



ART OF THE MINDS

SHOW YOUR SUPPORT
OF MENTAL HEALTH WITH
**MINDFULNESS
COLOURING**



Print, Colour & Display

Create a starfish picture to display in your window so that children can go starfish spotting whilst out for walks. Share your Artwork on your Socials using:

#5CStarFish  



Celebrating Creative Community Conversations & Connections in Mental Wellbeing.