



LOCKDOWN LANDSCAPES

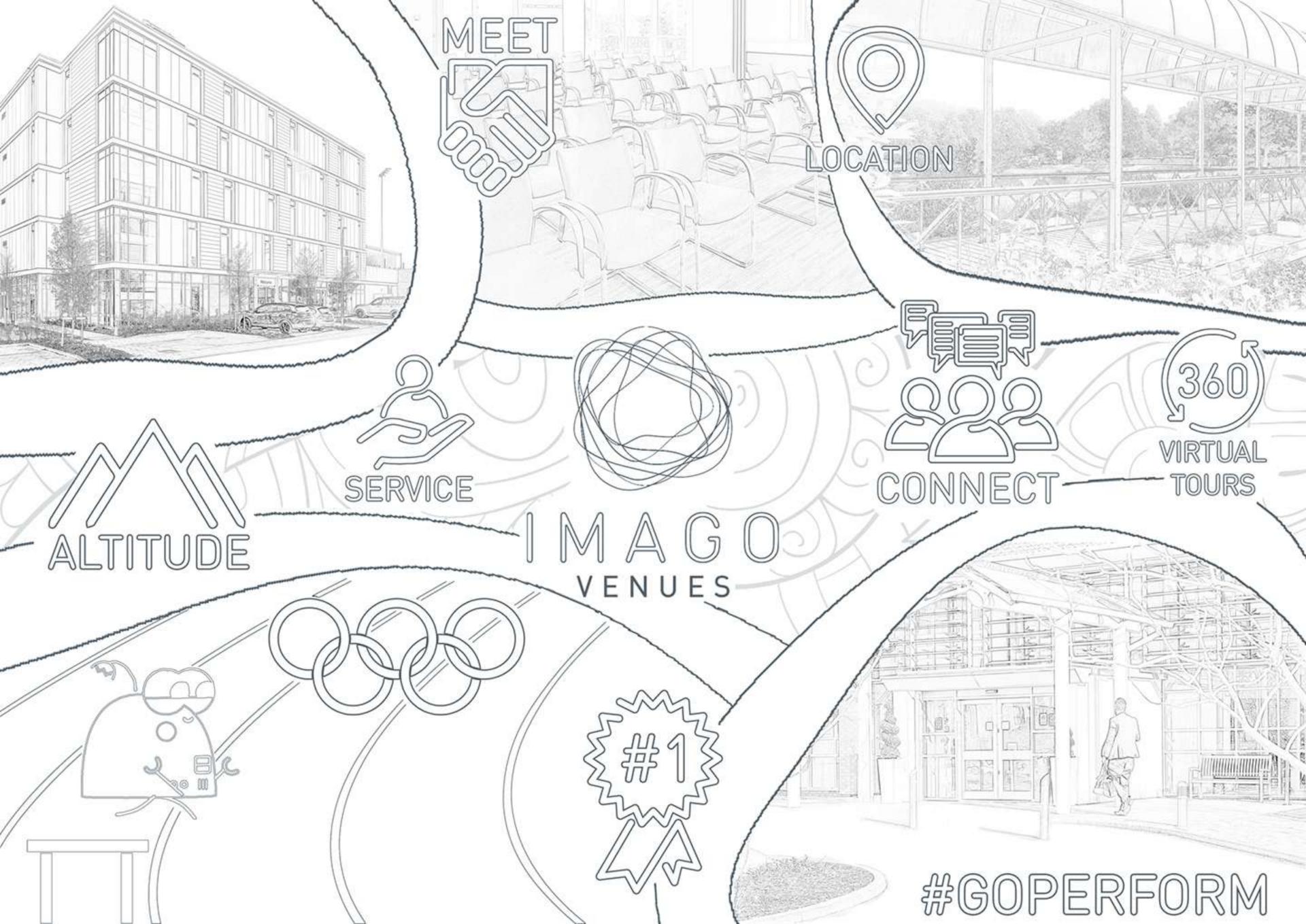
Colouring is a fantastic activity for children and adults alike, so what better time to engage than whilst we're all in lockdown?

Colouring pages are extremely therapeutic and can help generate wellness, quietness and mindfulness. It can help you to de-stress; stimulates your cerebral hemisphere by utilising both your creative and analytical parts of the brain; sparks creativity and analytical thinking; reconnects you with your inner child by reducing self-criticism and negative thinking.

We hope you enjoy colouring a few of our wonderful venues and please do share the finished articles with us on social media!

Happy colouring.

















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