

CREATIVITY PACK

**EVERYTHING YOU
NEED TO CREATE...**

**MINDFUL
COLOURING**



**WE ARE AN ARTS CHARITY
BASED IN SHEFFIELD,
WE AIM TO CELEBRATE
AND CONNECT
COMMUNITIES THROUGH
ART AND CREATIVITY.**



**IGNITE
IMAGINATIONS**

INSTRUCTIONS

Please note these pack contain sharp materials that should be used with care.

Mindful colouring is recognised to be a helpful activity when our minds are busy or our mood is low.

- 1** Before you start this activity you might like to put on some quiet and calming music to help you settle. You could try the album 'Islands-Essential Einaudi' on YouTube.
- 2** Make sure your pencil crayons are sharp and on a piece of scrap paper, try out the colours. Notice how the colour deepens when you press harder, and is lighter when you apply less pressure. You can mix new colours by layering a darker shade over a lighter one.
- 3** Think about what colours you want to use for each shape and what colours will complement each other. Colour in all the shapes and consider what direction you colour in, leaving some parts of the background white if you prefer.
- 4** Using the scissors and glue, cut out your chosen small images and stick them to a blank card.
- 5** Decide who you would like to send your card to. It could be a neighbour, a friend or a relative. It doesn't have to be a birthday or celebration, it could just be a nice reminder to someone that you are thinking of them.
- 6** Finally, write a message inside the card and then deliver or post your card to the recipient.



WE HOPE YOU ENJOYED YOUR CREATIVITY PACK

**YOU CAN GET IN TOUCH WITH US BY EMAILING
ENQUIRIES@IGNITEIMAGINATIONS.ORG.UK**

**#IGNITEIMAGINATIONS
WWW.IGNITEIMAGINATIONS.ORG.UK**

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IMAGINATIONS**