

## Colour the mandala using only 3 colours

When you use each colour I would like you to think about something special.

When you use **Yellow** I would like you to think about a special place that makes you happy. Maybe the park, or the beach, your favourite restaurant or somewhere else.

When you use **Red** I would like you think about someone you love. It can be your family, your friend, your pet, a cuddly toy or someone else.

When you use **Green** I would like you to think about your favourite thing to do. It might be riding your scooter, skipping, reading a bedtime story or something else.

