
MOXIE
Calm Creatures
A children's colouring book

Make this book your own

Print at actual size on A4 paper, preferably single-sided. Use pencils, crayons or markers; place scrap paper underneath when using markers.

There is no required order or correct colour. Start with one shape or one small area. You can stop before a page is finished and return whenever you like.

Let the child choose the page and colours. Offer two choices if a large choice feels tiring. Praise their effort and enjoyment, not neatness or speed.

Colouring is a creative leisure activity. These books have not been clinically tested and do not diagnose or treat ADHD. Different people enjoy different activities; it is fine if colouring is not for you.

If an activity becomes frustrating, pause, stretch or choose something else. For persistent attention or daily-functioning difficulties, speak with a qualified health professional.

