

Reverse Colouring

Try this when

you need to connect with calm

You will need

Paper, watercolours, paintbrushes, pen, timer

20+ minutes

Connecting with the present moment is crucial when fostering feelings of calm. Wet a piece of paper, then fill the page with three colours that represent calm. Give your full attention to blending the colours. You can sprinkle salt on top to create different effects before letting it dry. Once dry, set the timer for 10 minutes and use a pen to highlight all the different things that stand out for you. They can be recognisable figures or abstract circles and lines.

Self-reflection

Was it easy to be present for 10 minutes, or did your mind wander? Did any recognisable figures emerge from your creation? Could these symbols have a hidden message for you?