My Feelings *and Calm*

COLORING BOOK



INNER PATHWAY EDITIONS

Make this book your own

Pick any picture. Color a little, color a lot, or turn the page.

Try pencils, crayons, or any tools you enjoy using.

For grown-ups

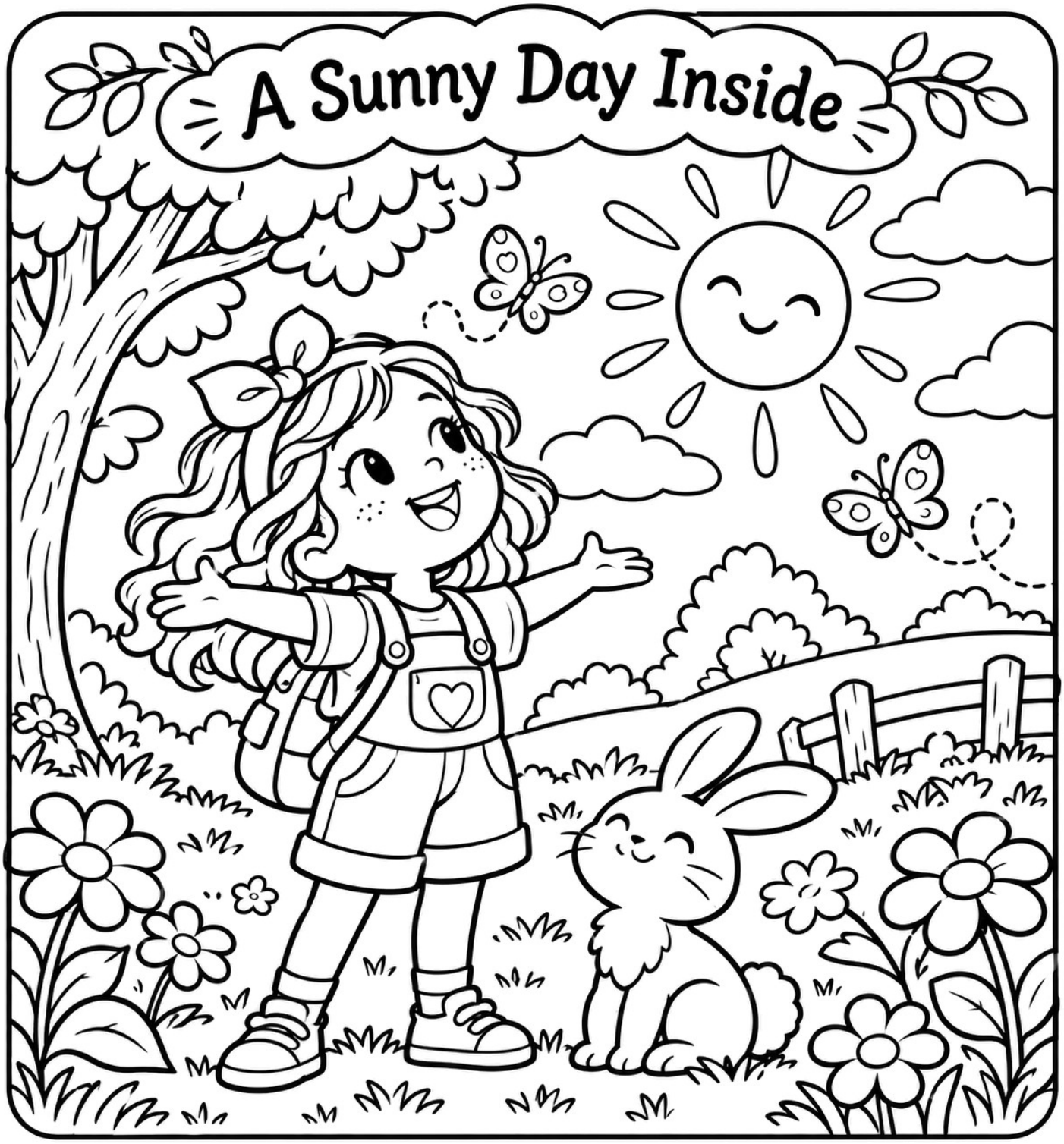
Let your child choose the page, colors, and when to stop.

Ask before joining in or sharing the finished picture.

Use the pictures for optional creative play.

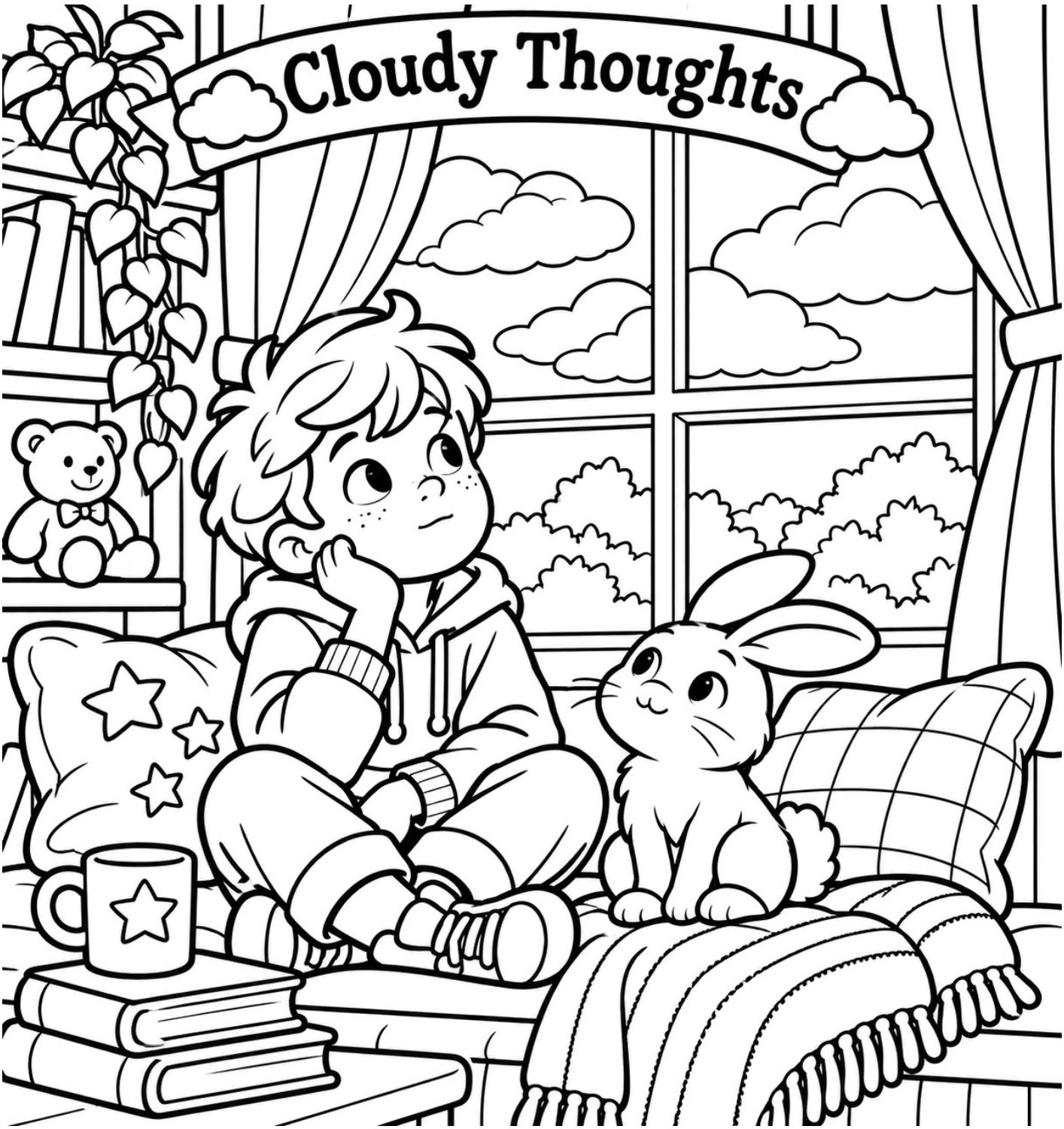
Coloring pages are educational materials and do not provide therapy.

A Sunny Day Inside



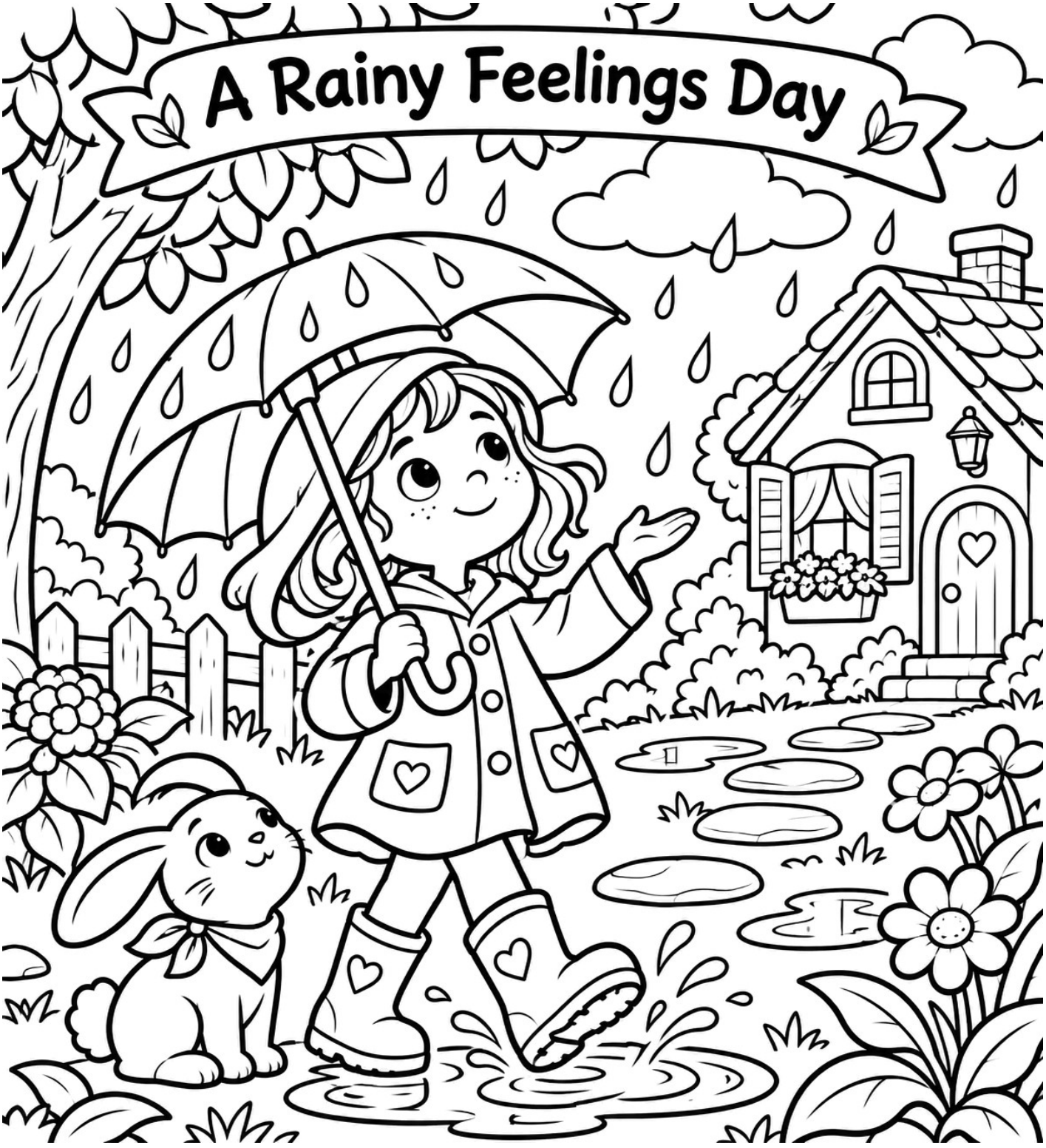
Notice little things that feel pleasant today.

Cloudy Thoughts



A cloudy mood is allowed, too.

A Rainy Feelings Day



Choose any colors for this rainy scene.

Stormy Moments



A child can ask an adult for a pause or support.

After the Rain, a Rainbow



Feelings can change; no one needs to rush them.

My Weather Garden



Different feelings can exist together.

The Reading Hideaway



Create your own color palette for this cozy place.

A Quiet Blanket Fort



What might you add to make this space yours?

Treehouse Discovery



Imagine your own additions to the little house.

The Cozy Evening



You can simply enjoy coloring, without discussing feelings.

Kites Above the Hill

Give each kite a different pattern.

Morning After Rain

Fill the puddles with the colors of the sky.

The Wind’s Orchestra

Color the ribbons as if each made its own sound.

Cloud Train

Choose a different sky for every window.

Reading Nook

Imagine a book you would choose for this nook.

A Window Full of Stars

Pick colors for the evening outside and the room inside.

The Listening Garden

Decorate two seats where friends could sit together.

Two Cups at the Table

Design a pattern for each cup.

A Bridge Built Together

Make every plank look as if someone helped design it.

The Paper Boat Harbor

Invent a flag for a paper boat.

The Tiny Museum

Add a drawing inside the empty display frame.

Lanterns in the Library

Create your own shelf of book colors.

The Moon’s Greenhouse

Choose a surprising color for each space plant.

A Quilt of Small Adventures

Give every square a story of its own.