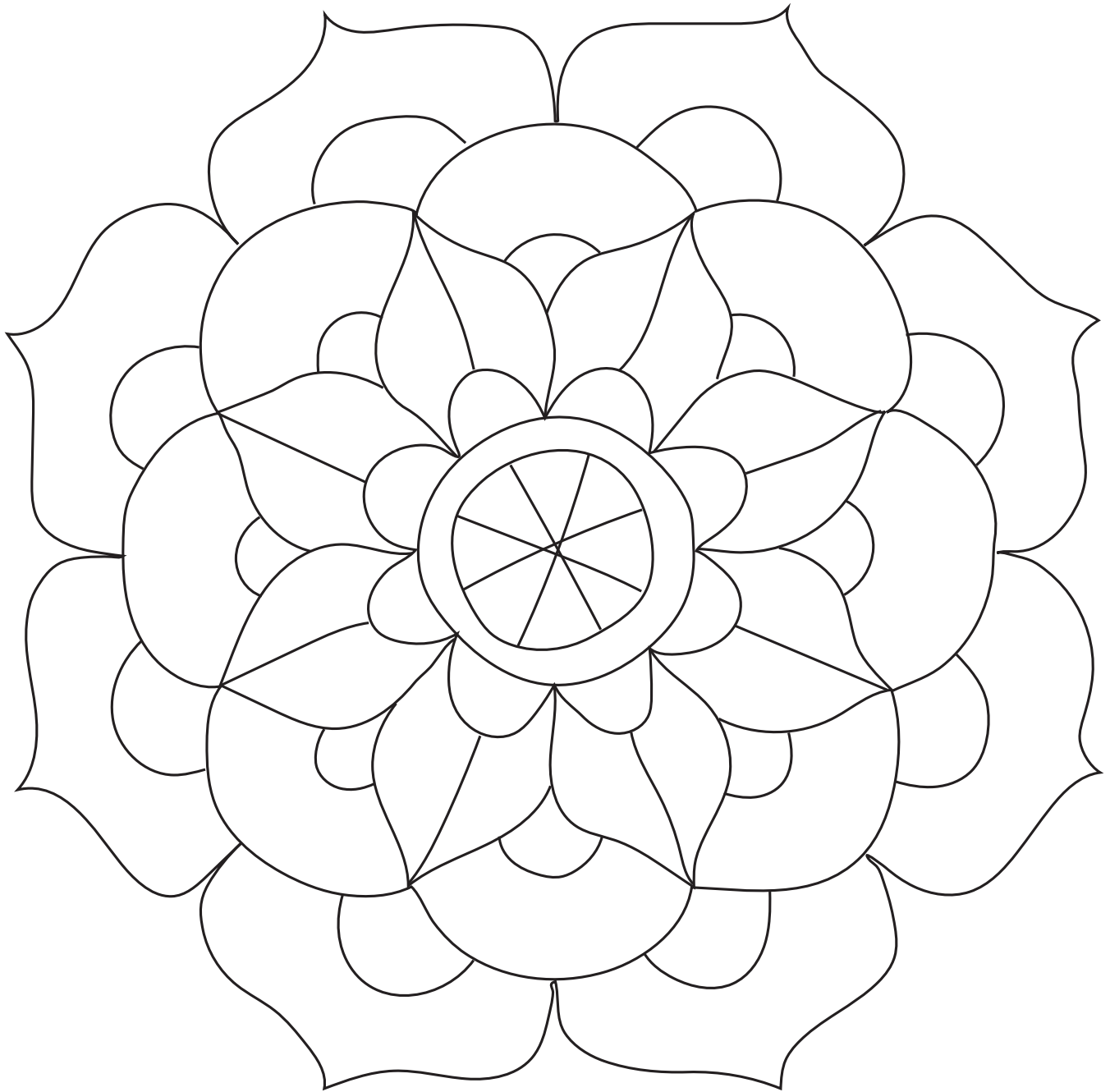


Mindful Colouring:

- Color the flower mandala with all your favourite colours.



Coloring can be a mindful exercise as it requires focus on the task at hand, allowing you to engage in a calming and meditative activity.