



zen doodles

peaceful coloring book

recommended for children ages 5+

For Brittany
gettinginshapes.com



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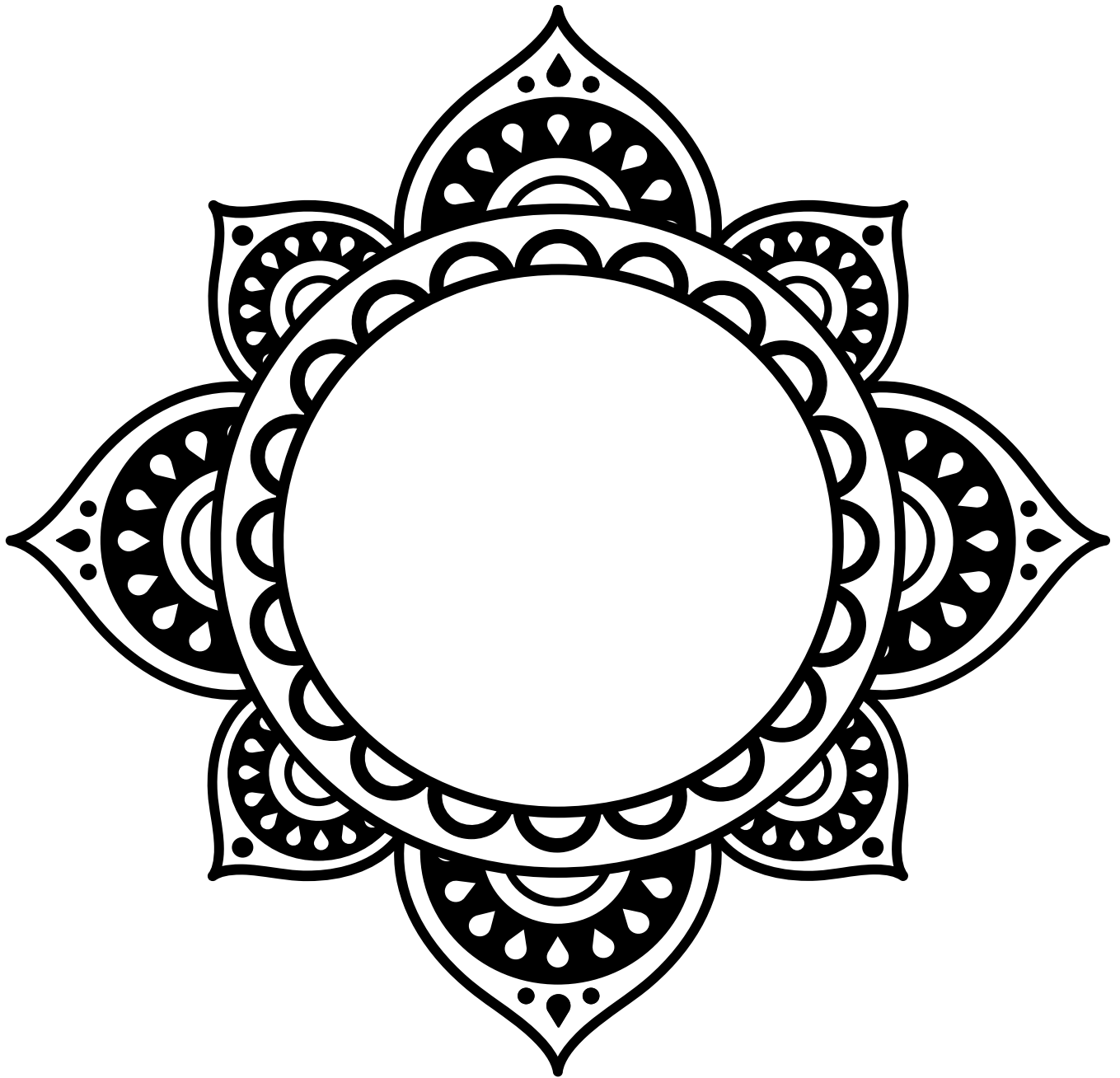
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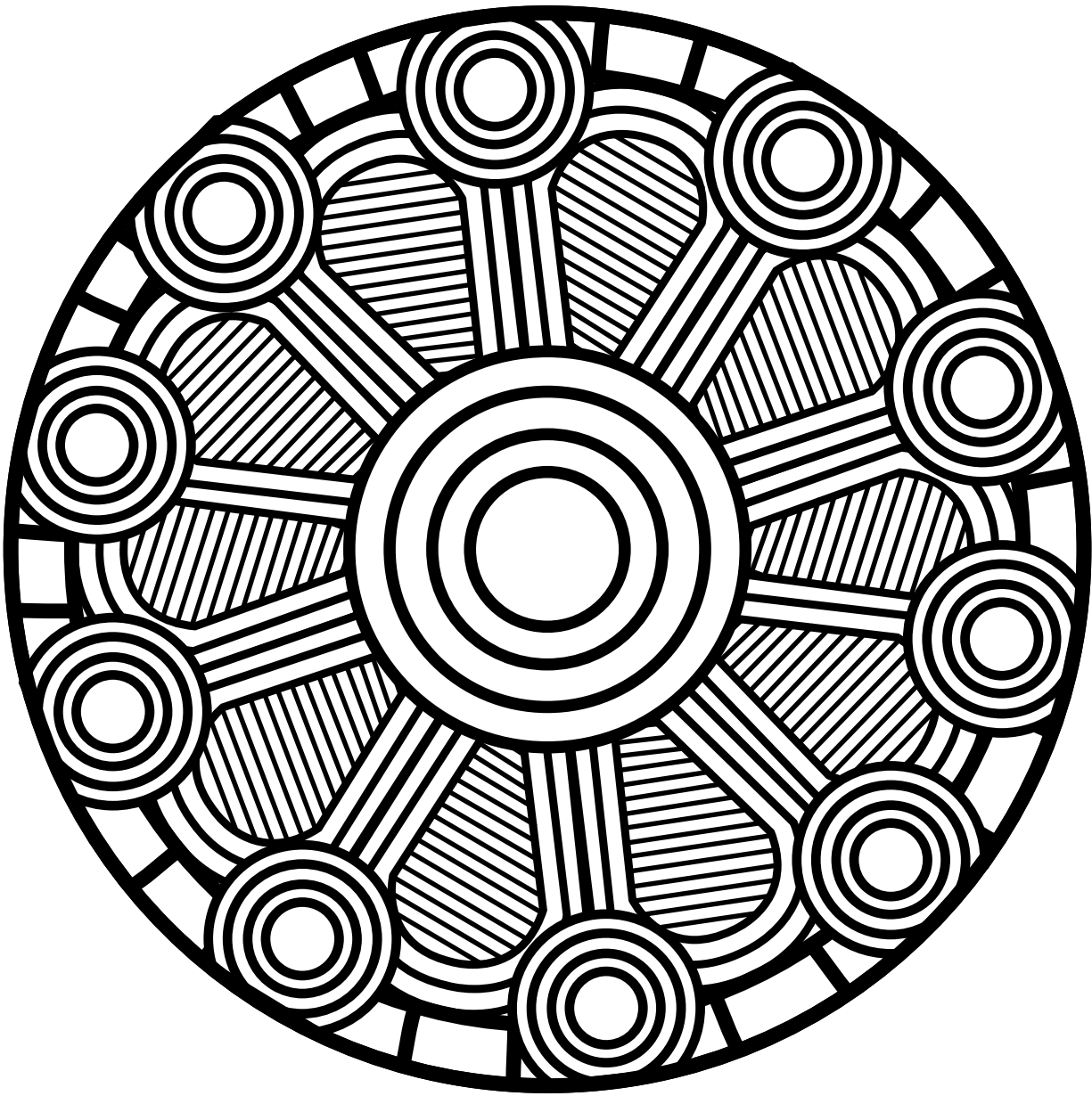
CIRCLE OF COMFORT

Think of a place that makes you feel safe & warm, what colors are in it? Use them to decorate this circle however you'd like to!



FLOWER OF CREATION

Color this brightly & draw something that
makes you feel happy in the middle!



CIRCLE OF FOCUS

Can you color in the lines? What colors make it more fun? Does switching help?



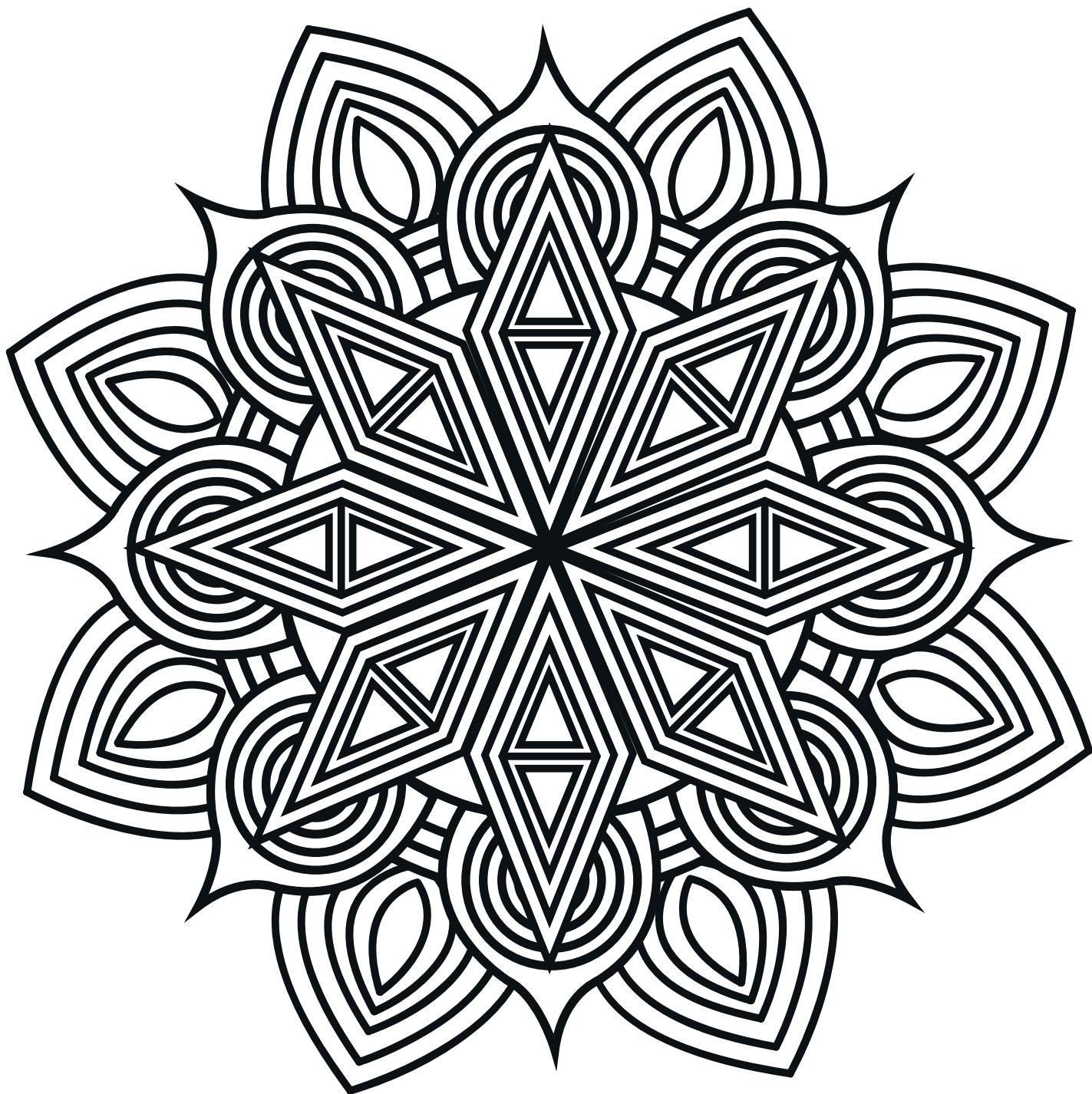
FLOWER OF KINDNESS

You are one-of-a-kind, and I bet your favorite colors will make this flower look great!!



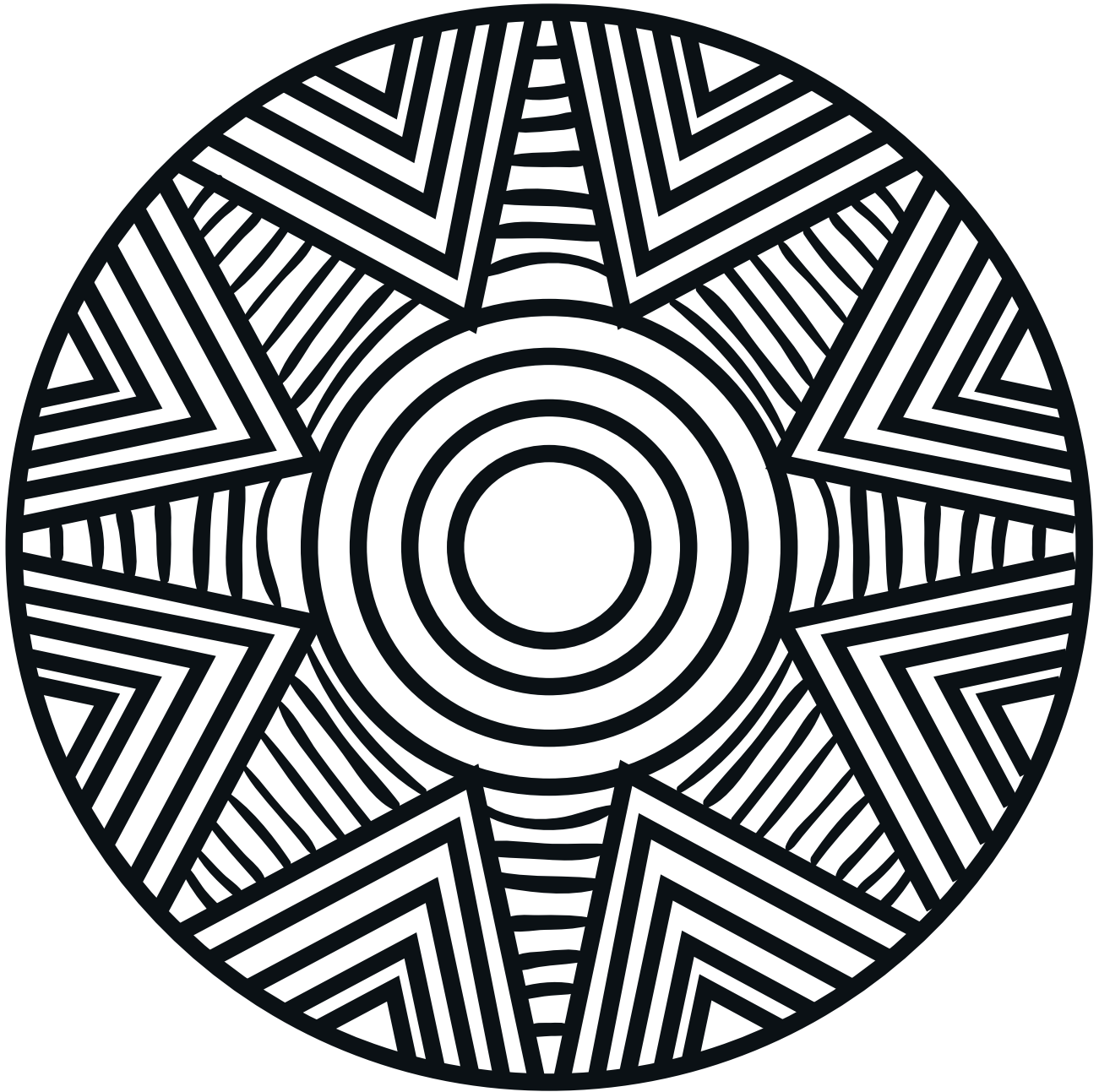
CIRCLE OF CREATIVITY

It's time to be an artist! Pick very DIFFERENT colors & use 'em all to make this circle cool!



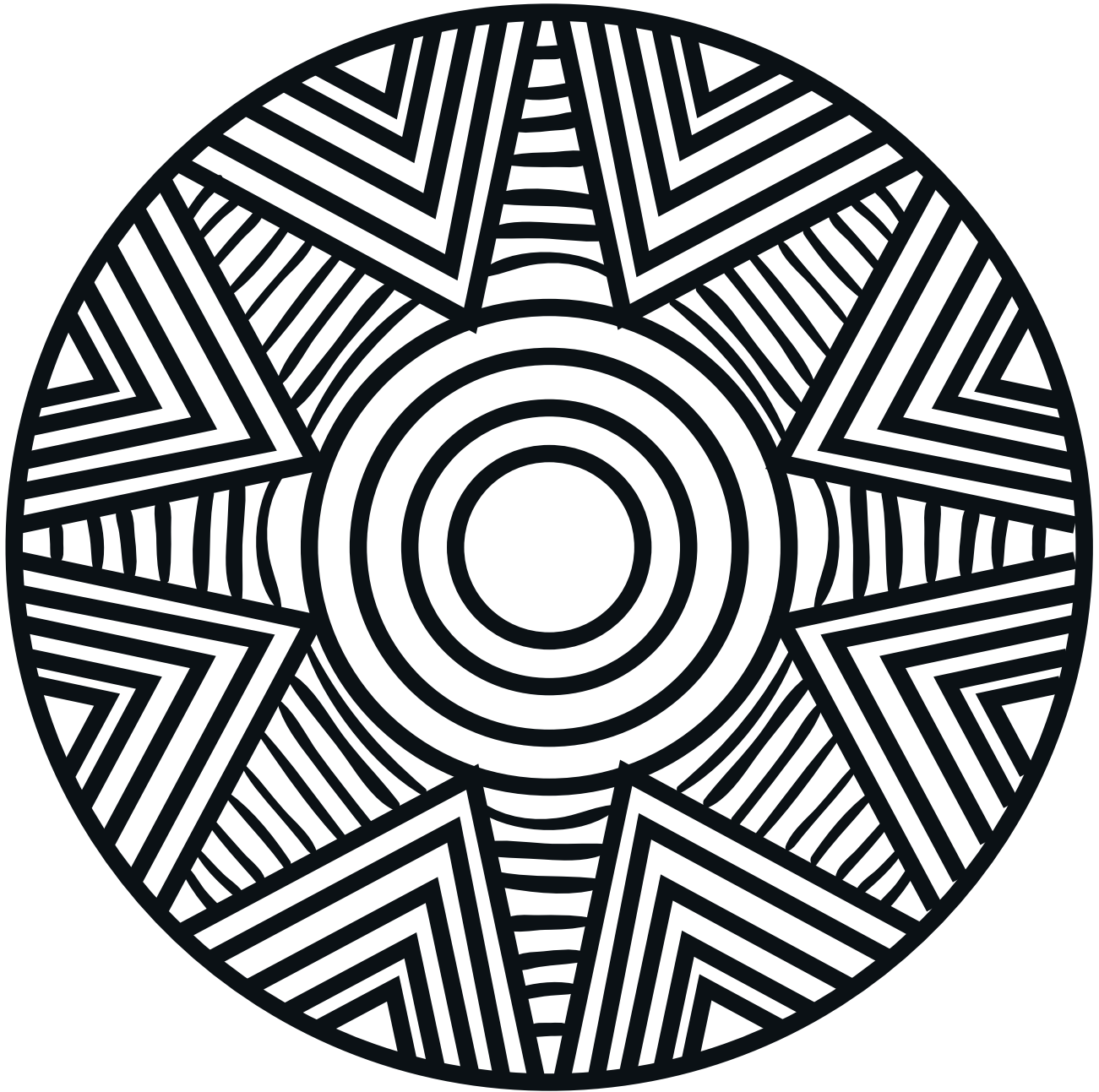
FLOWER OF BALANCE

Can you color this flower so it
looks the same on both sides?



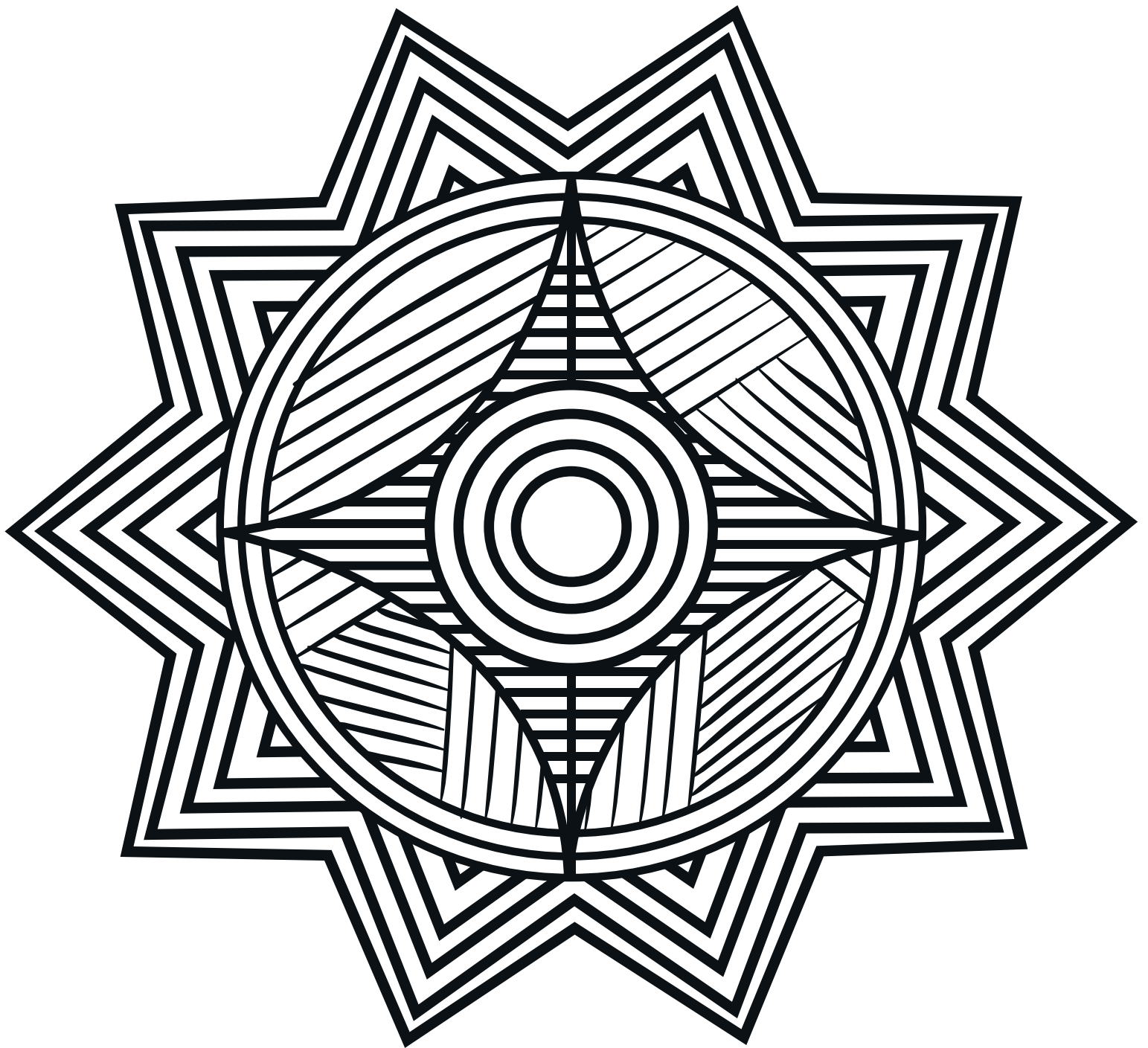
CIRCLE OF PEACE

This circle has lots of open spaces - slowly color them, pretending you're a peaceful snail between the lines.



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ZEN COLORING

Color the mandala ONLY with colors that make you feel peaceful & relaxed inside.