



You can use this colouring sheet either as a regular colouring picture or to assist and record a mindfulness body scan. To do this slowly move your attention down your body, pausing at each point to consider how that part is feeling right now. Do you feel warm or cold, are you experiencing pain or discomfort, do you feel still or restless, and so on. Assign a colour to each sensation and colour in the area with that colour or collection of colours.