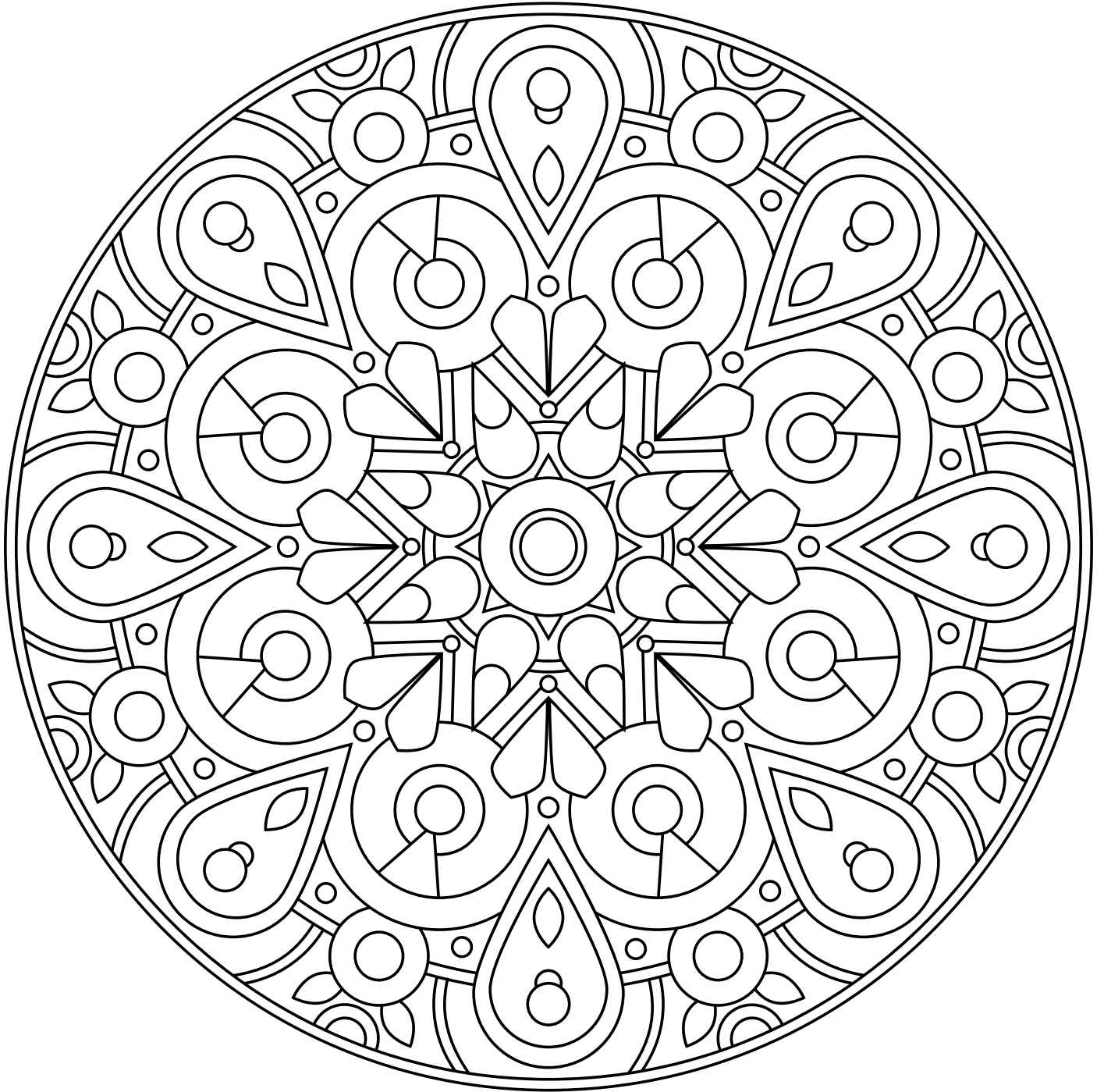
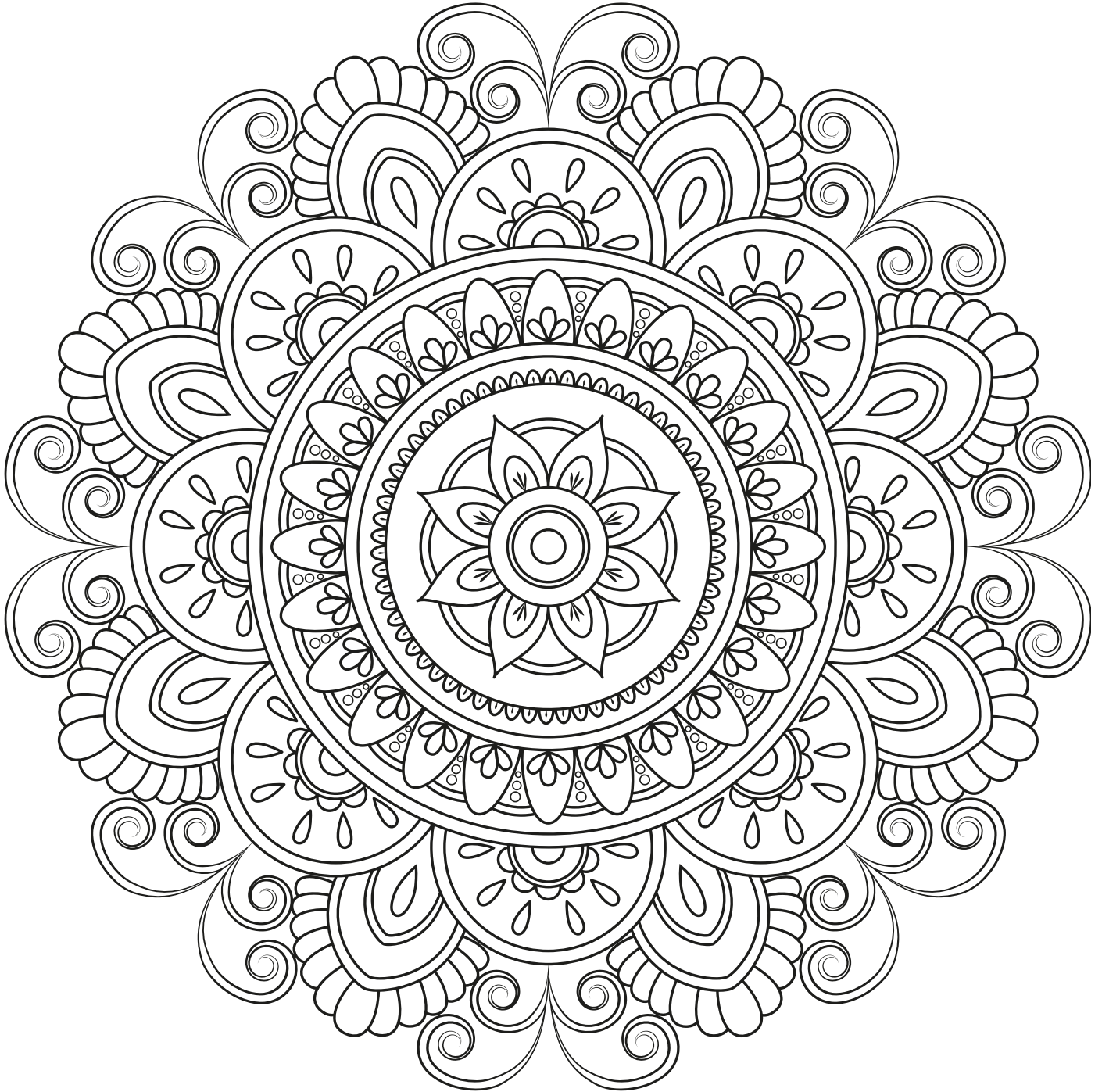


Mindful Colouring



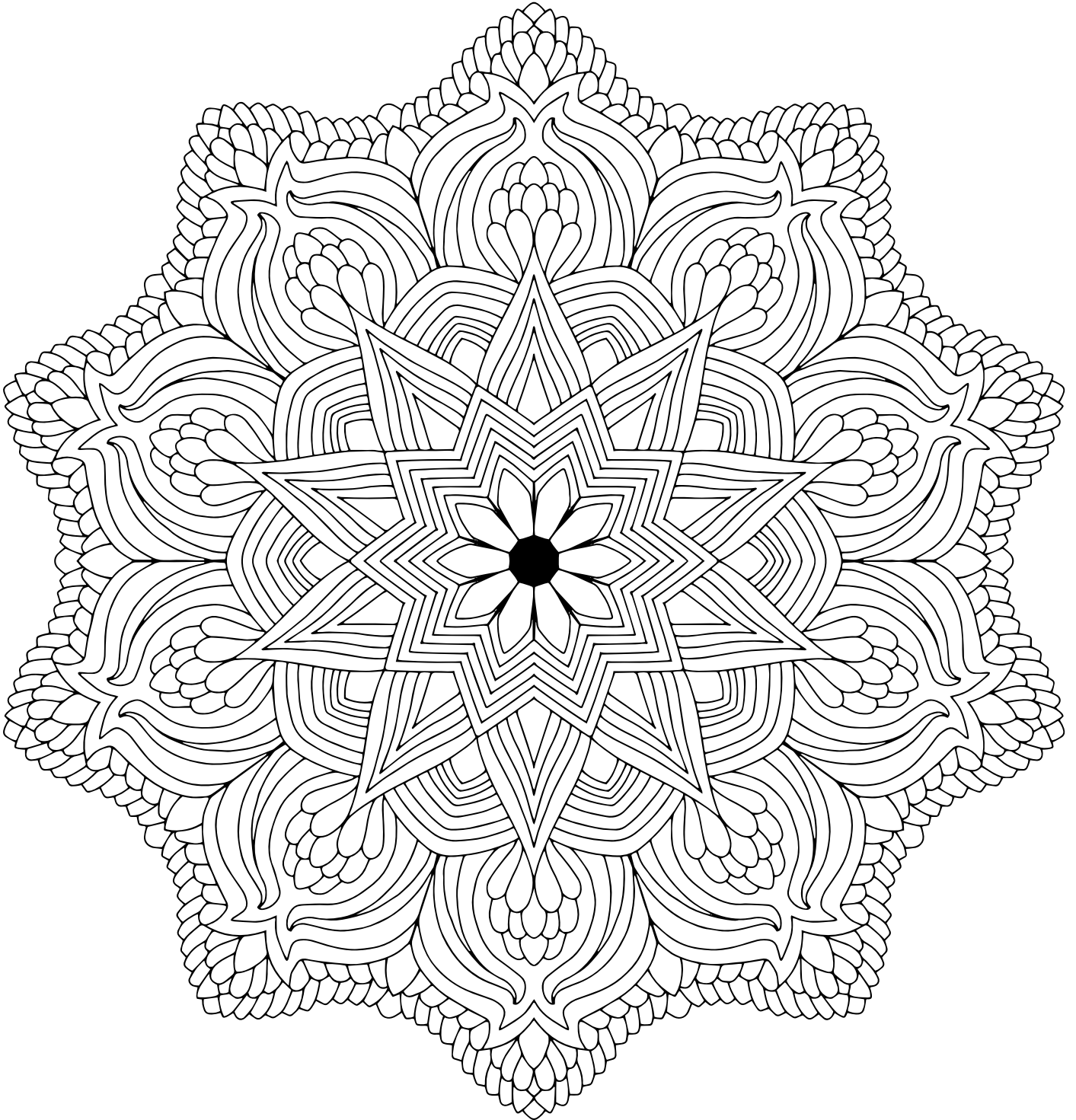
Colouring can be an enjoyable way of practising mindfulness.
This is one of the many ways you can keep mentally healthy.

Mindful Colouring



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