



Relax and Unwind with Kit Number Four...

So, you have received your colouring book and brush pen set in the post. Now it's time to really make the most of this kit. Colouring can really help to relax the mind and promotes complete mindfulness. We have made a few suggestions below for where to go and what surroundings you should be in that have been tried and tested by the team at C&C for a lovely, relaxing colouring experience.

Enjoy some 'me' time

If you can, try to escape into a room or space where you are by yourself. It will give you time to concentrate solely on what you are doing and will help create a peaceful space for you to work in.

Dim the lights

Make sure your lighting is relaxing. Obviously if it's too dark you aren't going to be able to see what you're doing, but if you have a dimmer setting on your lights then use it so that it's not too bright. If you are colouring in the daytime, try and make sure the sunlight isn't directly in your eyes.

Start with something simple

There are plenty of designs to choose from in the colouring book and we'd recommend you start with something that isn't too tricky to start with. If you haven't used them before, brush pens can take some getting used to and you may think it's really easy to stay within the lines, but in practice it can be a challenge! Why not start with the floral heart design that is on the front cover?

Get comfy

WARNING!!! Colouring can get addictive so you might be there for a while! So make yourself as comfy as possible. Why not grab a load of soft cushions and surround yourself with them? And best of all, put your PJ's on!

Background sound

Depending on your own personal preference you might want to be in complete silence (if you can be in your house). It's also nice to put on your favourite chill-out playlist at a low volume just so that it breaks the silence but doesn't overpower your thoughts.

#createdonthate

Whatever masterpiece you create that's exactly what it is – a masterpiece. If your attempts are not perfect, it doesn't matter. What matters is that you have enjoyed your craft.