

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

These Confidence Boost Mindfulness Colouring Pages can be used by children and grown-ups. Mindfulness activities are great for reducing stress levels, taking a self-care break, and letting your mind wander to just enjoy being in the present. The pages can be coloured in any way your little ones like and there are no rules – so go they can grab some colours and go wild!

What skills does this practise?

Colouring

Mindfulness

Wellbeing

Further Activity Ideas and Suggestions

Our [Parents Hub](#) has lots of fantastic resources to support you and your family. Take a look at our [mindful colouring pages](#) to find lots of fabulous colouring for you and your family! Boost your confidence and self-esteem with these [Confidence Boost](#) and [Animal Self-Esteem](#) mindful colouring pages.

Parents Blog



Twinkl Kids' TV



Homework



twinkl

Parents
Hub



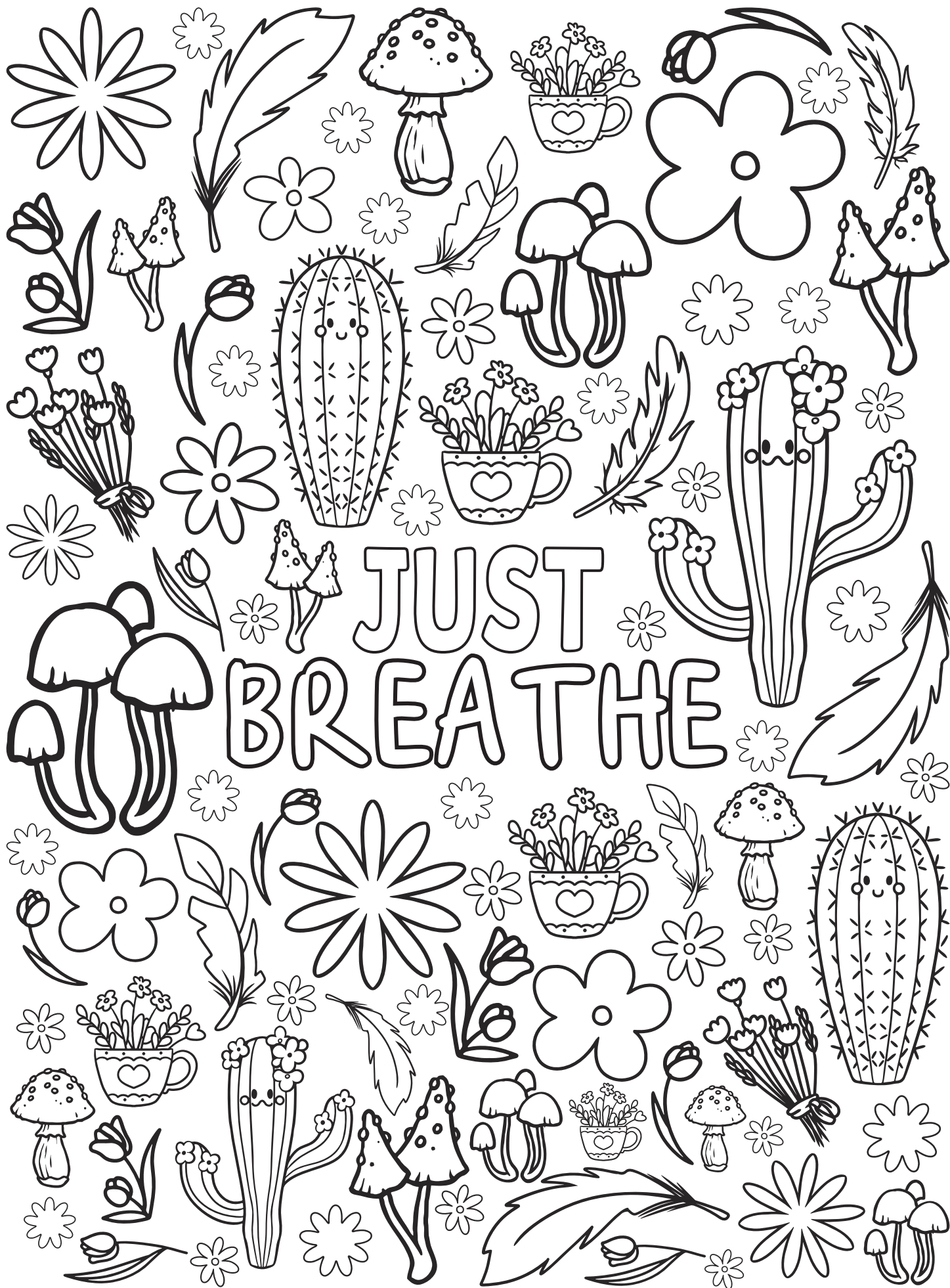


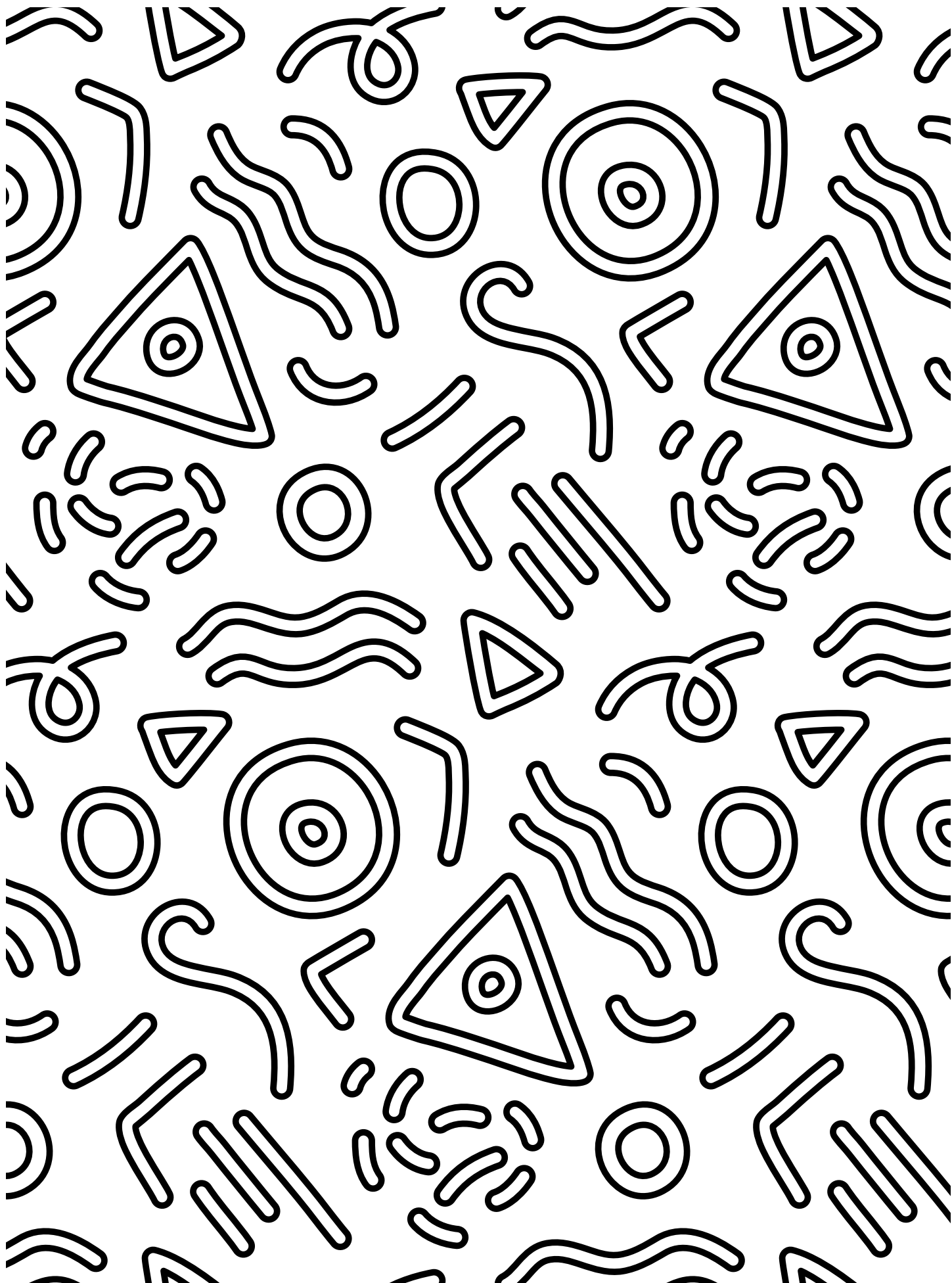
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