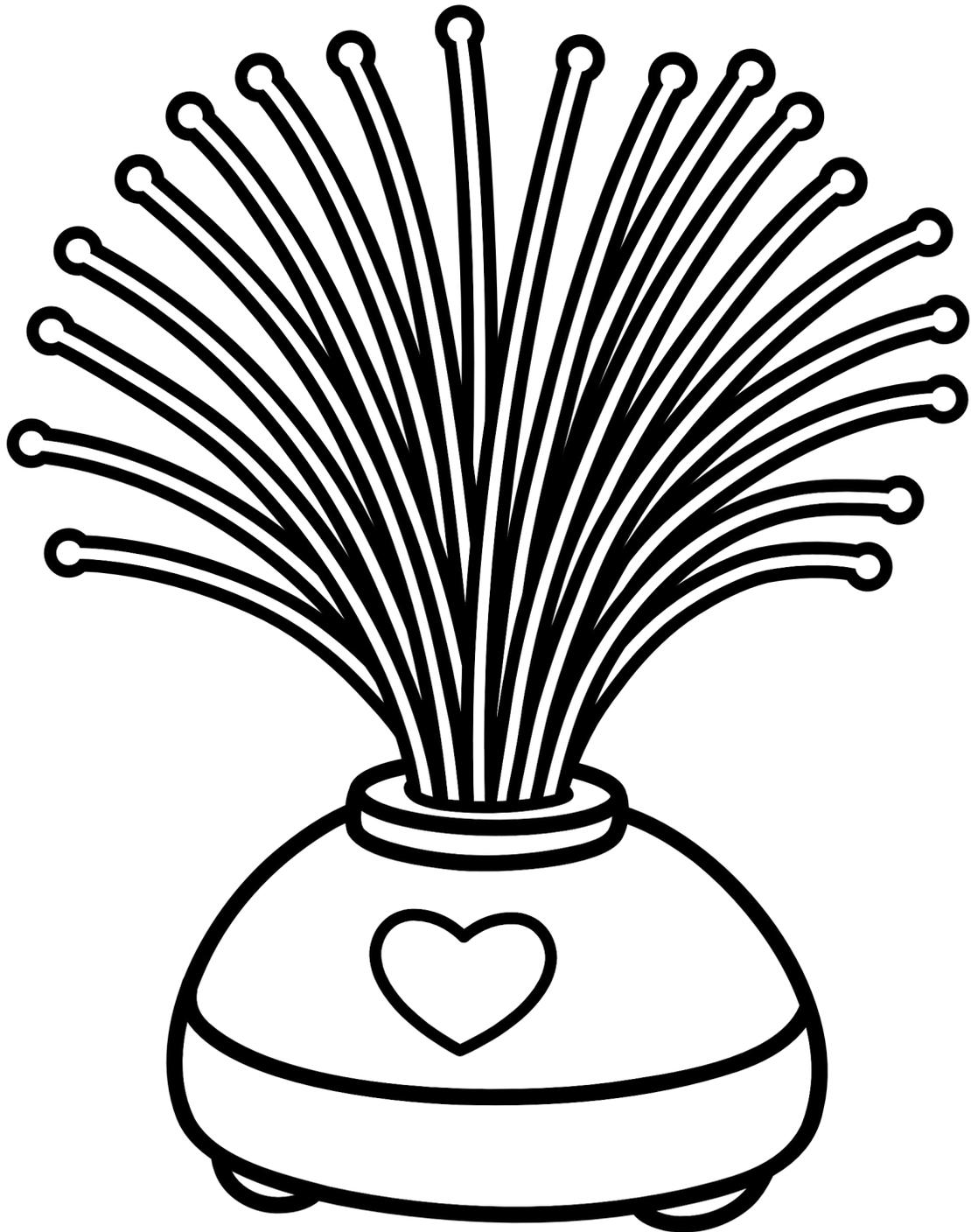
Because caring for yourself is just as important as caring for others

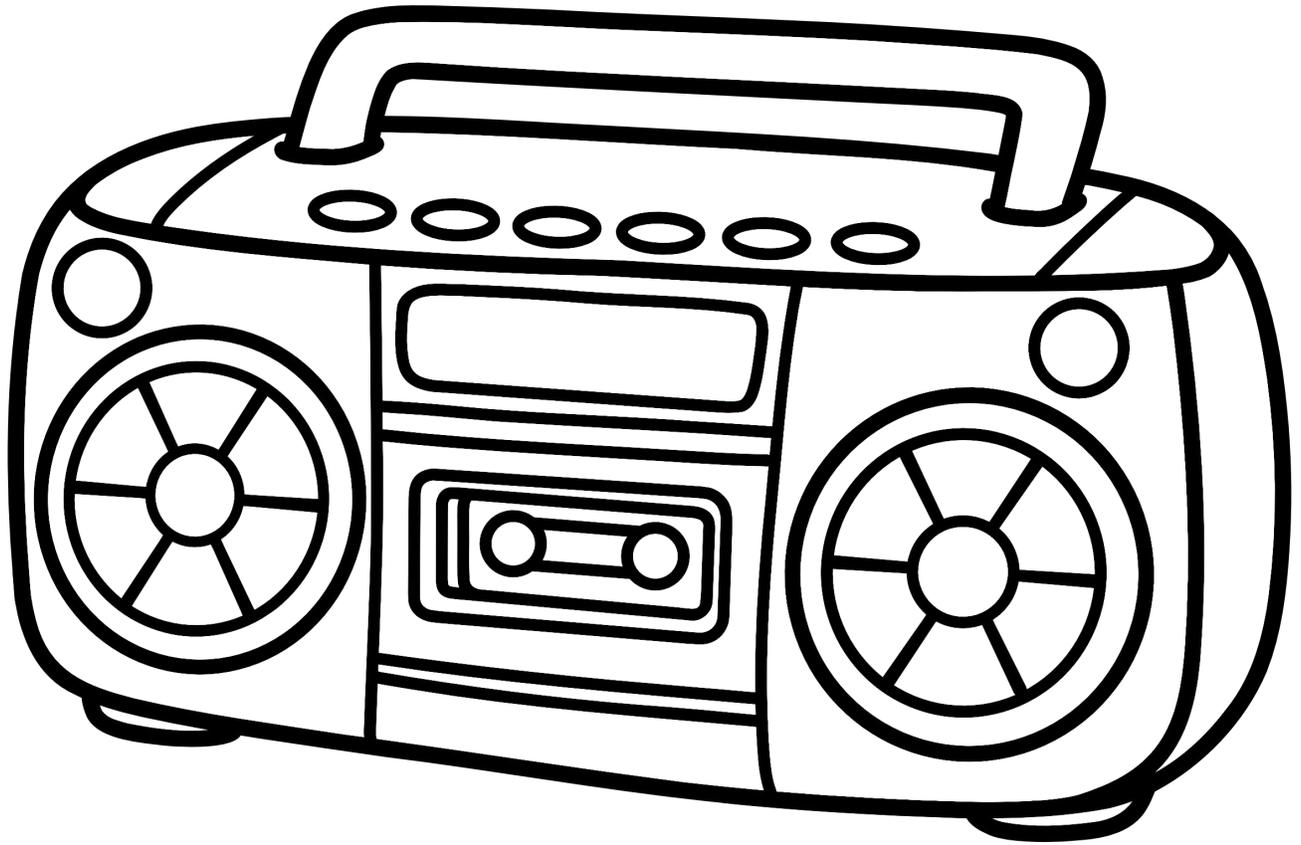
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I ♥ 90'S

