



East Hunsbury
Parish Council

East Hunsbury Seniors
It's Your Newsletter
- KEEPING OUR CLUB CONNECTED -

COLOURING TO CREATE CALM



It's always great to find something we can all do that's both fun and also beneficial in some way.

The 6 colouring templates you are receiving with your newsletter are called Mandalas – a word from ancient Sanskrit, meaning *circle* or *enclosure of sacred space*. You'll find we've also supplied a pack of coloured pencils for you to use.

Colouring-in designs like these has been proved to be relaxing, and can actually reduce anxiety – something we could all do with just now!

See how you get on and do let us know if you feel this little art project helps you in any way.

Enjoy and have fun!