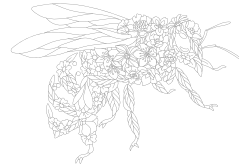


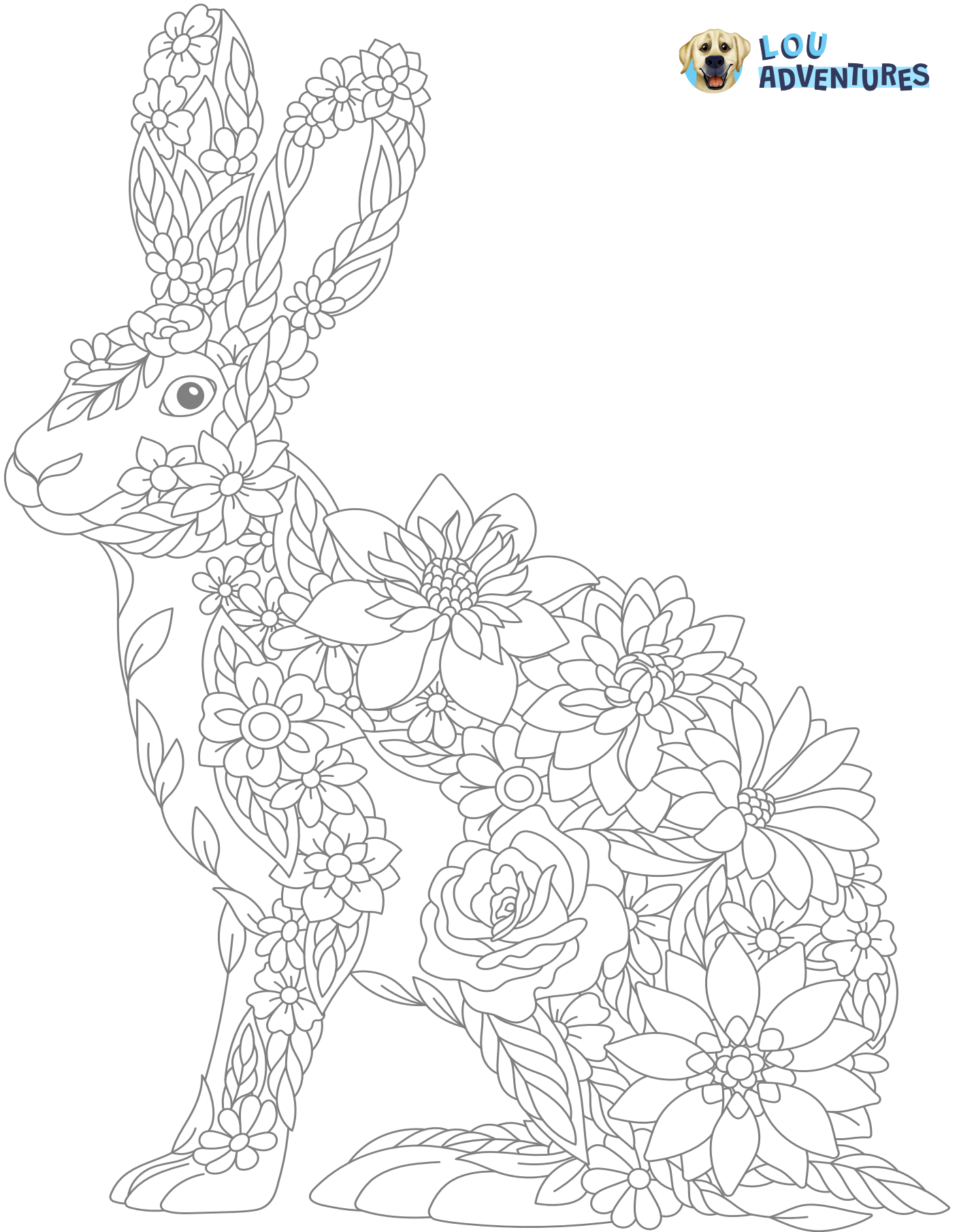
# Mindfulness Coloring

**Hey there, it's Lou!**

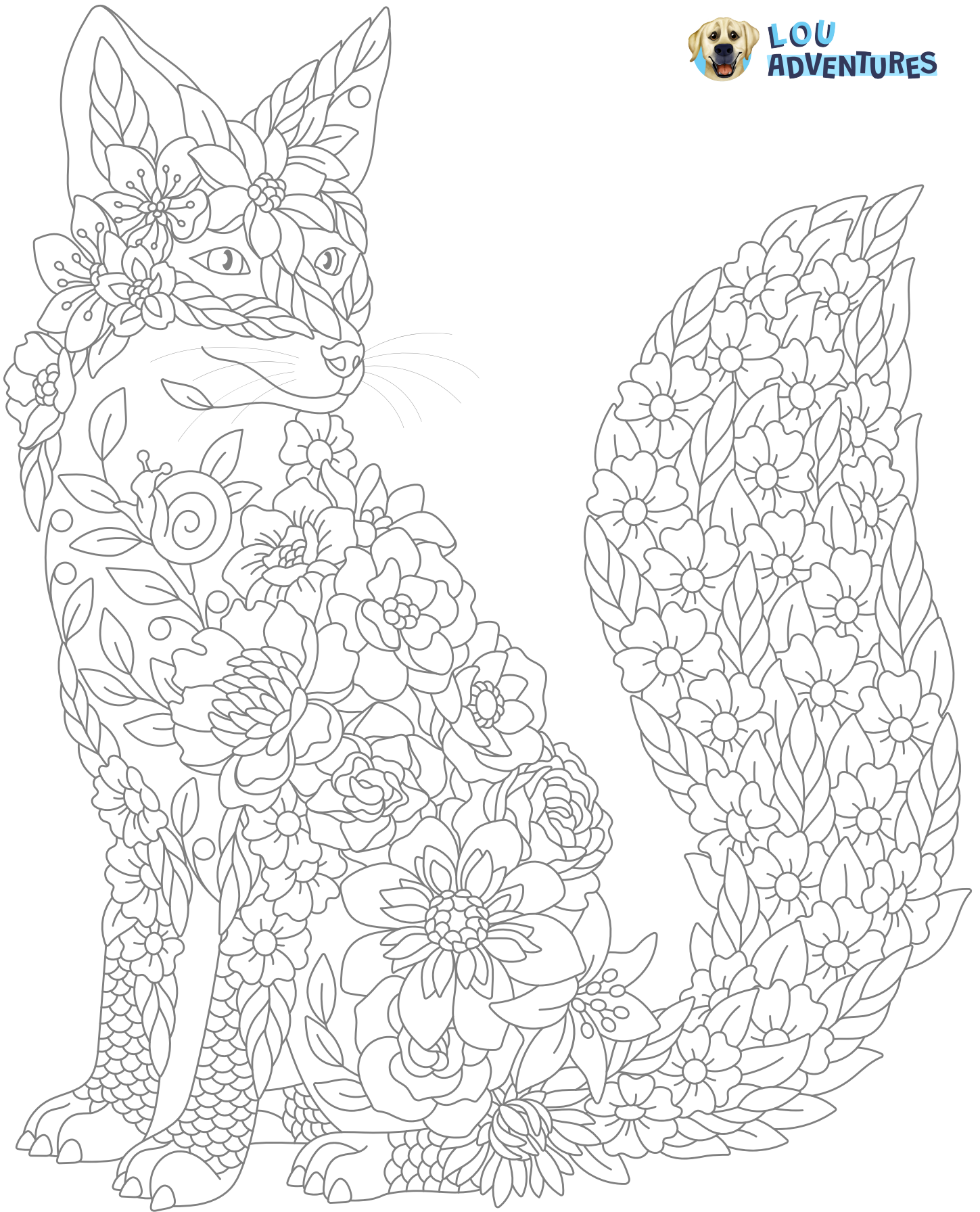
Have you ever noticed how relaxing it can be to color? Sometimes my feet are wiggly when I start drawing and sometimes they are very still. Sometimes I feel slow and heavy in my tummy like a sleepy bear walking through the woods. Sometimes I feel a tightness in my chest like a jumpy rabbit getting startled by the bear.

Try these Mindfulness Coloring pages and notice how the different parts of *your* body feel while you color.





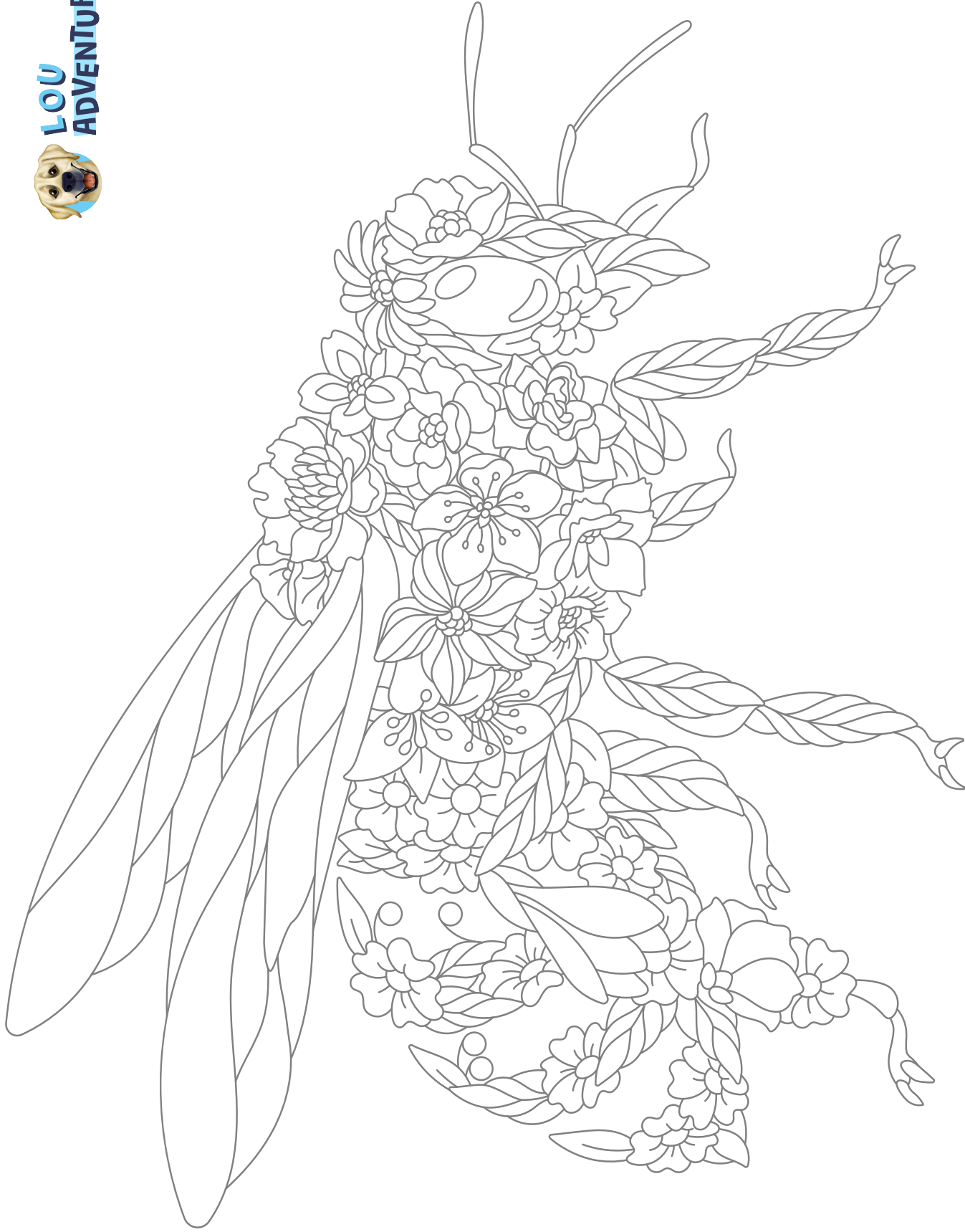
Fun Fact: Baby rabbits are called 'kittens'  
For even more fun activities visit [www.louadventures.com/kids-activities](http://www.louadventures.com/kids-activities)



Fun Fact: Foxes use the Earth's magnetic field to locate their prey  
For even more fun activities visit [www.louadventures.com/kids-activities](http://www.louadventures.com/kids-activities)







Fun Fact: An average beehive can hold around 50,000 bees  
For even more fun activities visit [www.louadventures.com/kids-activities](http://www.louadventures.com/kids-activities)

