

Cozy Colours

Every brain is brilliant

A look-inside sample. Five pages, not the full pack.

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- Ages about 5 to 11, with a grown-up for the younger end
- Feelings, senses, calm tools, colour, drawing and routines
- Print single-sided on A4. Colour pages work in black and white too.
- Personal use, or one classroom. Not for resale.
- For fun, learning and calm. Not therapy or a diagnosis.

This pack is mine

Write your name. Colour a star when you have read each promise. You can do the pages in any order.

My name

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- [ ] **You can skip.** Any page. Any time.

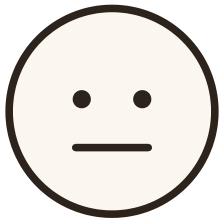
- [ ] **There is no timer.** Slow is a fine speed.

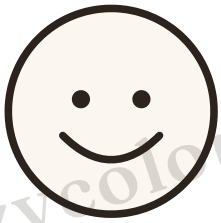
- [ ] **Your brain is already brilliant.** This pack does not grade you.

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Feeling faces

Draw a line from each face to its word.











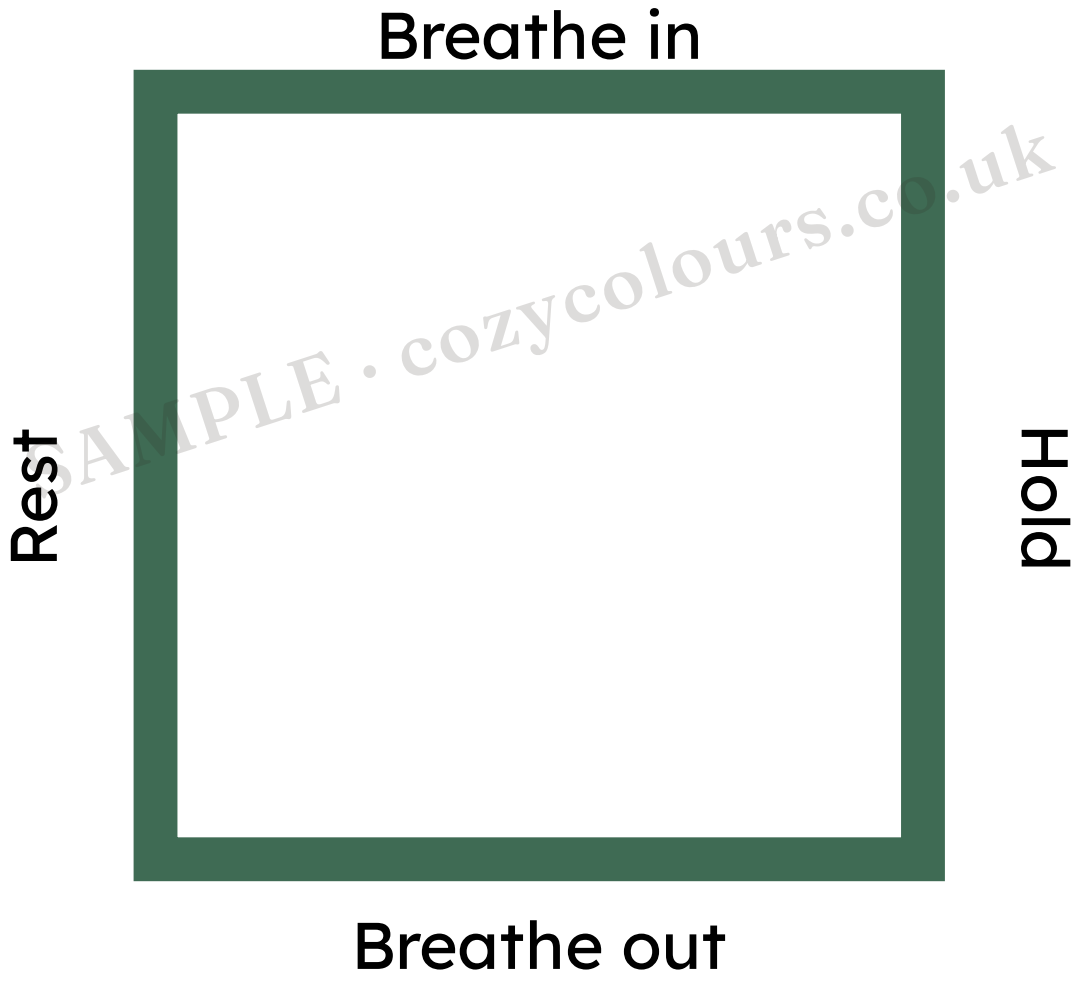


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Calm · Glad · Worried · Cross · Sad · Proud

Window breathing

Trace the window three times. In along the top, hold down the side, out along the bottom, rest up the last side. Stop if you feel dizzy.



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If holding your breath feels bad, just breathe in and out. Skip the holds.

Cottage by number

Colour each shape to match its number.

1 Roof 2 Door 3 Windows 4 Path

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