

Dr Justin Coulson's

COLOURFUL CONNECTION

KIDS SPELL LOVE T.I.M.E...

...but spending quality time with them without worrying about the washing or work can be tough.

Forget your to-do list and enjoy some "we time" with your kids by getting creative together.

Colouring calms the mind while occupying the hands. It's a great way to de-stress and practice mindfulness, with benefits for parent and child alike.

So, unplug from your devices and daily life and tune into each other instead.

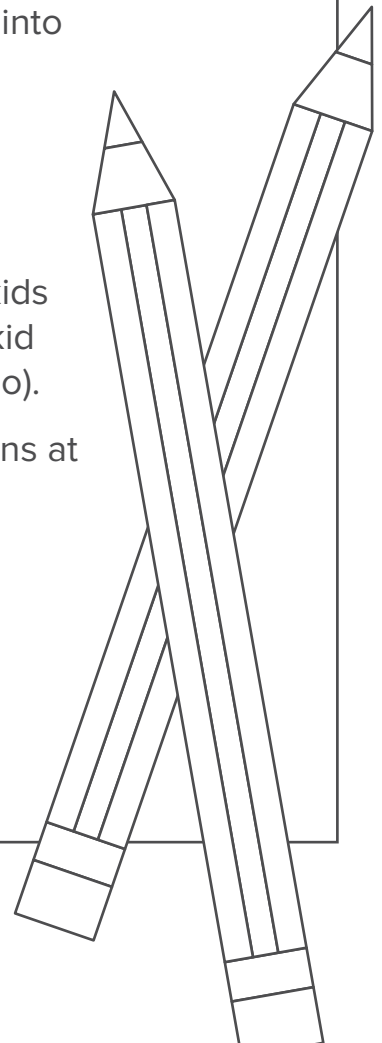
HOW DOES IT WORK?

Parents/carers colour the more intricate image and kids colour the more simple version (unless you're a big kid and would like to colour the more detailed picture too).

When you're done, don't forget to share your creations at [facebook.com/happyfamilies.au](https://www.facebook.com/happyfamilies.au)



[happyfamilies.com.au](https://www.happyfamilies.com.au)



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Parent & Child
Colouring Activity



Name: _____ Age: _____

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