

ANIMAL MINDFUL COLORING



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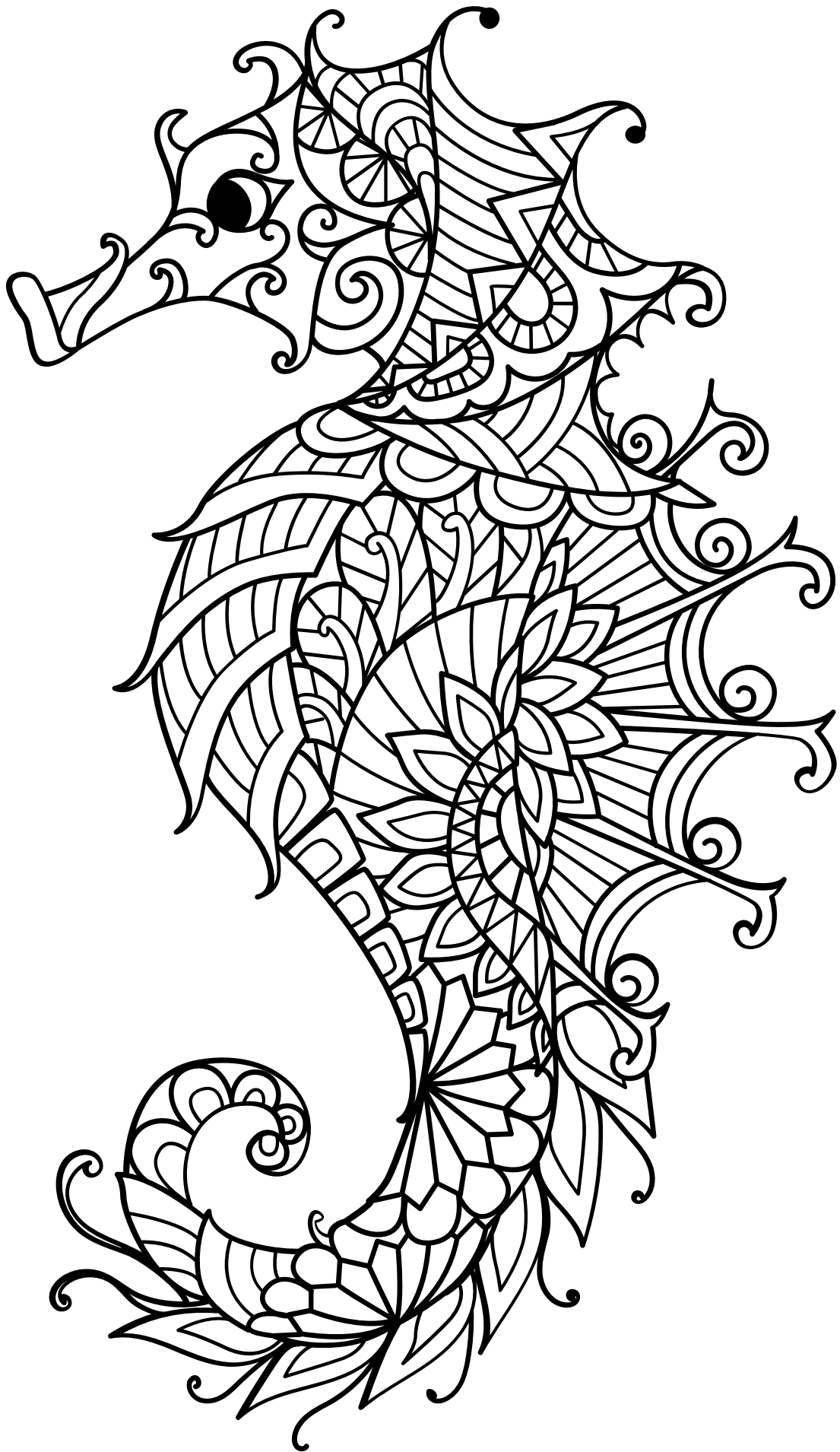


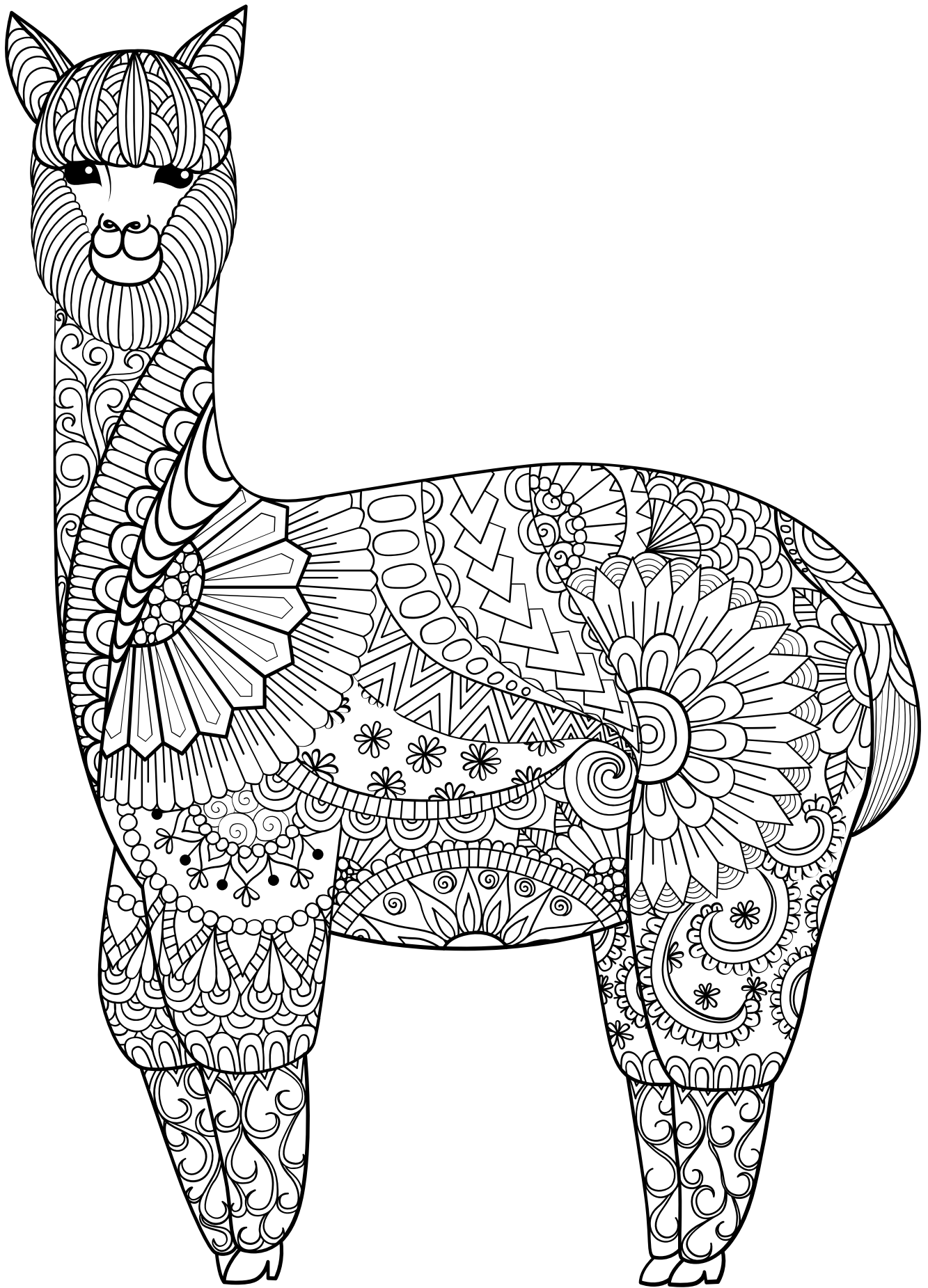
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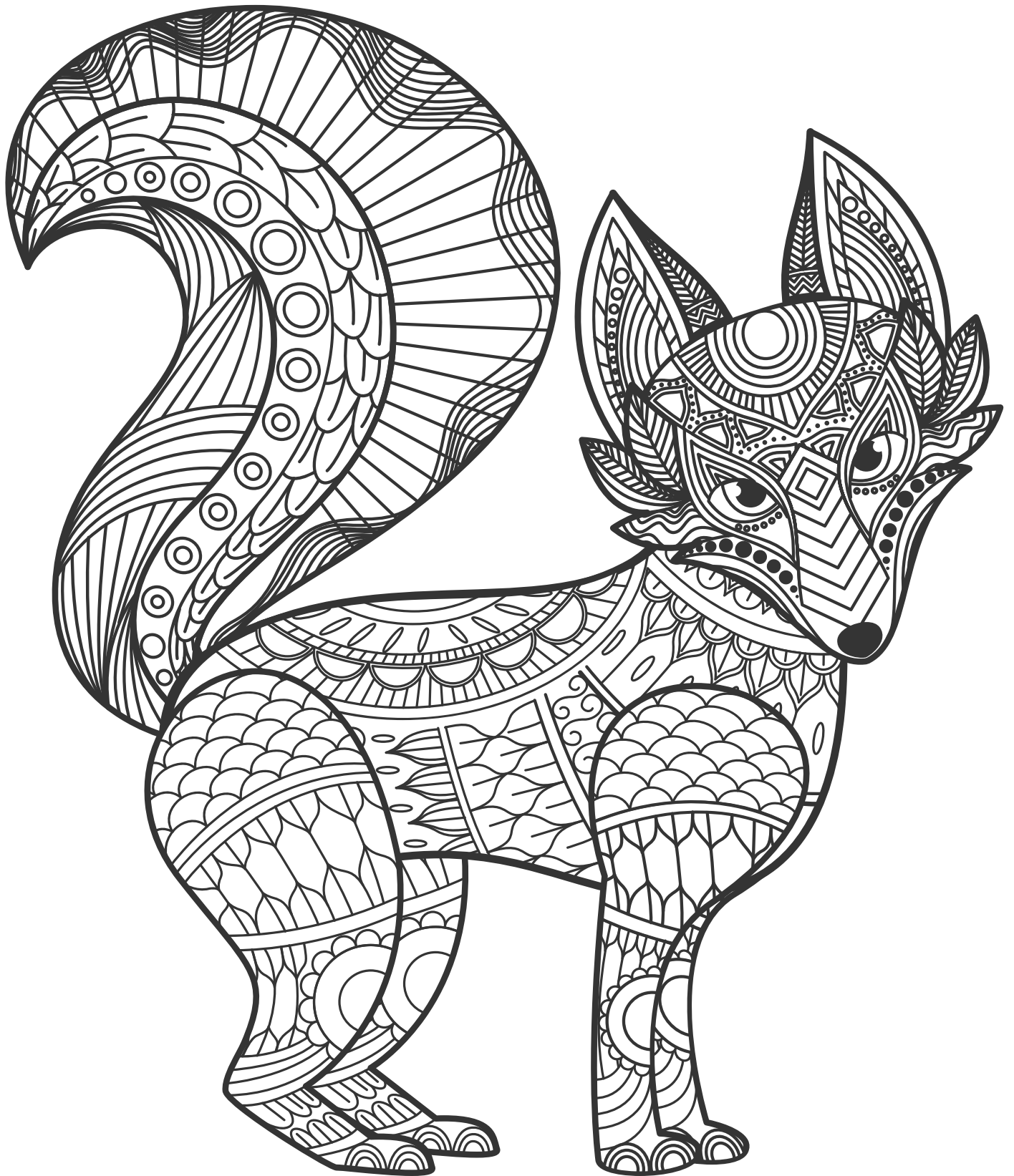




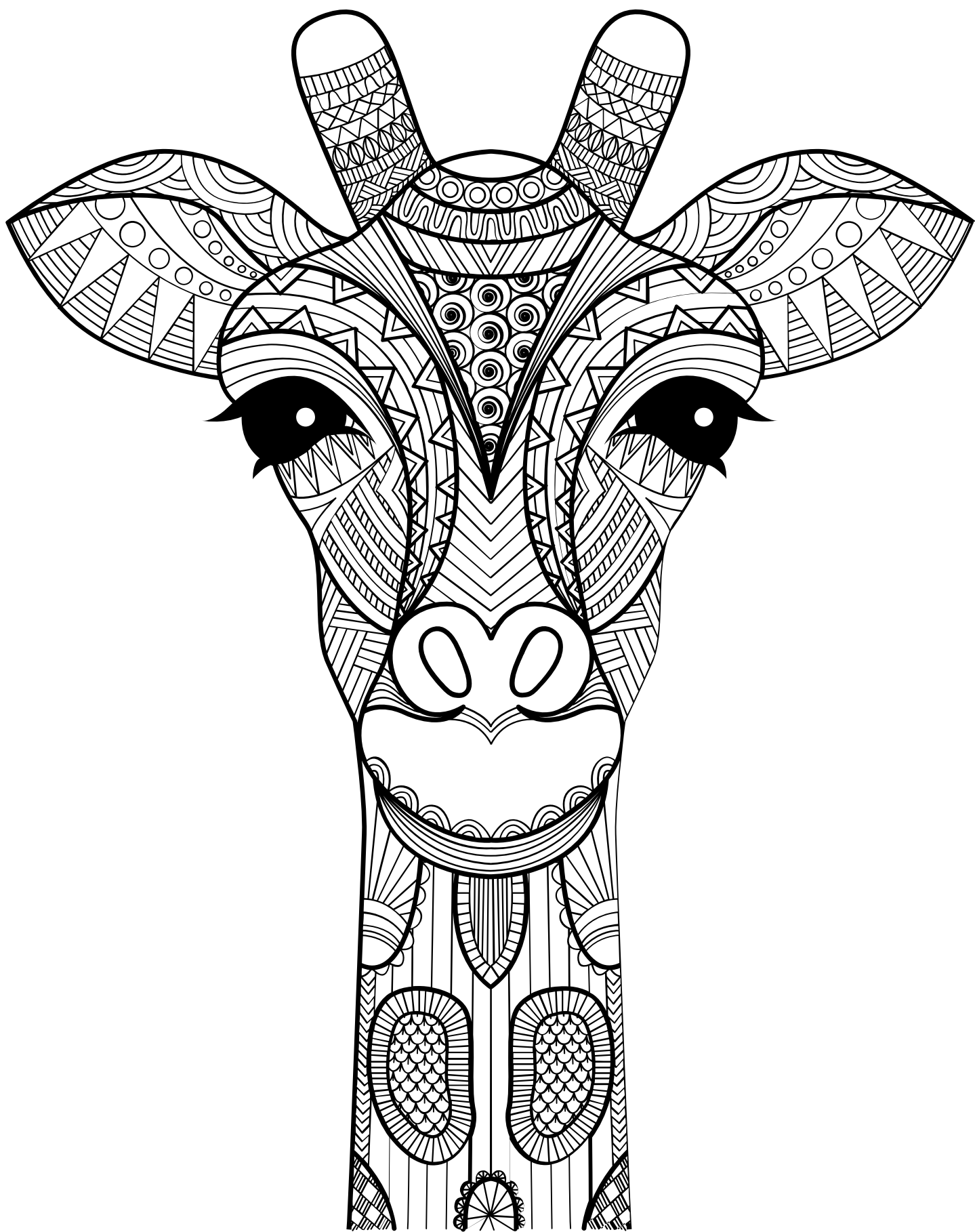


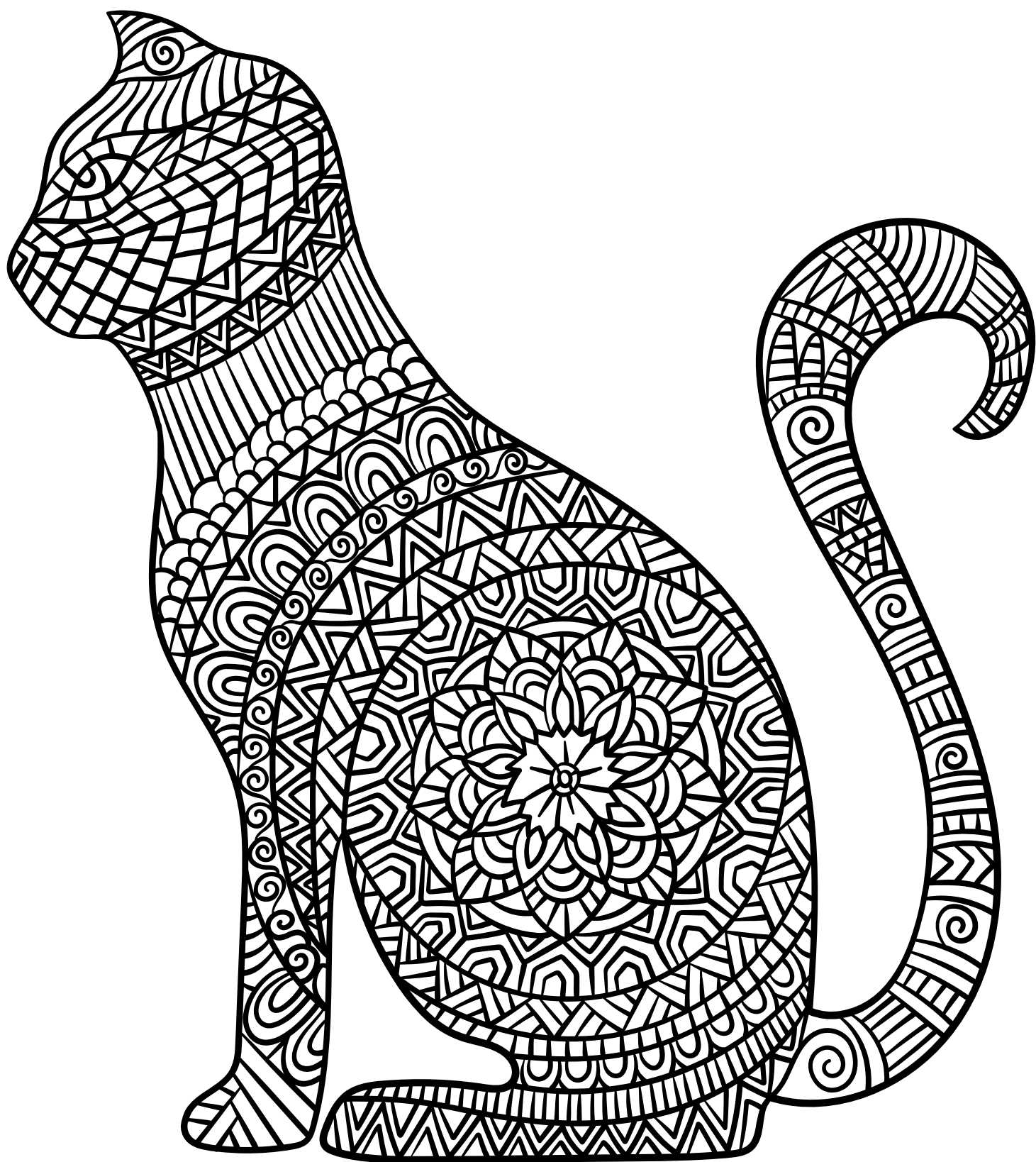




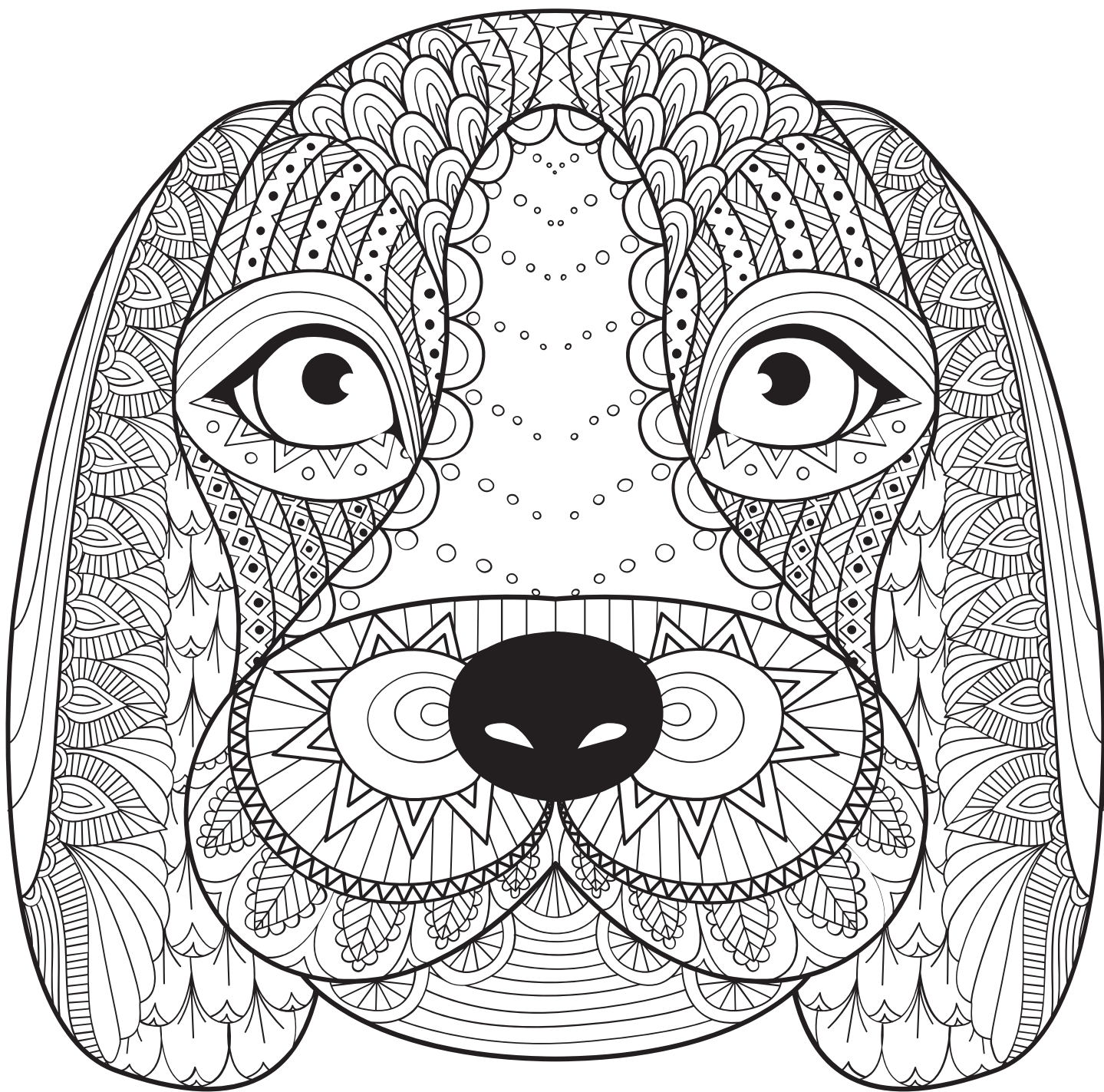


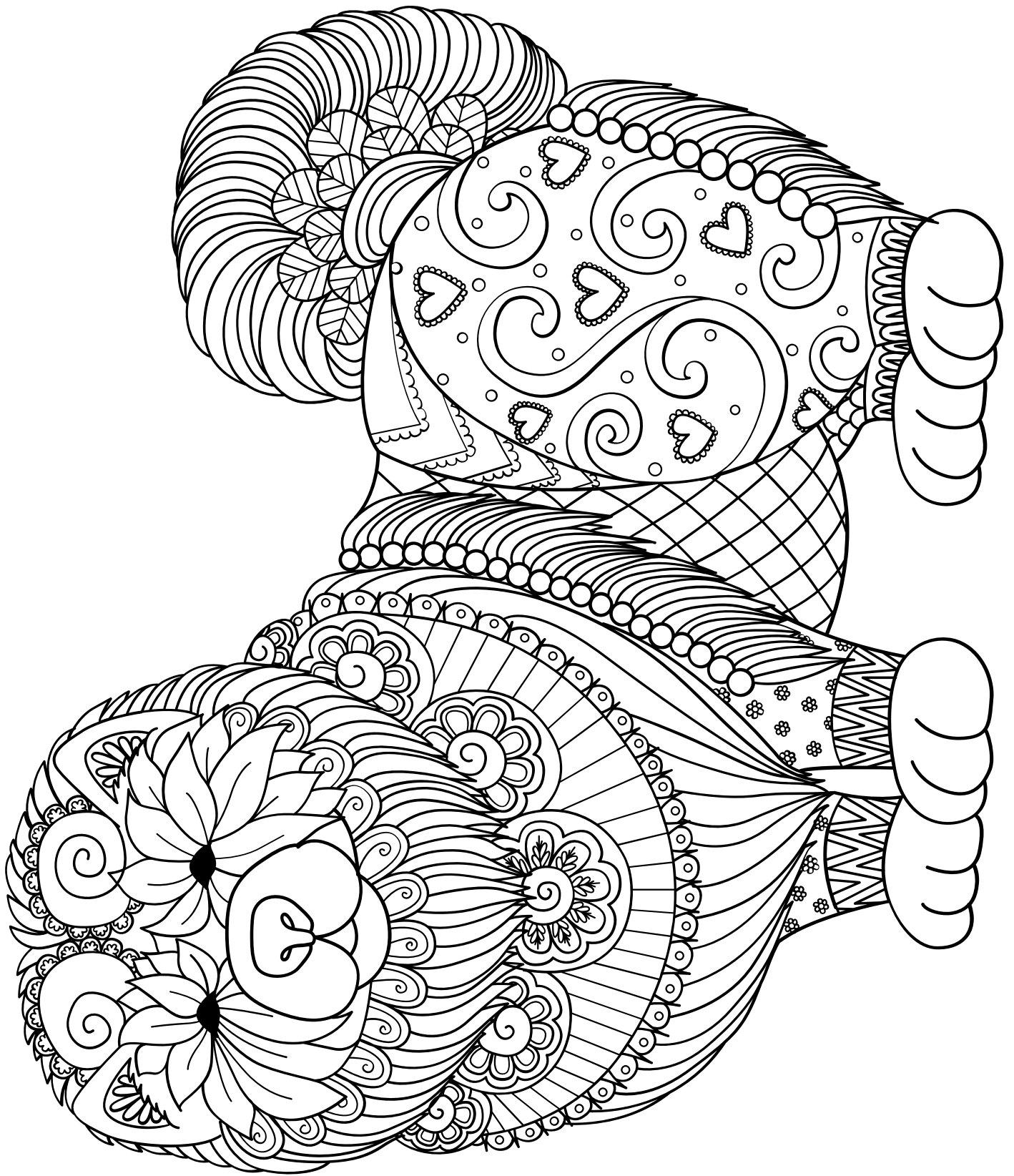






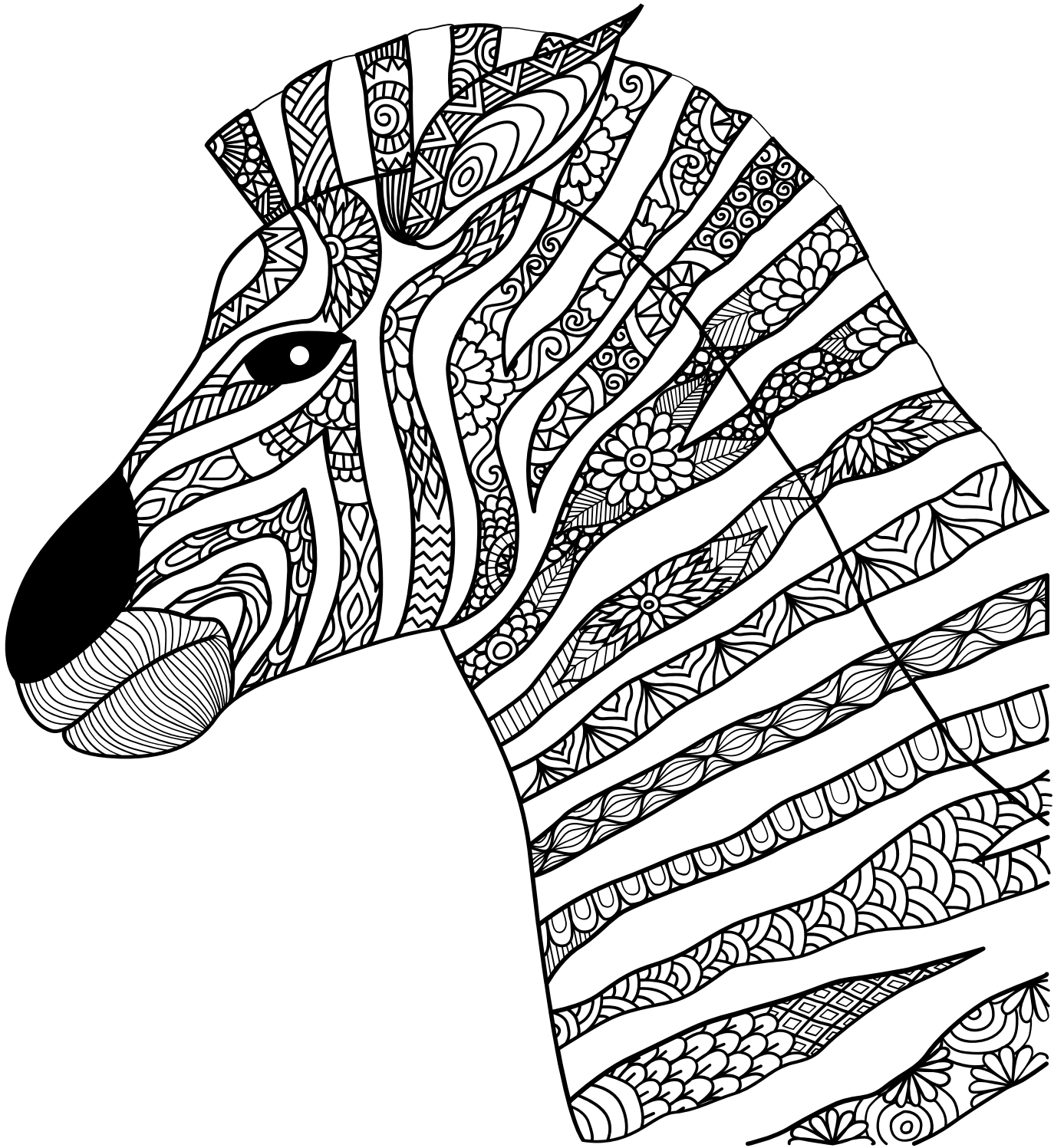


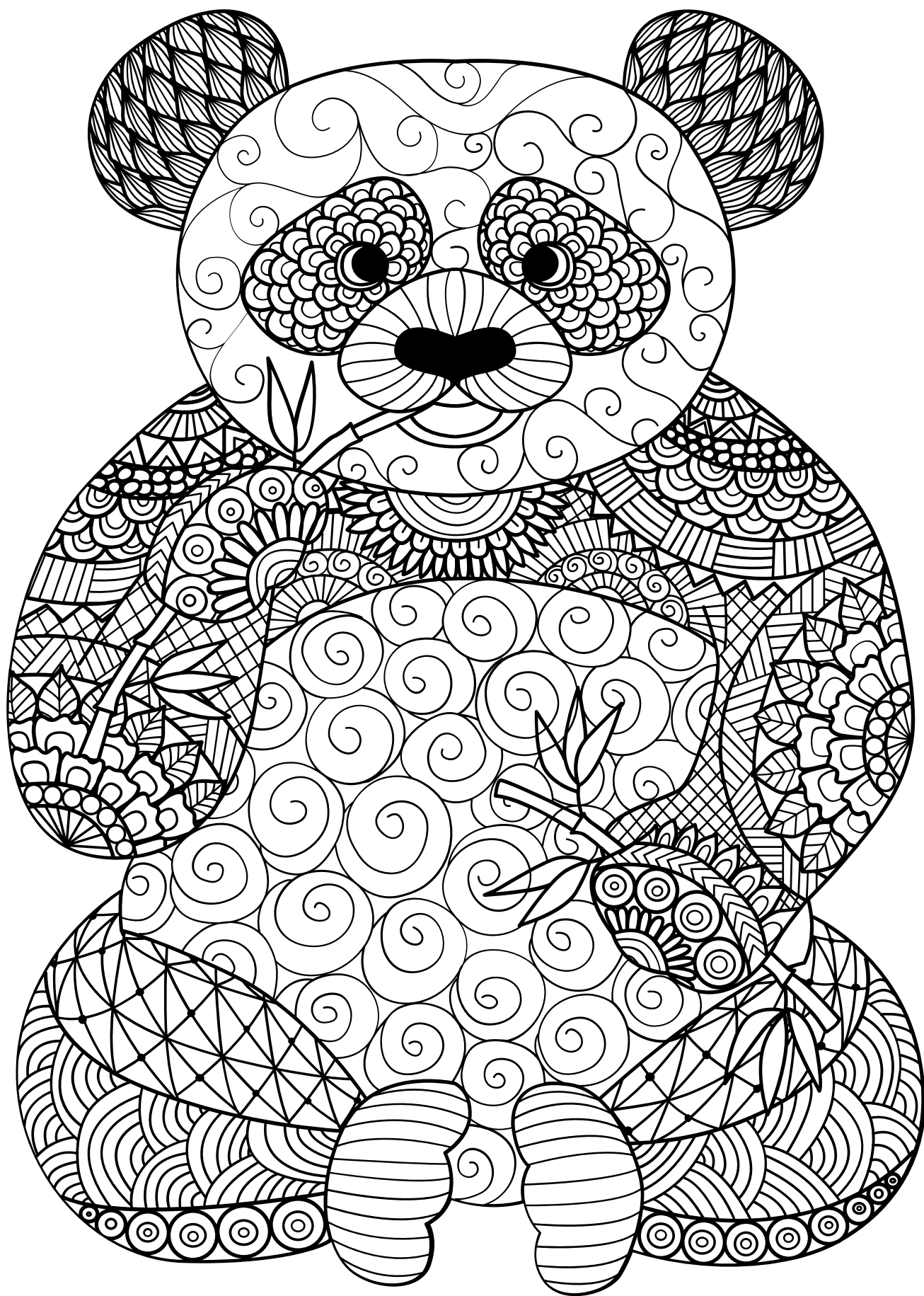






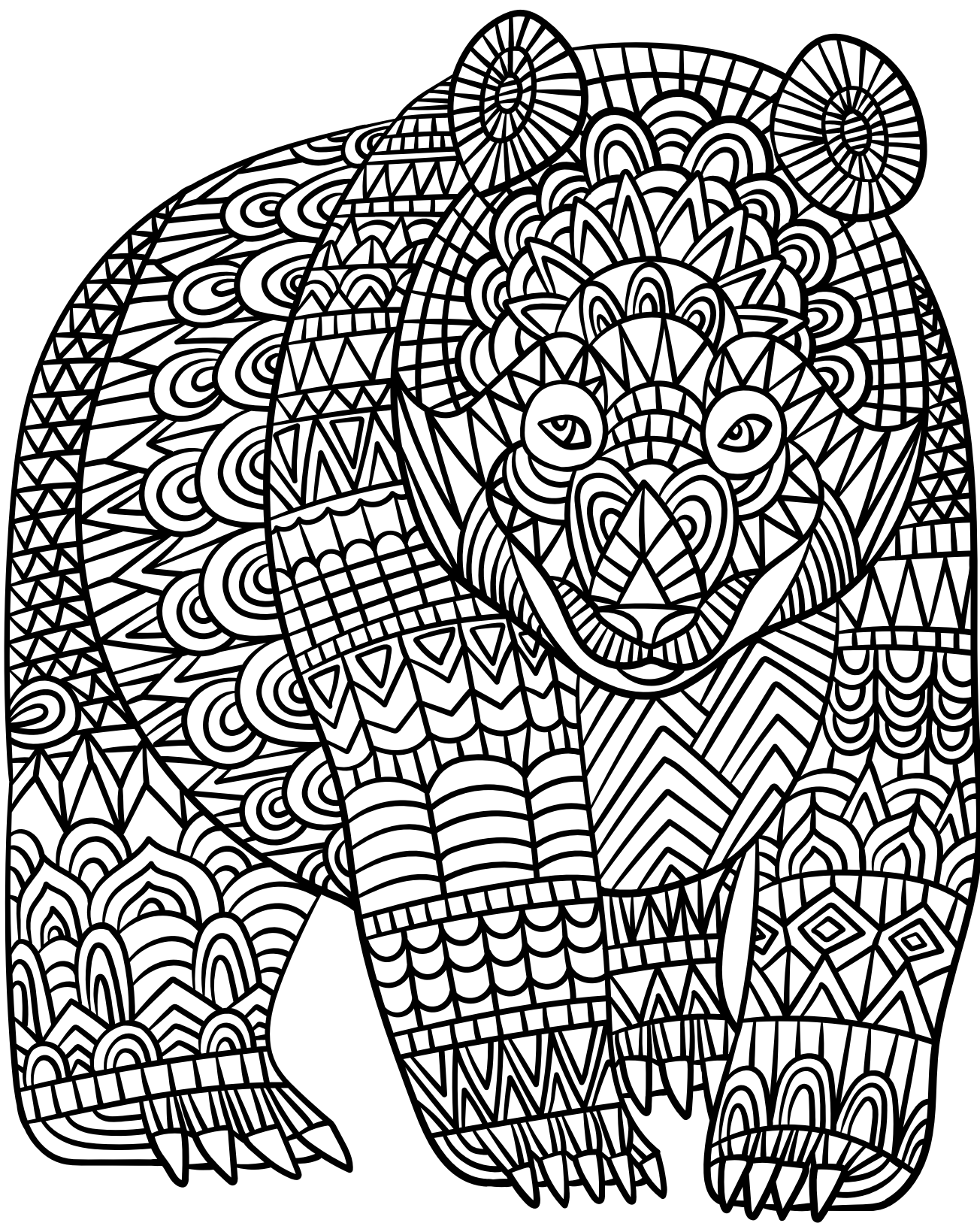






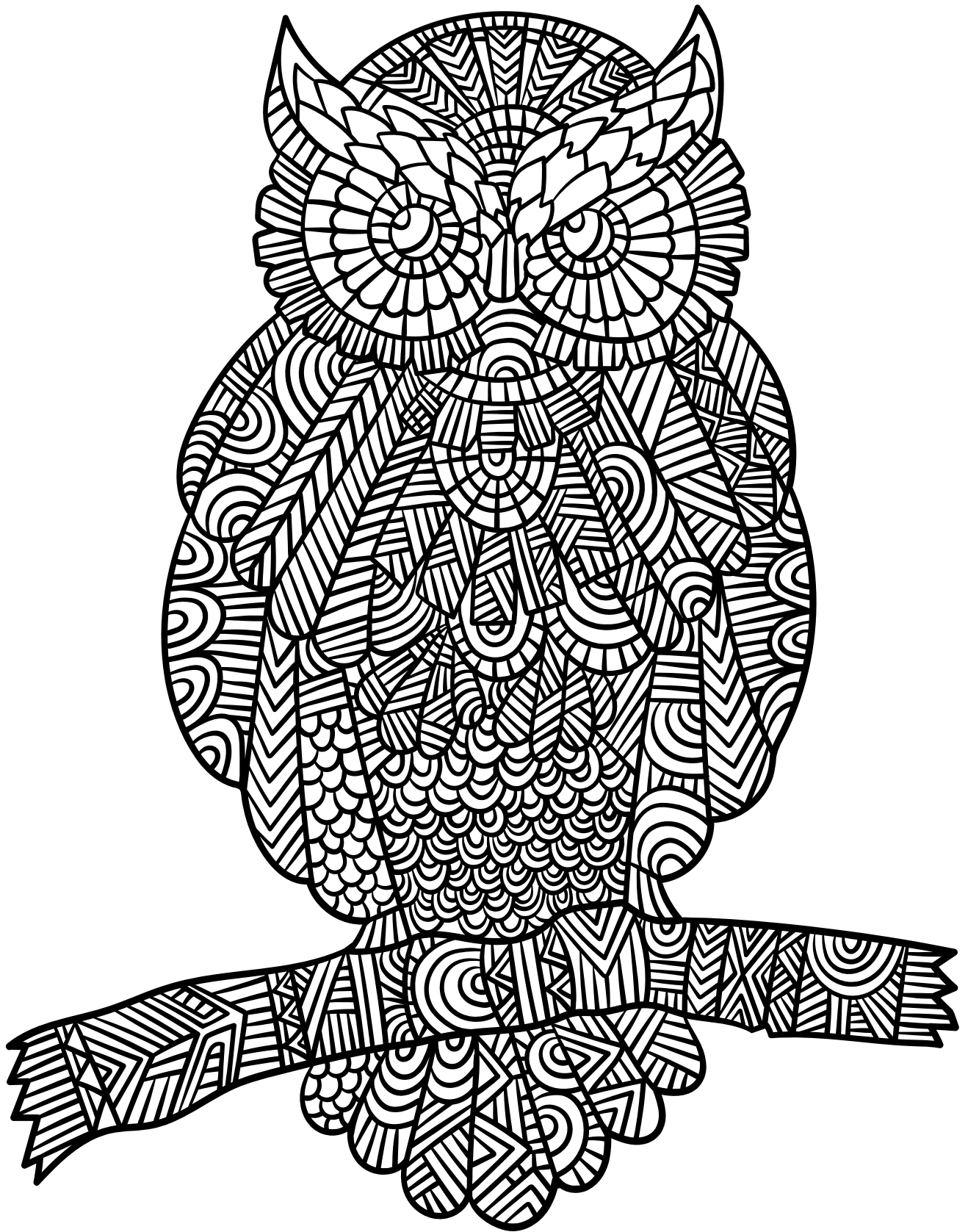








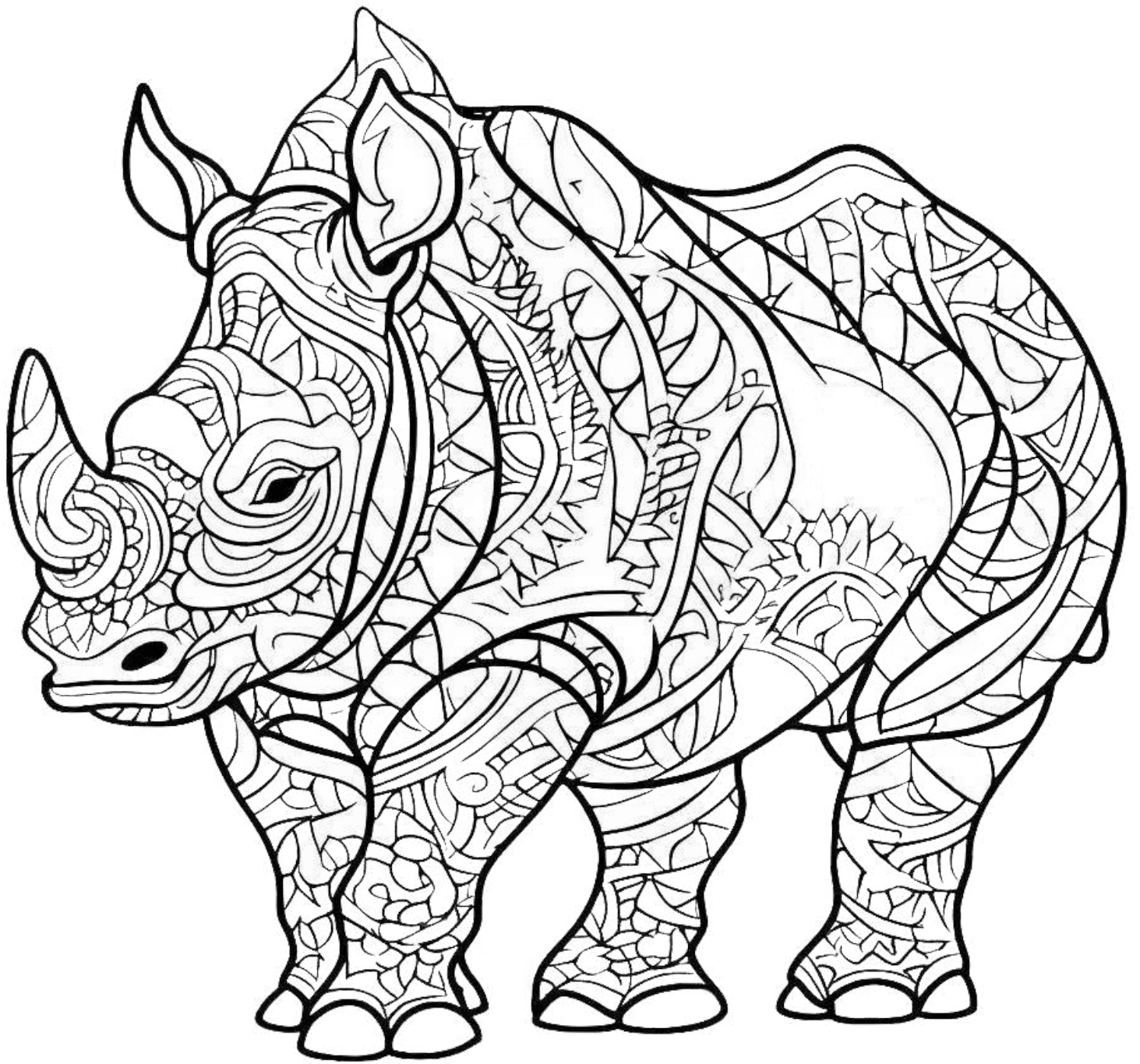




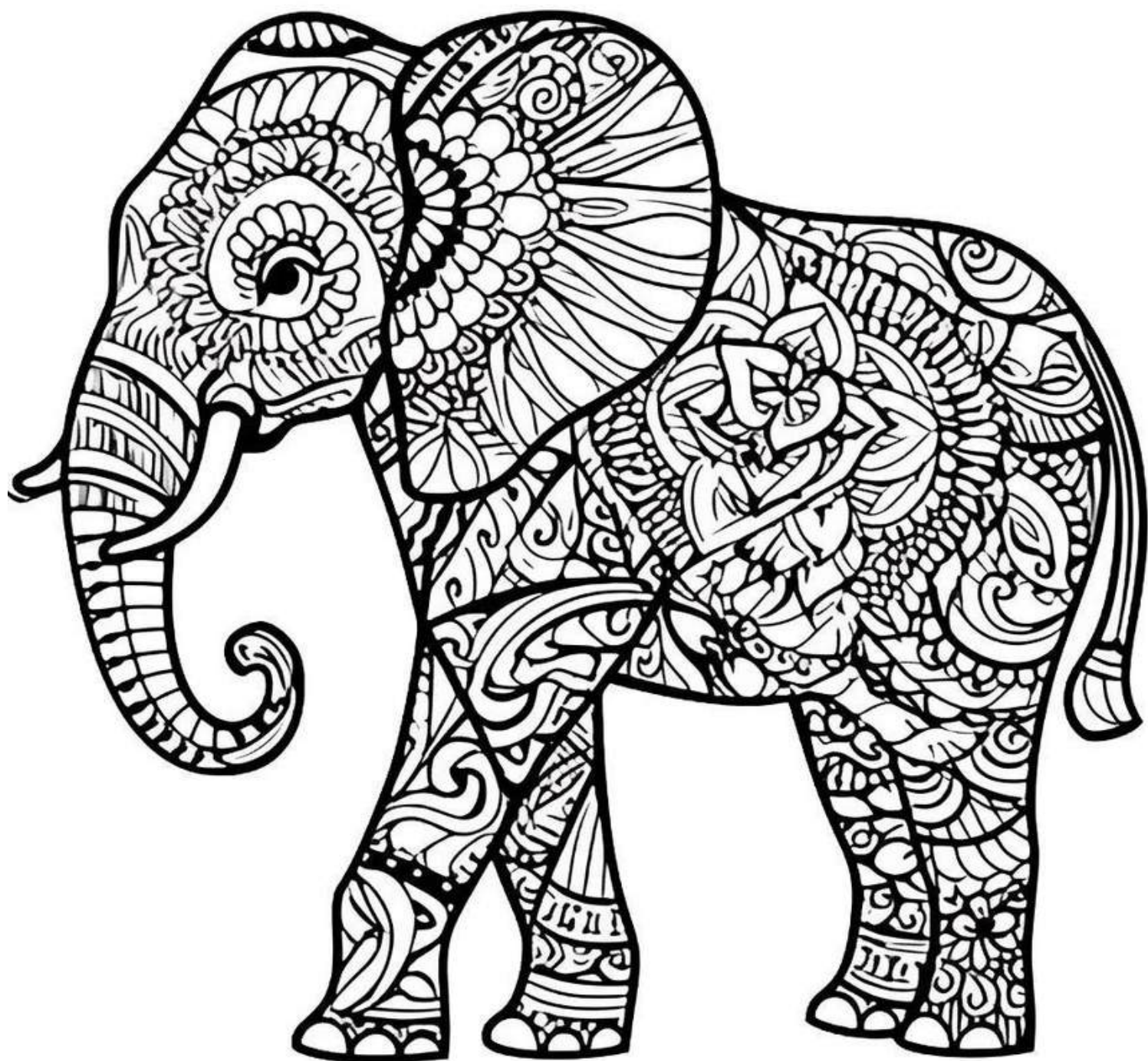








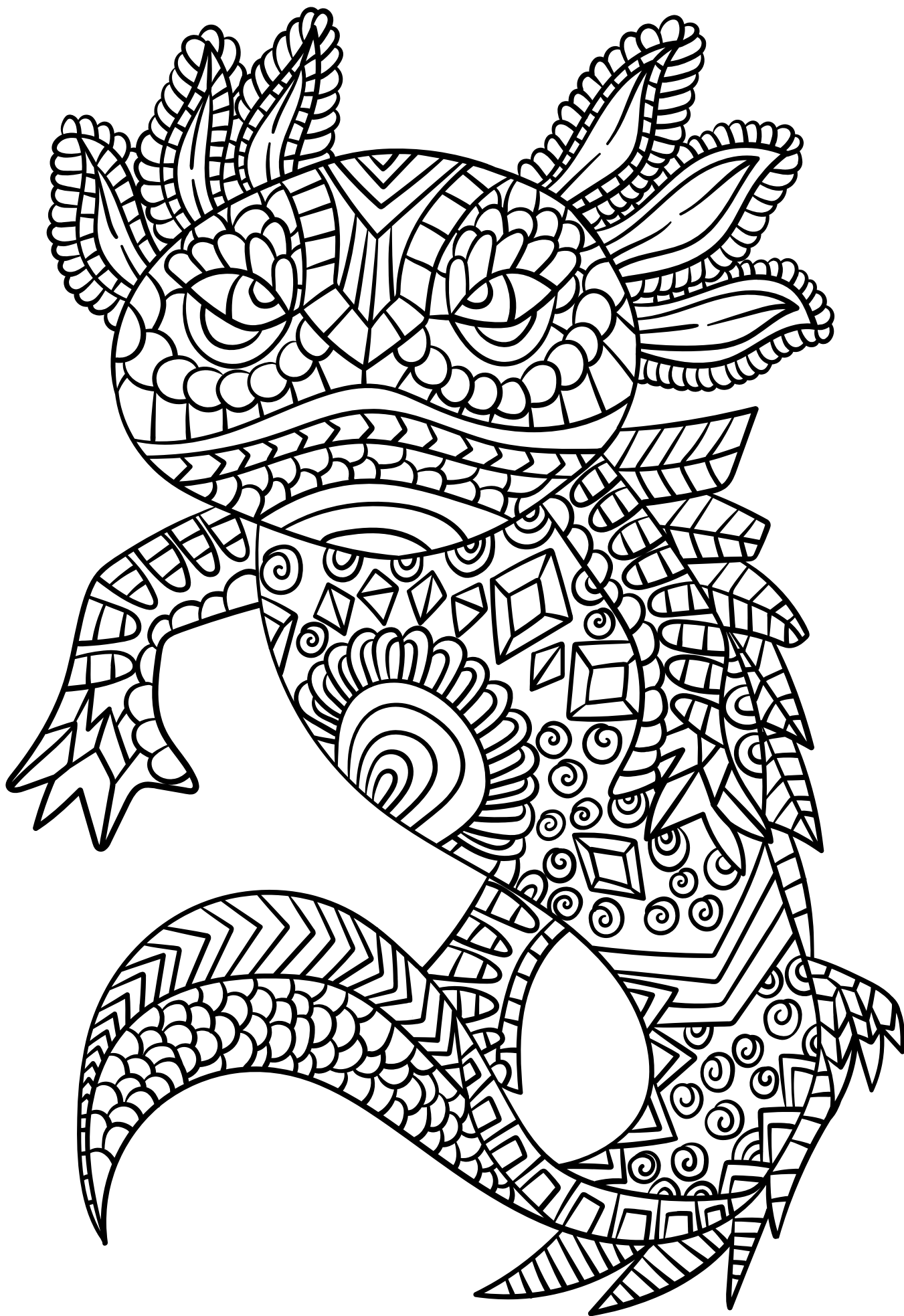




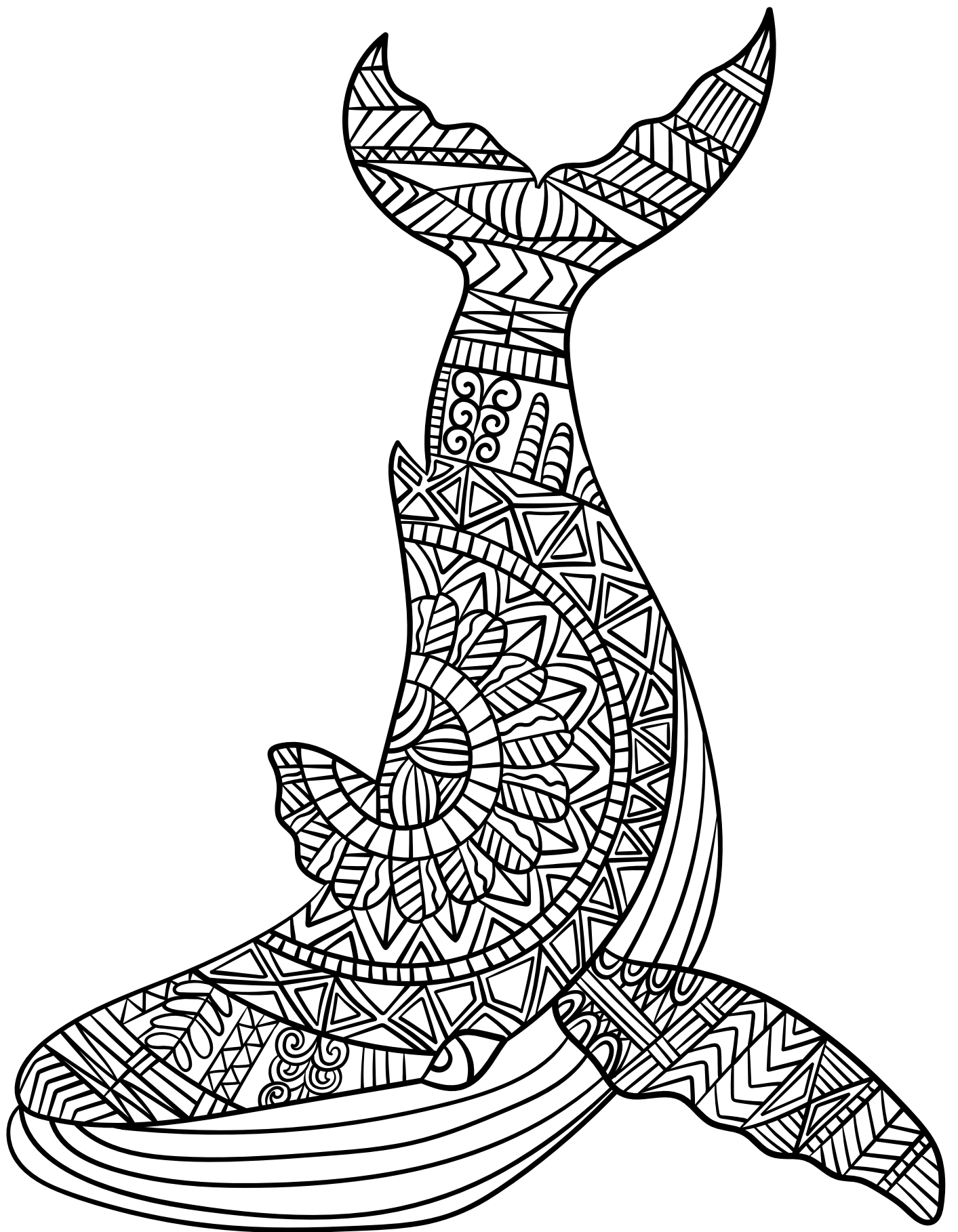




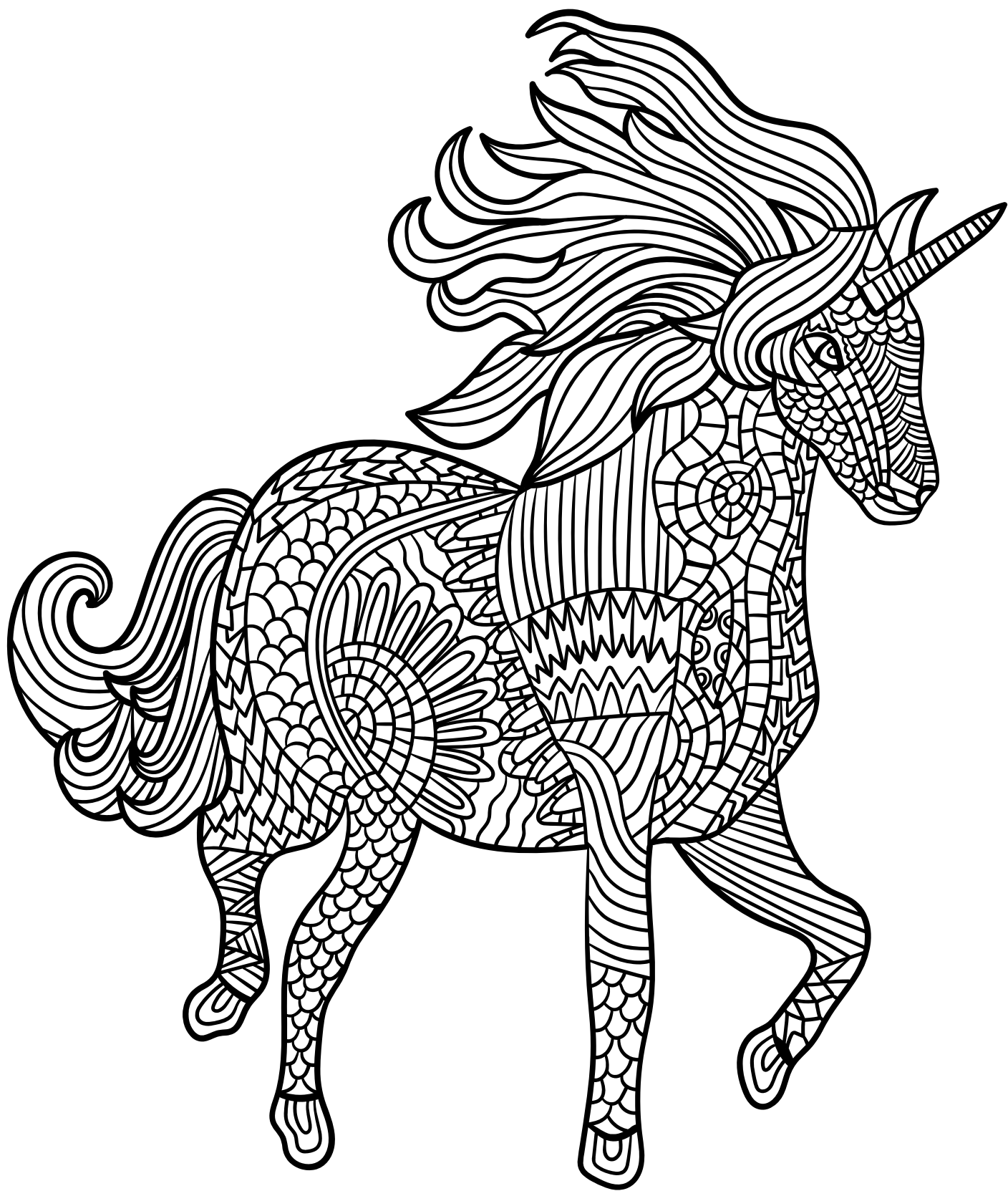








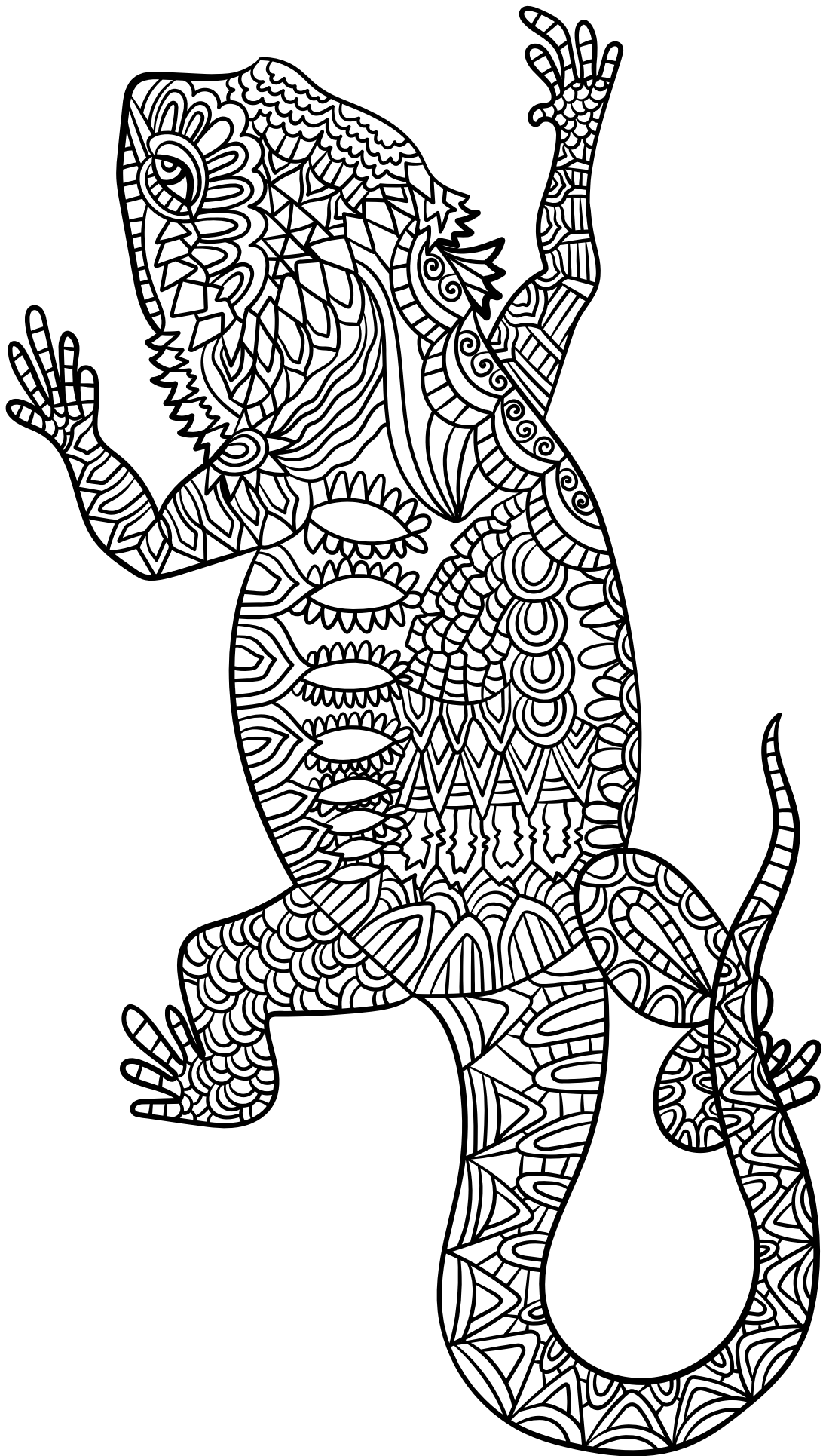






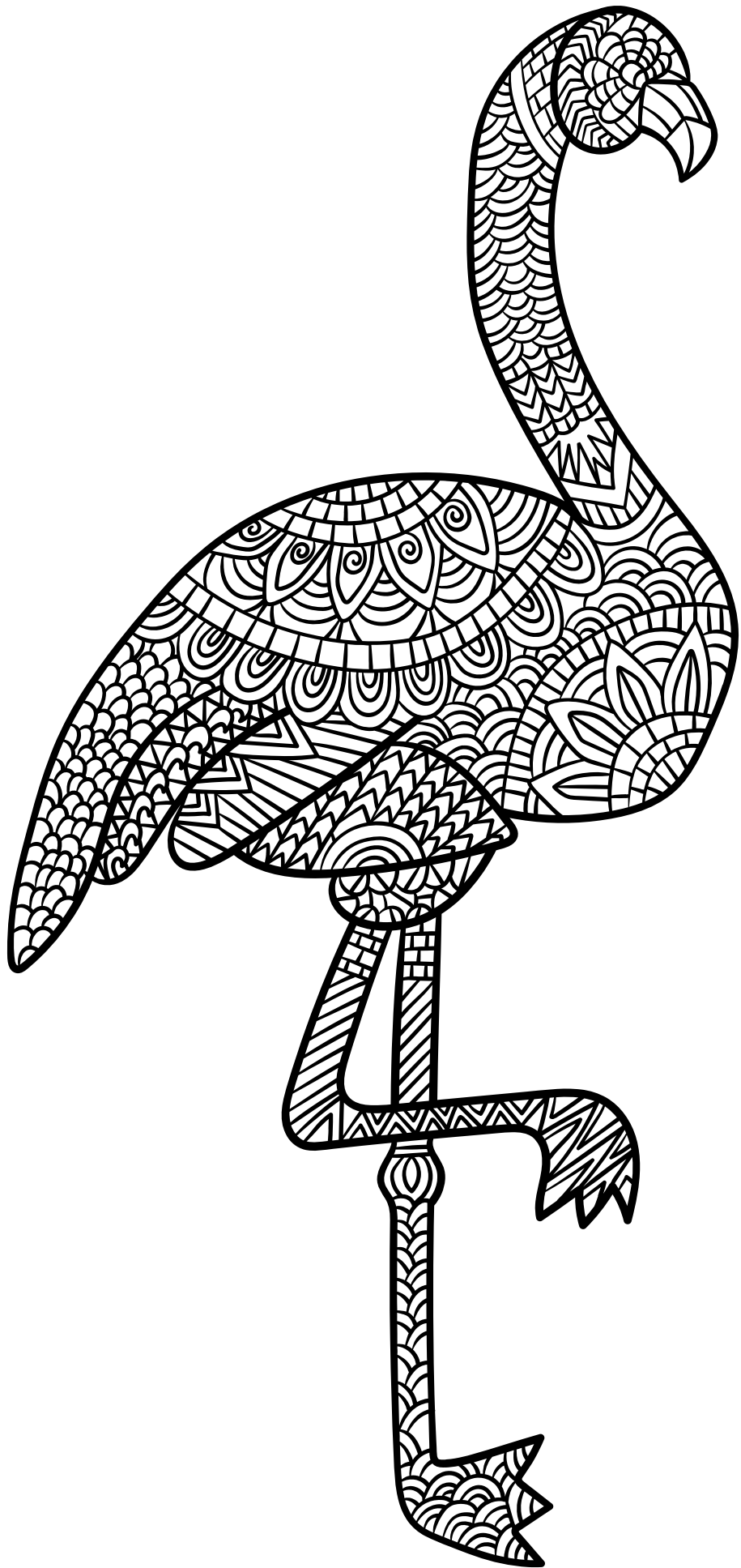








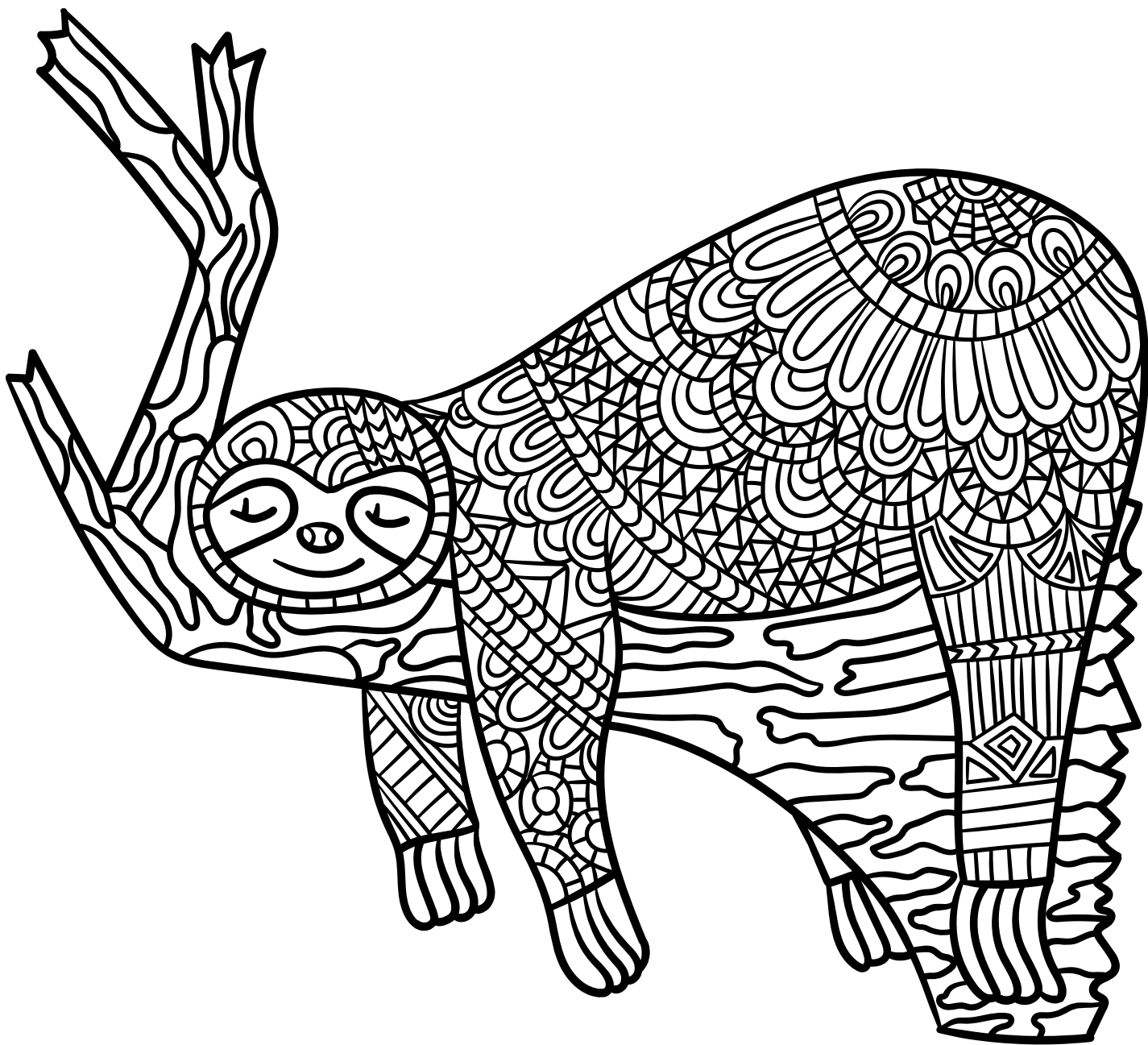












About This Resource

Animal Mindful Colouring is a free calming and creative resource designed to help you slow down, relax, and enjoy a peaceful moment. Each page features a hand-drawn animal illustration that you can colour in your own way, at your own pace.

Coloring is a simple but powerful activity. It gives your mind a break from worries or stress and allows you to focus gently on something calming. Many people find that colouring helps them feel more settled, less anxious, and more able to concentrate.

You do not need to be “good” at art to enjoy this pack. It is not about colouring inside the lines or choosing the right colours. It is about enjoying the process and creating a moment of calm for yourself.

What Is Included?

This downloadable PDF pack contains a collection of animal-themed colouring pages. Each one is different, so you can choose whichever animal or style suits your mood. You can use pencils, pens, crayons, or anything else you like to colour them in.

You can:

- Colour one page at a time, whenever you feel like it
- Keep your finished pictures or give them to someone else
- Print the pages again and use them as often as you need

There is no pressure and no time limit. Take as long as you like. Colouring can become part of your self-care routine or something to enjoy now and again when you need a quiet moment.

How This Resource Can Help

Many people use mindful colouring to:

- Ease anxiety or low mood
- Take a break from screens or busy thoughts
- Feel more focused or grounded
- Enjoy being creative without pressure
- Unwind before bed or after a stressful day

Whether you are going through a tough time, looking after your mental health, or simply enjoy creative activities, this resource can offer gentle support.

Who Is It For?

This pack is suitable for people of all ages – adults, young people, and children. It is for anyone who enjoys animals, finds peace in colouring, or wants to include more mindful moments in their day.

You might find it especially helpful if you:

- Often feel stressed or overwhelmed
- Are looking for a simple way to practise mindfulness
- Enjoy art but do not want anything too complicated
- Want something gentle to focus on during a break, a quiet evening, or a difficult time

You can use it at home, at work during a lunch break, while travelling, or anywhere you need a calm activity.