Calm Through Colour: Wellbeing — Mind, Body & Soul

A quiet moment in marks

You can draw, point, write or talk it through with someone.

Have a go

Imagine a quiet corner for a story character. Choose one mark for a sound, one for a shape and one for a place to sit. Make a little picture with them.

Try another step

A friend would like to join in. Draw two choices they could offer the character, such as sitting nearby or coming back later.

Explore the book

Tap here or scan the code for the paperback and story preview.