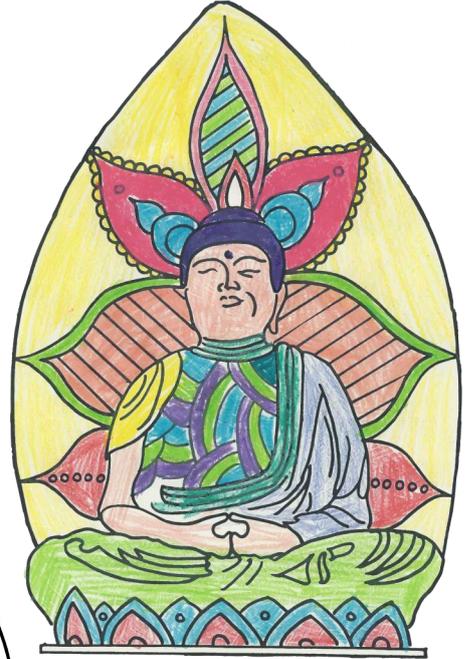


COLOURINGNESS BOOK



Welcome to Your Colouringness Book

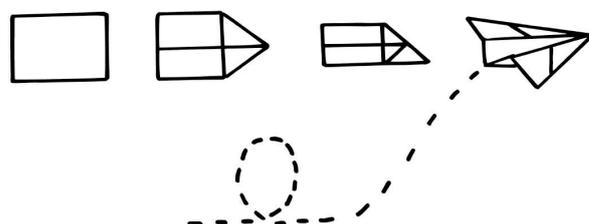
This is a colouring in book with mindfulness technique which young people who have Attention Deficit Hyperactivity Disorder (ADHD) have created. We hope you will use it as a fun and helpful tool. Not only do you get to colour in your pictures but you can also learn some Mindfulness techniques.

We know having ADHD means for most young people to have lots of energy, to do things without thinking and find it difficult to concentrate. We are aware that by being able to be present in the moment can help to improve these symptoms. These symptoms will change over time and as you get older they may present in different ways.

The colouring-in pictures are from sessions undertaken by young people with ADHD at the National Museum of Scotland, with support from Edinburgh Children's Hospital Charity. You will see the inspirational art work by the young people and a photograph of the actual object from the Museum, as well as the pictures to be coloured in. You will also find a scattering of Mindfulness techniques to help you along the way and some quotes from the young people whilst they were producing the images.

You can download these as an audio file from—<https://echcharity.org/stories/arts-and-activities> to listen along whilst you colour in.

The book is a celebration of young people with ADHD to show their resilience, positivity and energy to focus on different ways they can channel it. All the drawings in the book are in black and white. These are for you to colour or generally express yourself within the book. You can expand on the pictures at your own will. The choices are endless for you to decide upon. Some pages have been left empty and these are for you to practice your skills, doodle on or to complete your exercises. Not only does it allow you to enjoy the colouring in but also learn some mindful techniques which will assist you in daily life.

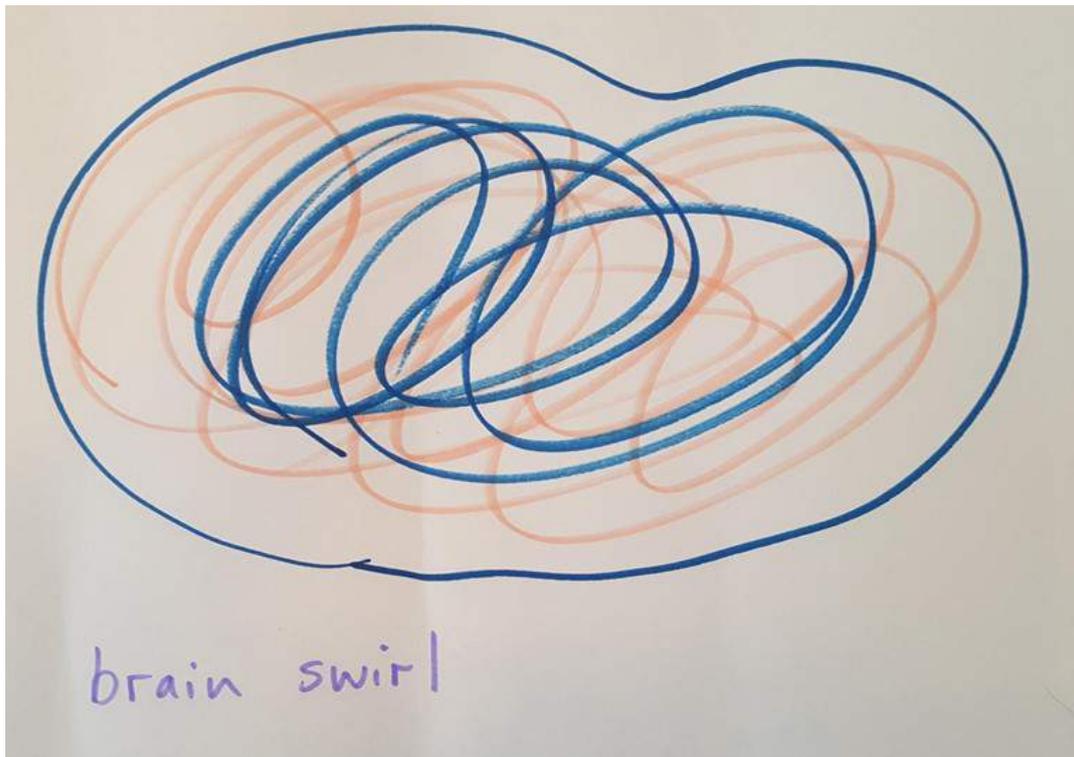


What Is ADHD?

ADHD stands for Attention Deficit- Hyperactivity Disorder.

ADD stands for Attention Deficit Disorder, this is when being inattentive is the biggest challenge.

ADHD is a neurobiological disorder, which means that there is a slight difference in the way that the brain functions. There are certain areas of the brain that show differences in structure and differences in the way that they work. ADHD often runs in a family which suggests that there is a strong genetic link. (SIGN Guidelines, 2009).



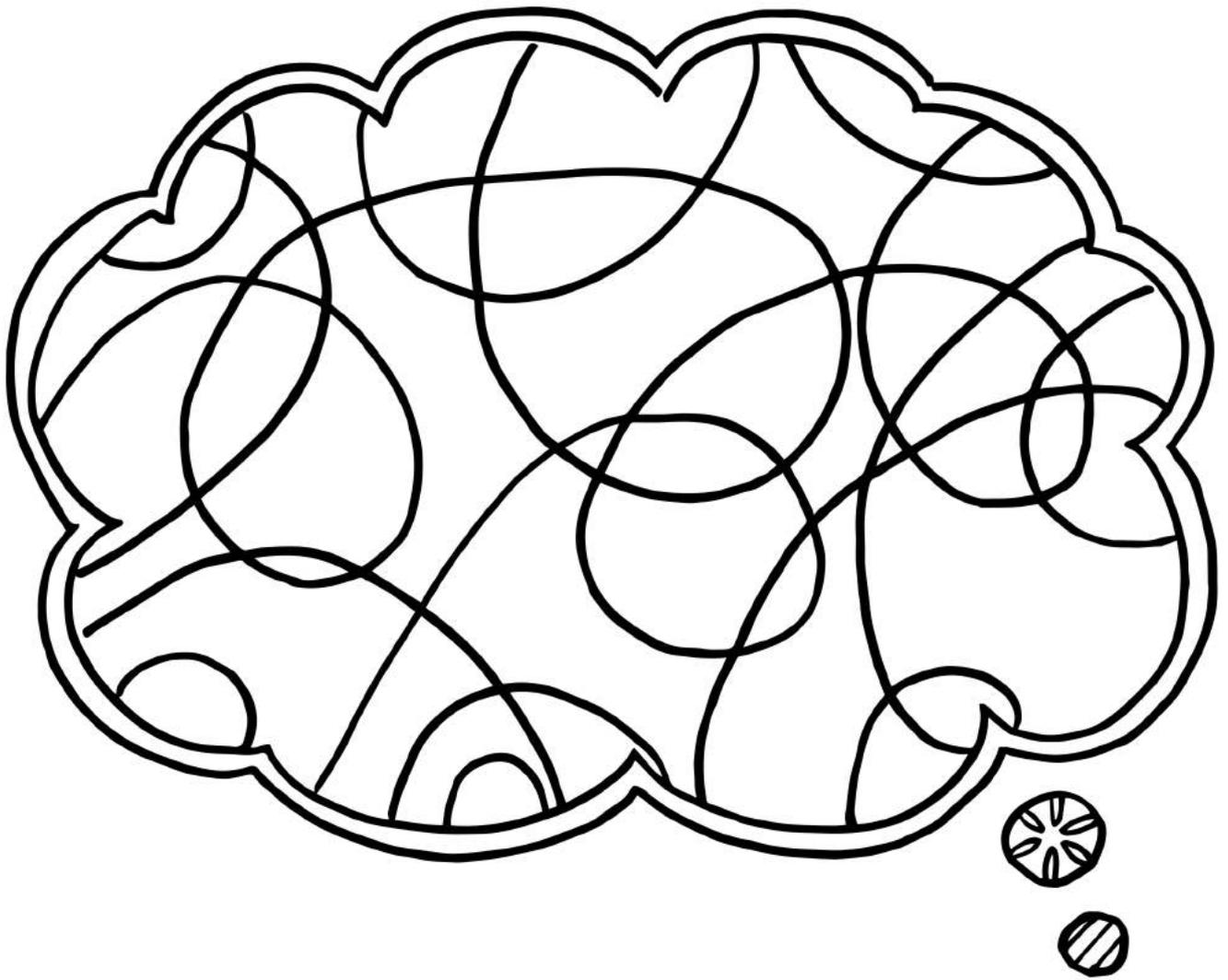
There are lots of good things about ADHD but it can make some things more challenging. Trying some or lots of different strategies and adapted learning styles should hopefully make things less challenging. It is important to note that each individual is different so ADHD affects people in completely different ways.

There are 3 ADHD Core Symptoms- Hyperactivity, Inattention and Impulsiveness

Hyperactivity- Fidgety, restless, always fiddling and always on the go

Inattention- concentration can be challenging, instructions can be difficult to follow, prone to skipping from task to task, disorganized, can appear forgetful

Impulsive Behaviour- Find it challenging to wait for turn, sometimes speak and act without thinking through consequences, outbursts e.g. poor road safety, difficulty regulating emotion.



Some of the more positive aspects of ADHD are:

- sense of fairness
- Ambitious
- Bright personalities
- Eager
- Willingness to take risks and keep trying
- Adventurous
- Engaging conversational skills
- Compassion towards others
- Show flashes of brilliance
- Willingness to lend a hand
- Fun
- Enthusiastic
- Good Problem Solvers
- Engaged in the moment
- Sees things that other people miss
- Dream Big
- Inquisitive
- Resilience - pushing past set back and adapting to new strategies
- Interested in learning
- Hyperfocus
- Generous
- Outside of the box creativity
- Entertaining
- Humour
- Exciting
- Active
- sensitive
- Persistence
- Heightened Energy
- Ingenuity

How to Use This Book

We often go through life without being in the present moment and our heads can get very busy without us noticing. Practising these short activities will help you create some mental space and give you some time out from the general stress of the day. The idea is for you to have some fun whilst you are learning some important skills which will help you in your life.

The audio version is available to download from <https://echcharity.org/stories/arts-and-activities> to listen to whilst colouring in.

What is Mindfulness?

Mindfulness is a skill we can all learn. It means learning to pay attention to what's happening in the present moment, including the thoughts, emotions and physical sensations we experience. When we practice mindfulness, we also learn to pay attention with a sense of kindness and curiosity about the things we are experiencing. We all have thoughts and feelings which we sometimes find a wee bit uncomfortable. We can also go over things that have happened in the past, and worry about them, like watching the same, horrible TV programme over and over again! And of course we sometimes worry about what might happen in the future, before it's even happened.

Practising mindfulness helps us to make friends with what we think and how we feel, so that we worry about all these things less, and to help us live more fully in the here-and-now. That is what the exercises in this book are designed to do.

So why not give the techniques in the book a go?



Before you do that, there are a few things that might help you along the way:

- Check your mood first. If you feel full or energy and want to run about instead, that's okay! Having fun and playing is a very good thing to be doing too. Maybe you could try mindfulness after you've done that.
- It is okay to get distracted when you practice mindfulness – in fact, absolutely everyone who practices mindfulness will get distracted sometimes. The main thing is to notice that you have got distracted, don't give yourself a hard time about it, and bring yourself back to the mindfulness exercise.
- It is important you enjoy doing the activity as you will gain much more from it.
- Remember the more you practice the better you become at it. So try and set yourself a mindfulness routine as part of your day.
- Share you experience by getting your family or friends to do it with you.



Dolly the Sheep (First Cloned Mammal) 1996 - Level 1: Explore



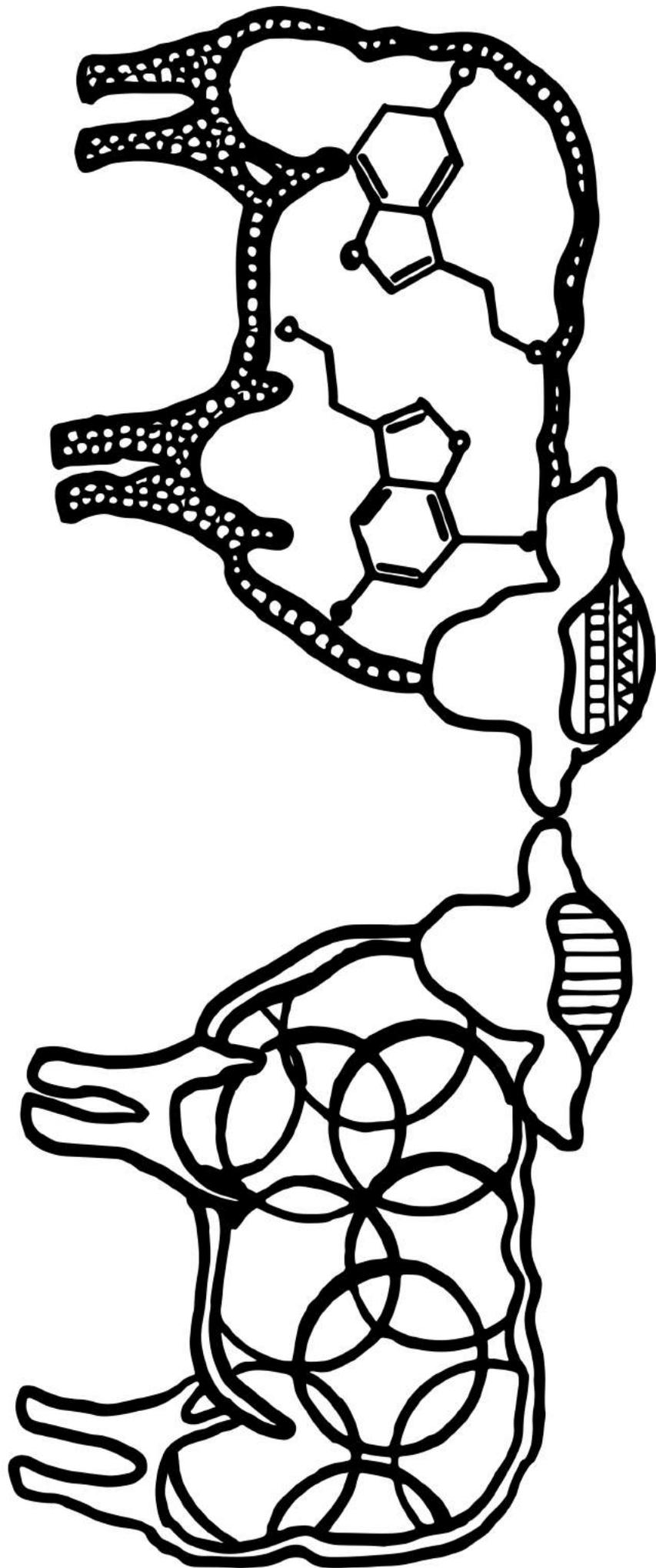
"I bet they're not completely the same"

When the young people were asked if they felt different from other young people because they had ADHD their answers included:

"If everyone was the same the world would be an extremely boring place...."

"I am just me...."

"I am proud to be different...."



Try This!**Slowing Down With Breathing**

In this activity, you can sit down somewhere comfy or stand up. It is quite a quick activity designed to help you slow down and relax a bit. You can have your eyes open or closed. It might help sometimes to have someone you trust do this activity with you, for example to do the counting out loud that is part of what we ask you to do. But it is of course also good to practice this on your own.

Breathe in and out of your nose. Breathe gently, smoothly and a wee bit more deeply than you usually do. Let your belly rise as you breathe in and fall as you breathe out.

Now start counting as you breathe. If you are on your own, count silently, in your head. If someone is helping you, they can count out loud for you.

As you breathe in, count to three as follows:

IN-TWO-THREE

Then, as you breathe out, count to three as follows:

OUT-TWO-THREE.

Do that again:

IN-TWO-THREE

OUT-TWO-THREE.



Now count to four as you breathe in and out. So that's:

IN-TWO-THREE-FOUR

OUT-TWO-THREE-FOUR.

Keep doing that for two or three more full breaths in and out:

IN-TWO-THREE-FOUR

OUT-TWO-THREE-FOUR.

And now, if you want to, you can stop counting, but carry on breathing slowly, deeply and evenly, and instead say:

“Mind slowing down” as you breathe in and breathe out.

Try that for three full breaths in and out.

Now change and say:

“Body slowing down” as you breathe in and breathe out.

Try that for three full breaths.

Bring your attention to your body now and notice if it is beginning to feel a bit heavy. If it is, that's a good thing! It means you are slowing down. If your body isn't feeling heavy, that's okay – you can do more slowing down breathing, and you have done well anyway in just stopping for a few moments to try this.



Hot Air Balloons - Level 1: Explore



Try This!

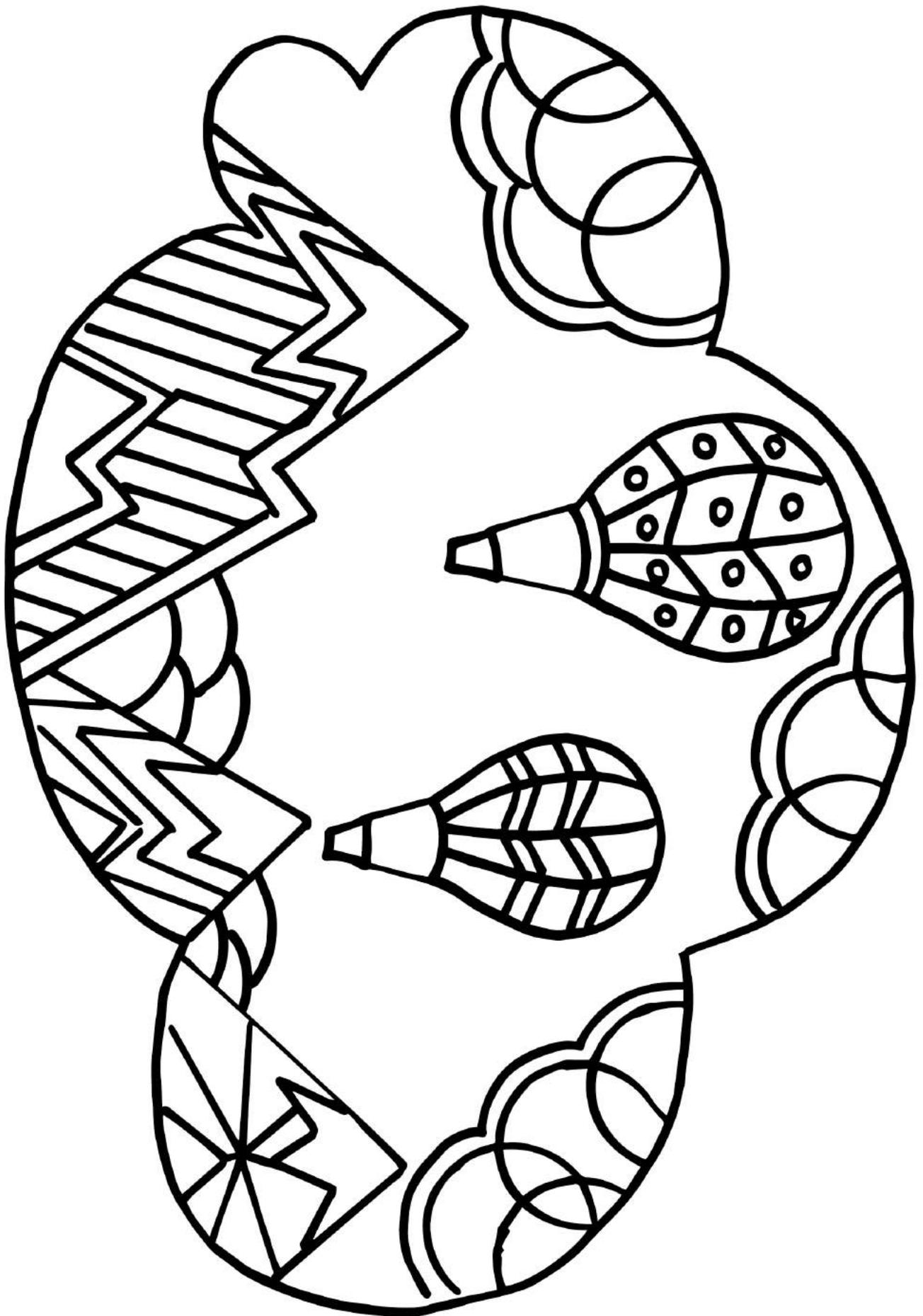
Take a deep, slow breath, and breathe out steadily and slowly. Now imagine that you are to fill an imaginary balloon with your breath.

See the balloon get bigger and bigger.

Concentrate on how big you can get the balloon.

Do not worry if the balloon burst or floats away – just let it go.

If you like, start again, and imagine filling another balloon with your breath.



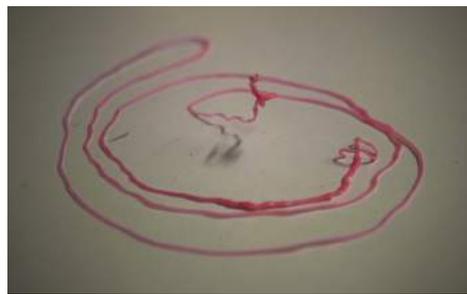
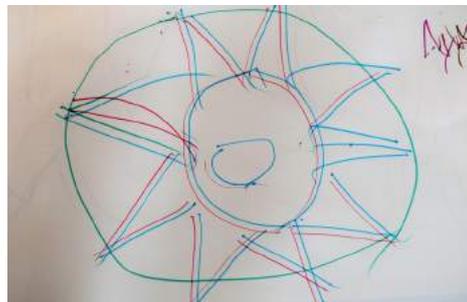
Energy Wheel - Level 5: Enquire (For use when you are in the museum)

Try This!

"you can spin your own energy"

Breathe in and out, slowly and evenly, at your own pace. Notice your breathing. Take three full breaths in and out.

Step onto the hamster wheel. Now stretch your arms all the way out in front of your shoulders, palms facing the wheel. Place your palms on the wheel.

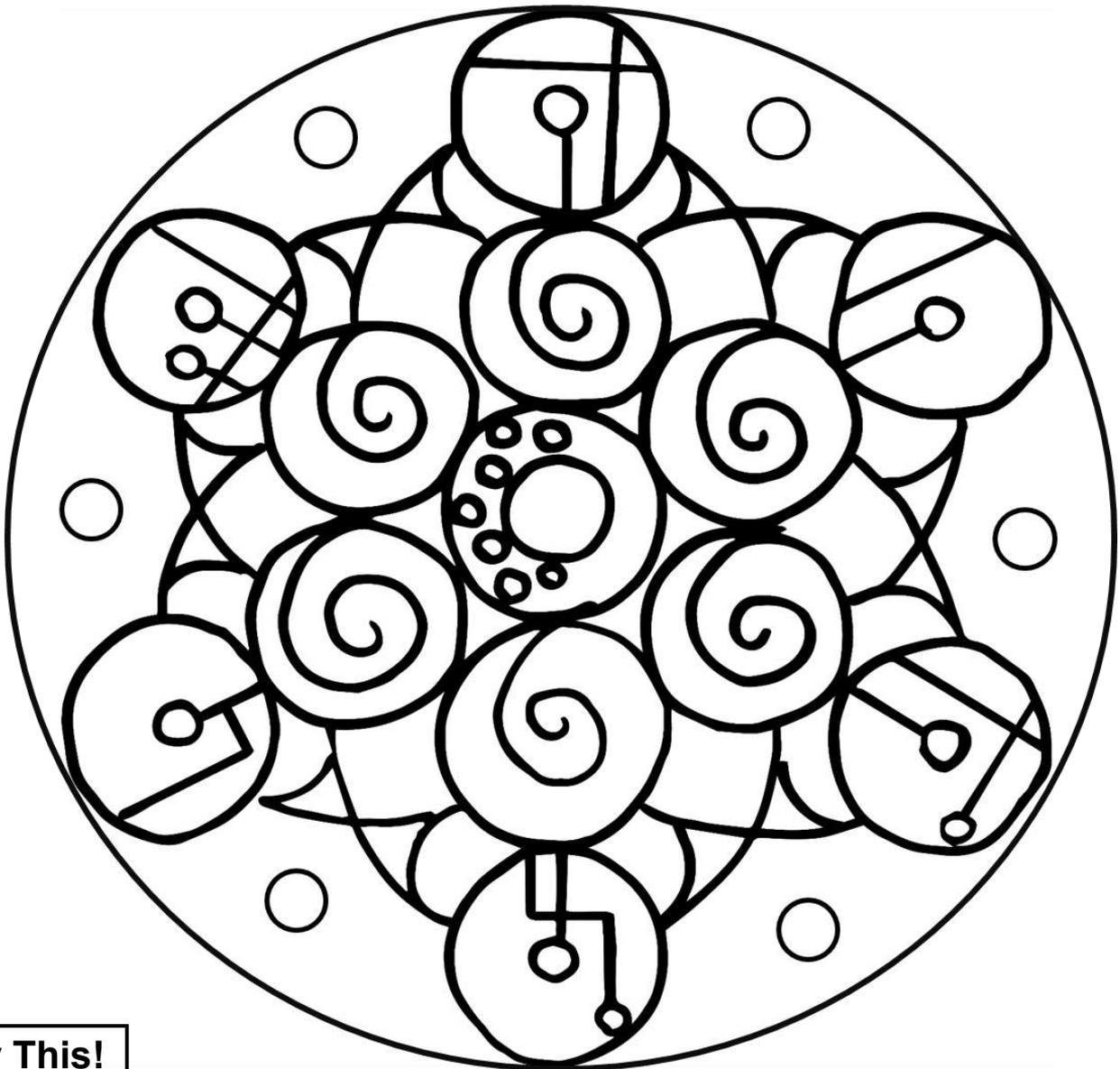


Start to walk very slowly, feeling the resistance of the wheel, and noticing that even though you are walking slowly, your walking is making the wheel move and go round and around.

Bring your attention to your breathing again, while you are still walking slowly on the wheel. Try and notice three full breaths in and out.

Notice if you are feeling the urge to go faster- but keep walking slowly. You might fall off the wheel if you go too fast! If you want to, you can notice your breathing again, to help you continue to walk in a slow, relaxed way.

Energy Wheel (For use when you are not in the museum)



Try This!

This time, we would like you to remember what it was like to walk on the hamster wheel, and to imagine walking on it again.

Before you imagine stepping on to the wheel, breathe in and out, slowly and evenly, at your own pace. Notice your breathing. Take three full breaths in and out.

Now imagine stepping onto the hamster wheel. Stretch your arms all the way out in front of your shoulders, palms facing the wheel. Picture yourself placing your palms on the wheel, then starting to walk very slowly, feeling the resistance of the wheel, and noticing that even though you are walking slowly, your walking is making the wheel move and go round and around. Bring your attention to your breathing again. Try and notice three full breaths in and out.

Making Waves—Level 5: Enquire



"all the mind is going everywhere"

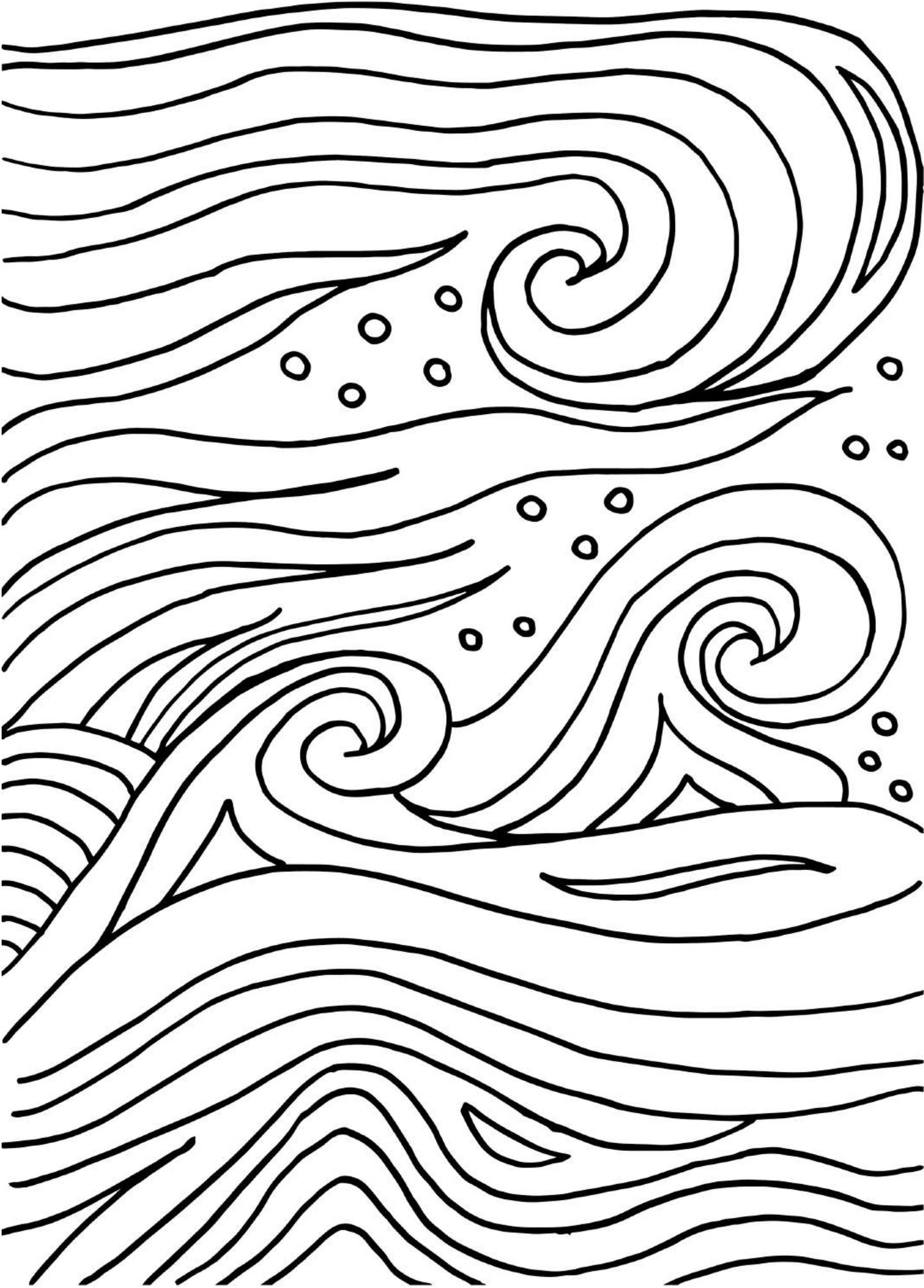
Try This!

Mindful Colouring Stage 1

Sit down somewhere comfy and have your colouring book and pencils with you. Take a moment to notice how you are feeling. If you are feeling too restless this might not be the best time to start this activity, and you can always come back and try it later.

To settle our minds, it can help to be aware of what's going on with our bodies. So, take a moment to notice your feet or your shoes and how they feel coming into contact with the ground. Then notice where the backs of your legs come into contact with the chair or whatever it is you are sitting on. And, of course, you can also notice the contact between your bum and the chair!

Now think about your face and notice how it is feeling. Then notice your mouth, lips and nose. You might notice the point of contact where your lips meet, for example. Think about your shoulders. Do they feel relaxed or is there any tension there? If you notice your shoulders are tense, take a slow, even breath in through the nose, and imagine the breath going all the way to your shoulders, then breathe out through your mouth, and see if your shoulders relax as you breathe out. Do this again if you want to: breathe in slowly, imagine the breath going to the shoulders, breathe out, and see if the shoulders relax.



Stegosaurus - Level 5: Adventure Planet



Try This!

Mindful Colouring Stage 2

When you are ready, spend a few moments concentrating on your breathing: breathe slowly in through your nose and out through your mouth.

Take three full breaths in through the nose and out through the mouth.

Now let your breathing return to normal, open the colouring book and choose a picture.

Notice any thoughts you have about choosing the picture, and just let those go – let those thoughts float away. Pick up a colouring pencil and notice how it feels in your hand.

Does it feel heavy or light? Does it feel smooth or rough? Holding the pencil in one hand, now direct your attention to the picture you have chosen.

Before you begin to colour-in, pause to notice how you feel and what you are thinking: when you colour-in, will you choose to keep within the lines or will you choose to treat the picture as if there are no boundaries? Whatever you choose to do here is fine- there is no right or wrong way to colour-in. But it is good to pause and just notice the choices you make.

"imagine if you were on a dig and you just missed a dinosaur"



Ammonite - Level 5: Adventure Planet



Try This!



Lie down on the floor in a place that's safe to lie down in, and get in a comfy position, maybe all curled up like the ammonite. If you are happy to do so close your eyes.



Now I would like you to squeeze every single muscle in your body as tight as you can. Can you screw up your toes and feet, squeeze your hands into fists, and make your legs and arms as hard as stone?



Curl it up tight like the ammonite!



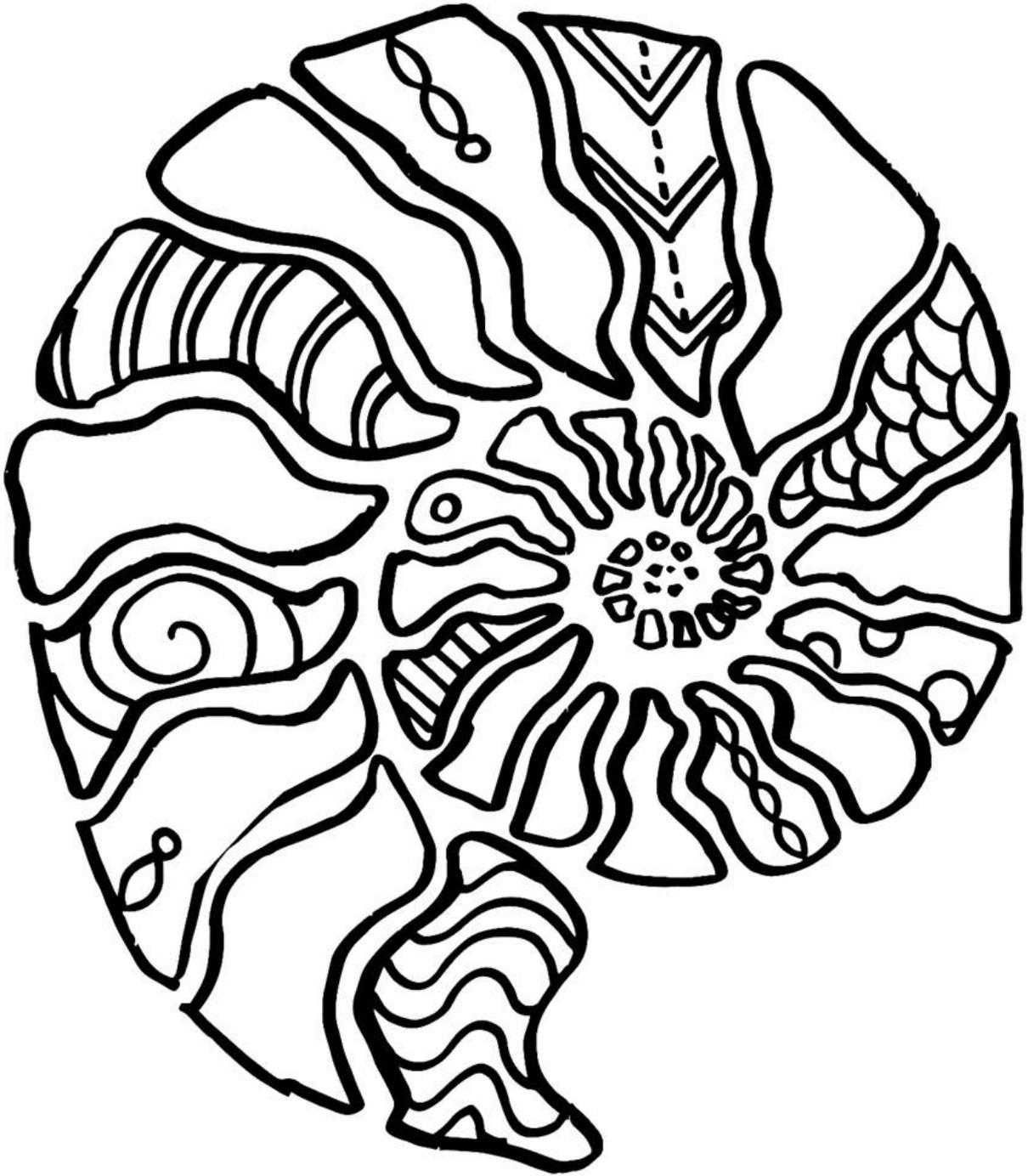
Now count to three slowly and then release all your muscles and relax for a few moments.



How did it feel when you were squeezing all your muscles? Let's repeat the whole thing again. Try and notice each part of your body as you squeeze all your muscles again.



Again, count to three and release and relax all your muscles again.



"a design trapped in the earth"

Cat Pottery, Peru - Level 3: Window on our World

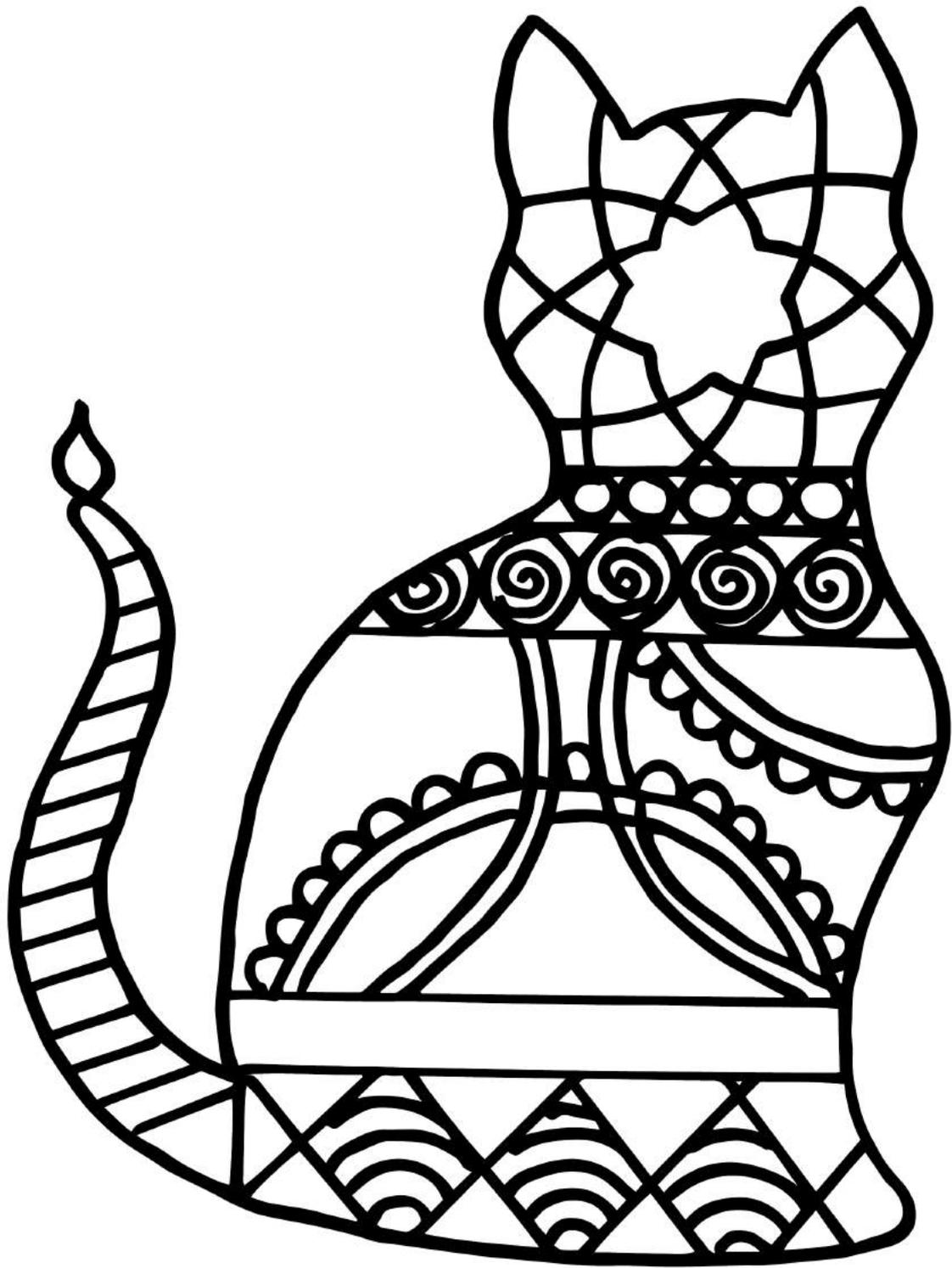


Try This! Mindful Colouring Stage 3

Now that you are familiar with your pencil and the space before you, choose a spot on your paper and gently place your pencil against it, just barely making contact with the paper. Now begin to colour the page.

If your mind wanders as you colour-in, and you get distracted, do not worry about this, this happens to all of us. Every time you realise you've become distracted, just notice that it has happened, and refocus. You can do this by pausing: pause and notice the feeling of the pencil in your hand, and take a moment to look at the picture, at the parts you have coloured-in and the parts you have still to colour-in.

As you colour-in the picture feel the pressure of the pencil against the paper within your hand. Notice the sound of your pencil as it moves across the paper and notice how the paper feels when you touch it. Colour at your own pace, but maybe you could experiment by changing between colouring-in by putting pressure on the pencil and then gently, lightly tracing your pencil across the page. As you do this, notice the way your grip on the pencil changes, and be aware of any changes in your breathing. Do you breathe faster when you put pressure on the pencil? Is your breathing slower if you draw in a gentle way? Just notice whatever happens for you as you colour-in.



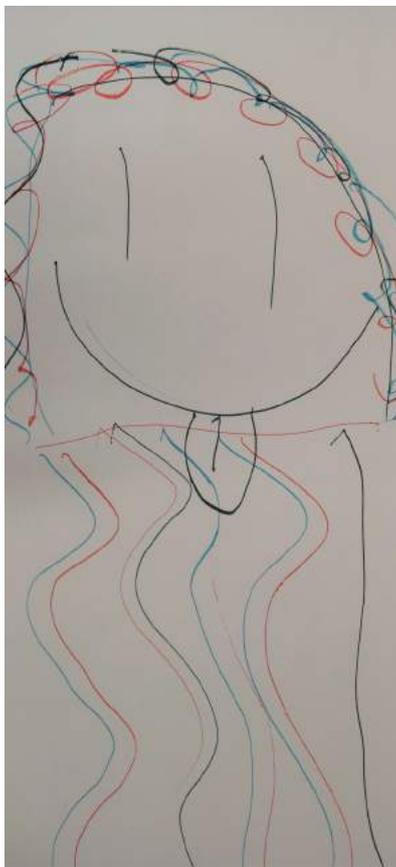
Jellyfish, Blashka Glass - Level 3: Window on our World



Try This!

Mindful Colouring Stage 4

If you start having thoughts about your work or judging it, just notice those and let them go. We all judge ourselves sometimes, and you cannot stop your mind from doing this. The important thing is what you do when you have those thoughts. You don't have to listen to them.



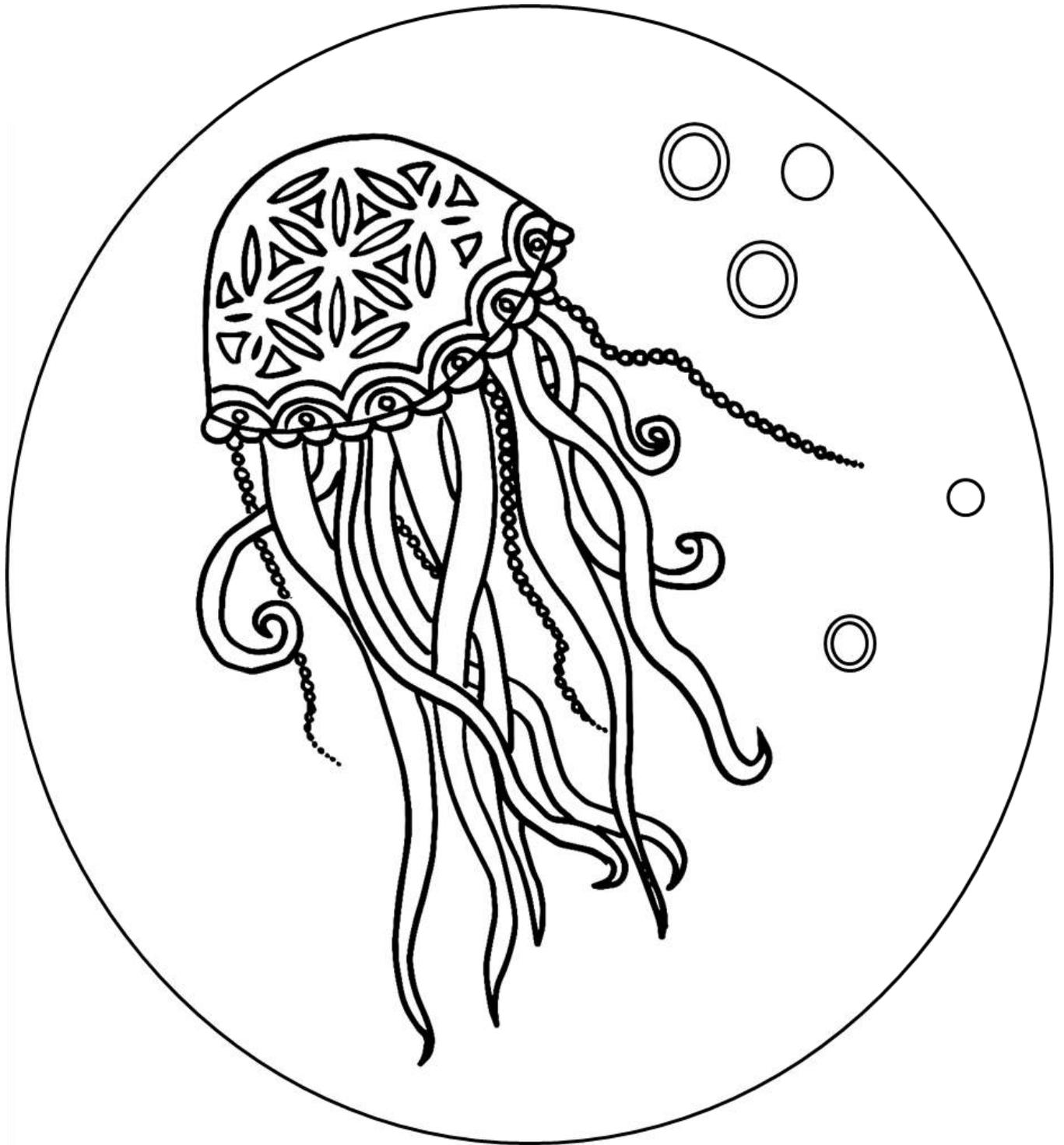
So, if you do have judgemental thoughts about your colouring-in, just notice the thoughts, and, with a bit of kindness, say something to yourself like: “Isn’t that interesting that I’ve had those thoughts?!”

Then gently bring your attention back to colouring-in.

Notice if your thoughts are about trying to plan the colouring-in very carefully. For example, your mind might get caught up with trying to choose the right colour of pencil or colour-in within the lines of the picture very precisely. You could maybe label these thoughts as “planning thoughts”, then let them go, let them float away, and then simply come back to do the colouring-in again. If you are struggling with letting the thoughts go, refocus yourself by pausing: notice how the pencil feels in your hand. Stop to look at the picture, at the parts you have coloured-in and the parts you have yet to colour-in.

Take a breath in through your nose and out through your mouth, and when you are ready, continue colouring-in the picture.

If your mind wanders, recognise that but don’t resist it. Again, do this with a bit of kindness to yourself. We all get distracted. So, you can just say to yourself: “Oh, isn’t that interesting how my mind wandered?!”, and then gently bring your attention back to the colouring in. You might also like to try to see the picture the way an alien who has never seen anything like it before sees it. What would it be like to see a picture like this for the very first time?

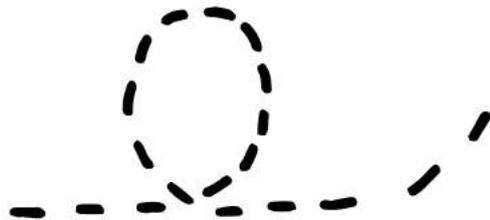
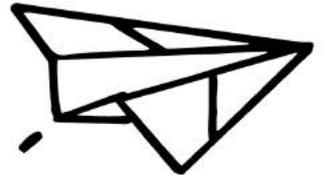
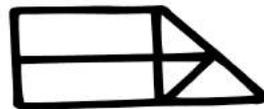
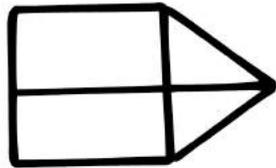


Plane (Beagle Auster Terrier), 1946—Level 3: Viewed from Balcony



"I want it to be like it could just take off"





Try This!

Add in your own planes!

Try This!**Worry Thoughts on a Plane**

Sit somewhere quiet and comfy, and think about these things:

Have you ever been to an airport and watched the planes land and take off? Do you wonder where they are going to? Are the people on the plane on a holiday to a faraway land that's very exciting or are they on a boring old business trip?

Let's pretend that you are at the airport, standing outside a big jet airplane. In this activity, you are going to send your worry thoughts away on a journey in the plane!

But before you do this, it might help to pause and notice your breathing for a few seconds. Breathe in and out, slowly and evenly, at your own pace. Take three full breaths in and out.

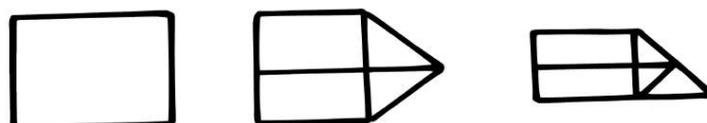


Now bring to mind a worry thought you would like to send on a journey on the plane. This could be any thought, and you can think about just one thought or a number of worry thoughts – there's loads of room on the plane. And don't be embarrassed about doing this. Everybody has worry thoughts, and we all have very busy minds, filled with all kinds of thoughts, about anything and everything.

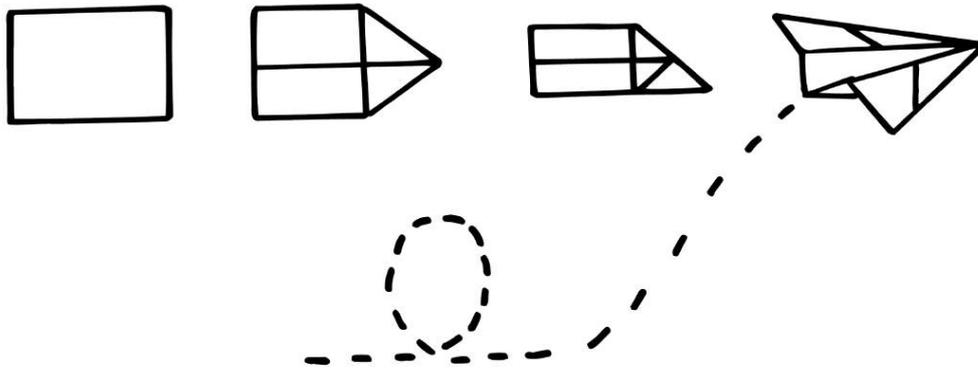
If you want to, you could imagine your worry thought as a male or female passenger, maybe dressed to go on holiday, wearing a hat and sunglasses. You can imagine them in any way you like – maybe even as a cartoon character.



Next, imagine giving your worry thought or thoughts a handshake or a hug goodbye and watching as they climb the stairs and get on the plane. Wave the thought or thoughts goodbye. Notice how this feels in your body. Are you happy or sad these thoughts are going away? Just notice whatever it is you are feeling – there is no right or wrong way to feel about this.

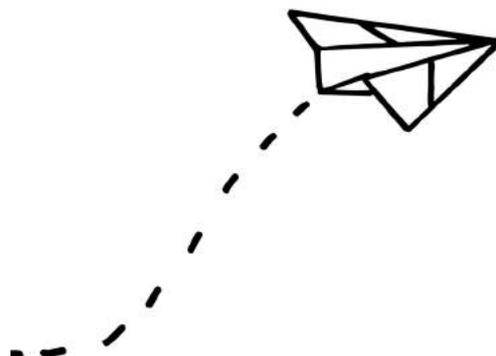


You move away from the plane to watch it slowly take off, but you can still see your thought or thoughts waving to you through the plane windows for a while. As the plane flies higher and higher, and gets further and further away, your worry thoughts get smaller and smaller, then disappear from sight.



Pause to notice how it feels in your body now that your worry thoughts have flown away. And if you want to, take another three full breaths in and out, and just relax in this moment.

Of course, this activity is make-believe, but we do all have worry thoughts. Sometimes worry thoughts take over our minds and boss us around and make us feel rubbish. What did it feel like doing this activity when you were in charge of the worry thoughts this time? What does this activity tell you about who is really the boss?



Try This!**Mindful Colouring-in With The Opposite Hand**

In this activity, we want you to try colouring-in with your 'non-dominant' hand, that is, the hand that is the opposite to the one you normally use to write or draw with. So, if you are mainly a right-handed person, we would like you to use your left hand, and if you are mainly left-handed, we would like you to use your right hand! (If you are not sure about this, ask your mum, dad or a teacher).



Find somewhere comfy to sit and have your colouring book and pencils with you.

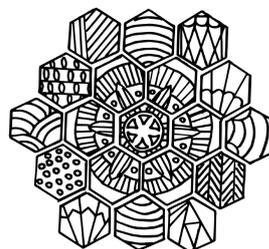
Take a moment to notice how you are feeling.

If you are feeling too restless this might not be the best time to start this activity, and you can always come back and try it later.

Take a moment to notice your feet or your shoes and how they feel coming into contact with the ground. Then notice where the backs of your legs come into contact with the chair or whatever it is you are sitting on. And, of course, you can also notice the contact between your bum and the chair.

Now spend a few moments concentrating on your breathing: breathe slowly in through your nose and out through your mouth. Take three full breaths in through the nose and out through the mouth at your own pace.

When you are ready, pick up a pencil and hold it in your non-dominant hand. Notice how it feels to be doing this with a different hand. How does the pencil sit in your hand, does it weigh any differently? How does your hand feel?



Next, choose a picture you want to colour-in, without thinking too much about your choice – just pick one you feel like doing.

And now just pause for a few seconds – and enjoy the fact you have chosen to sit quietly and do this activity. When you are ready, begin in colouring-in with your non-dominant hand.

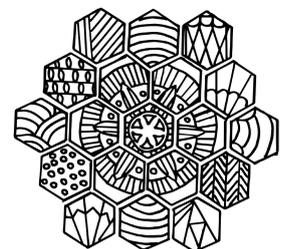
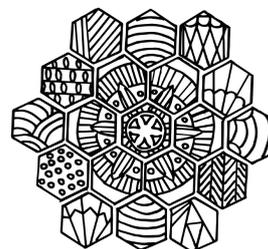
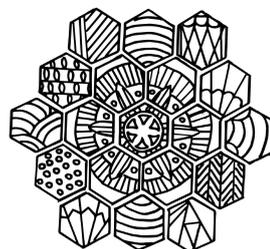
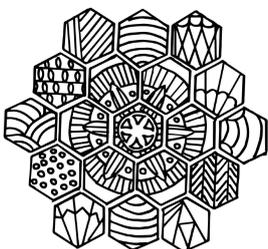
Notice what's happening in your body as you colour-in, and the things your body senses as you do this. Does it feel interesting to be using your non-dominant hand? Or does it feel a wee bit awkward, or funny? Just notice whatever it is you are feeling. There is no right or wrong way to feel about this.

And if you notice you are having judgemental thoughts about what you are doing or how you are feeling, then be kind to yourself. You can label the thoughts you are having as “judgemental thoughts” and then let them go, bringing your attention gently back to the colouring-in. Or you might find it helpful to say something with a bit of kindness like: “Oh, I notice I’m having judgemental thoughts now, isn’t that interesting?!” -and again, then just let the thoughts go and return to the colouring-in.

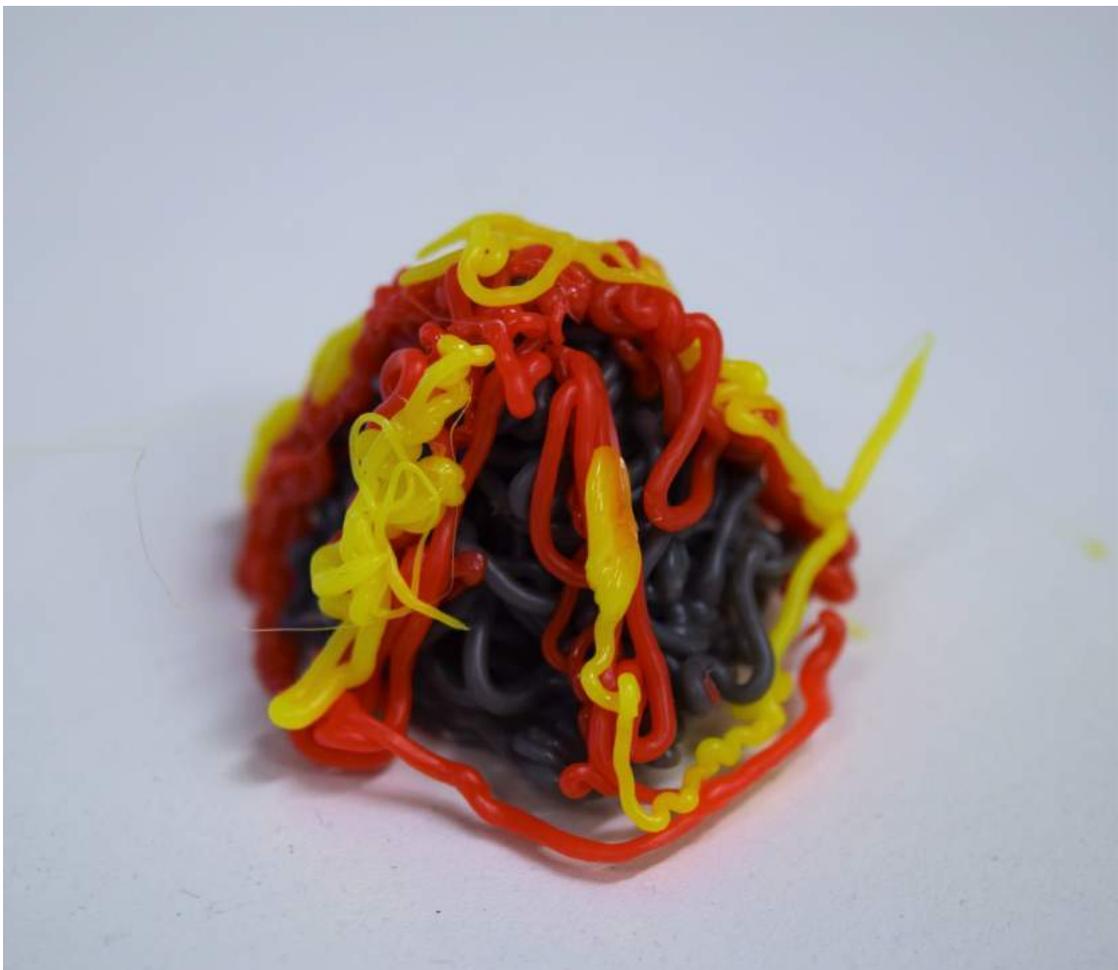
Notice the transfer of colour as it moves from your pencil to the page.

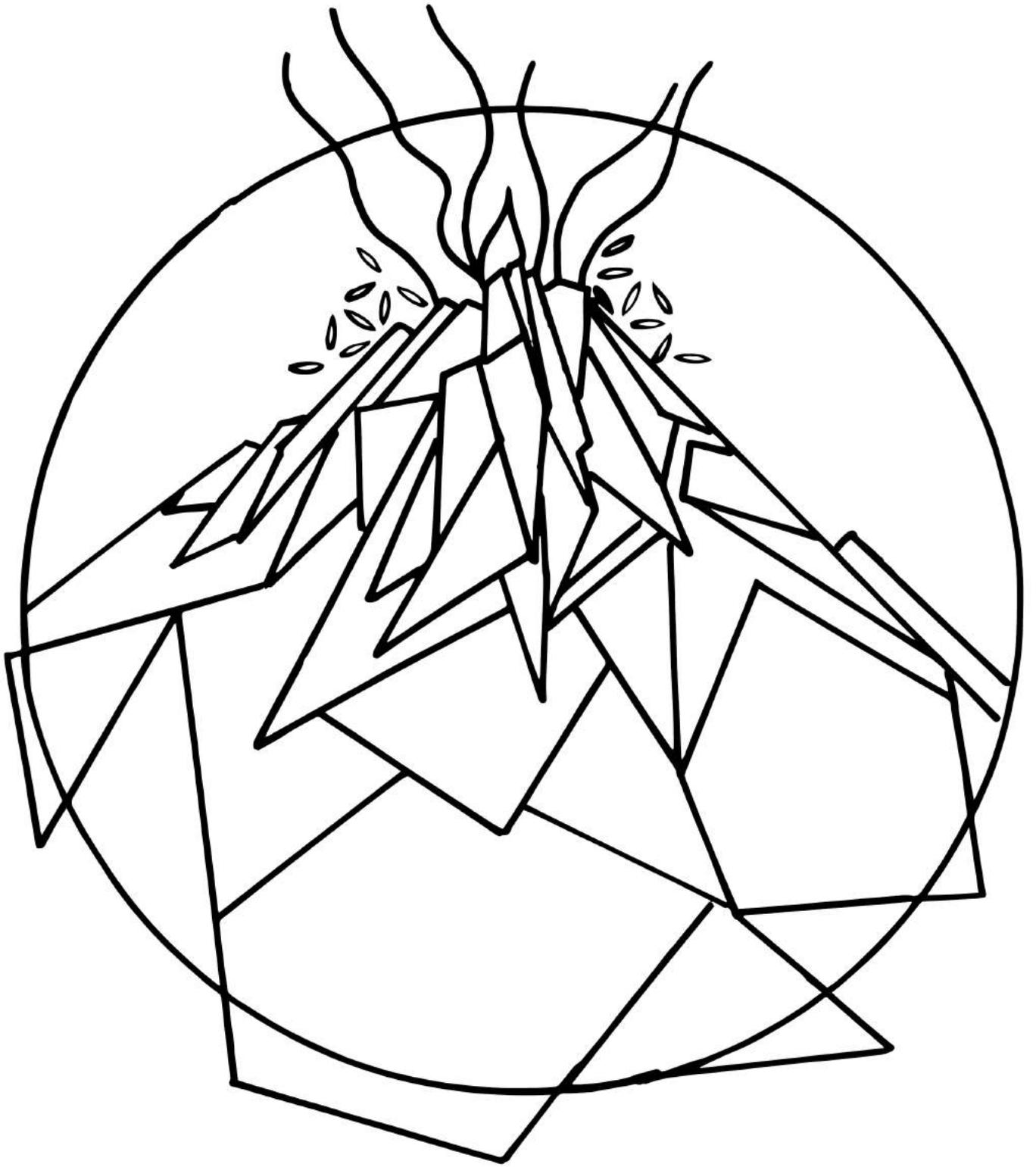
We are starting to come to the end of this activity. Take a moment to notice how you are feeling. Is your body less tense than it was when you started colouring-in? What sort of thoughts are you having? Just notice how you are feeling and what thoughts you are having, again without judging yourself for them. If you have not finished your colouring in but please do continue to practice what you have already been doing.

We are going to end our time colouring-in now. When you are ready, put your pencil down, and slowly look up from the picture and refocus your attention to the room around you. Take a breath in through your nose and out of your mouth, and get ready to move on to the next part of your day...remembering to tidy up the picture book and pencils!



Volcano (Basalt Columns) - Level 3: Restless Earth

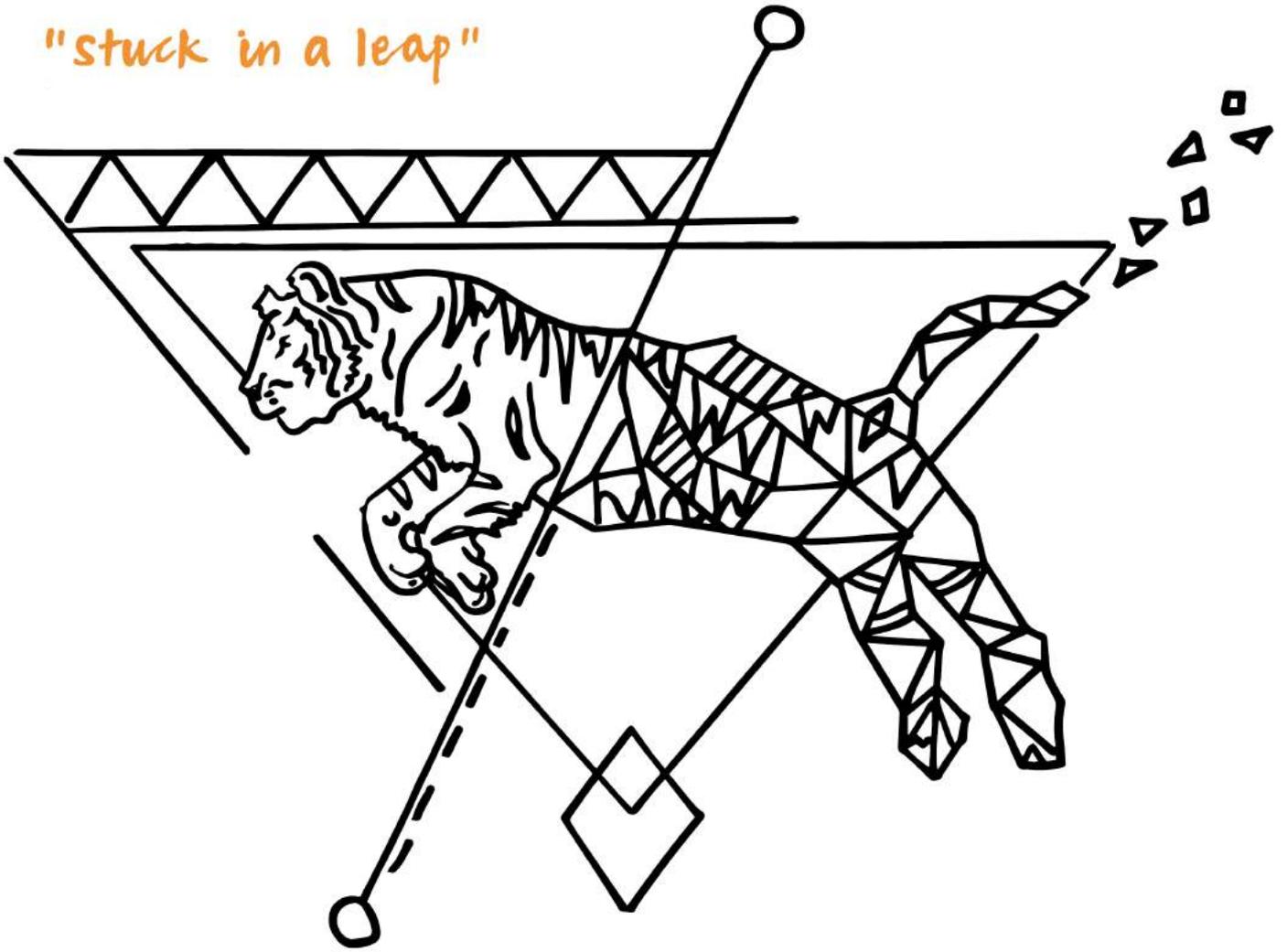




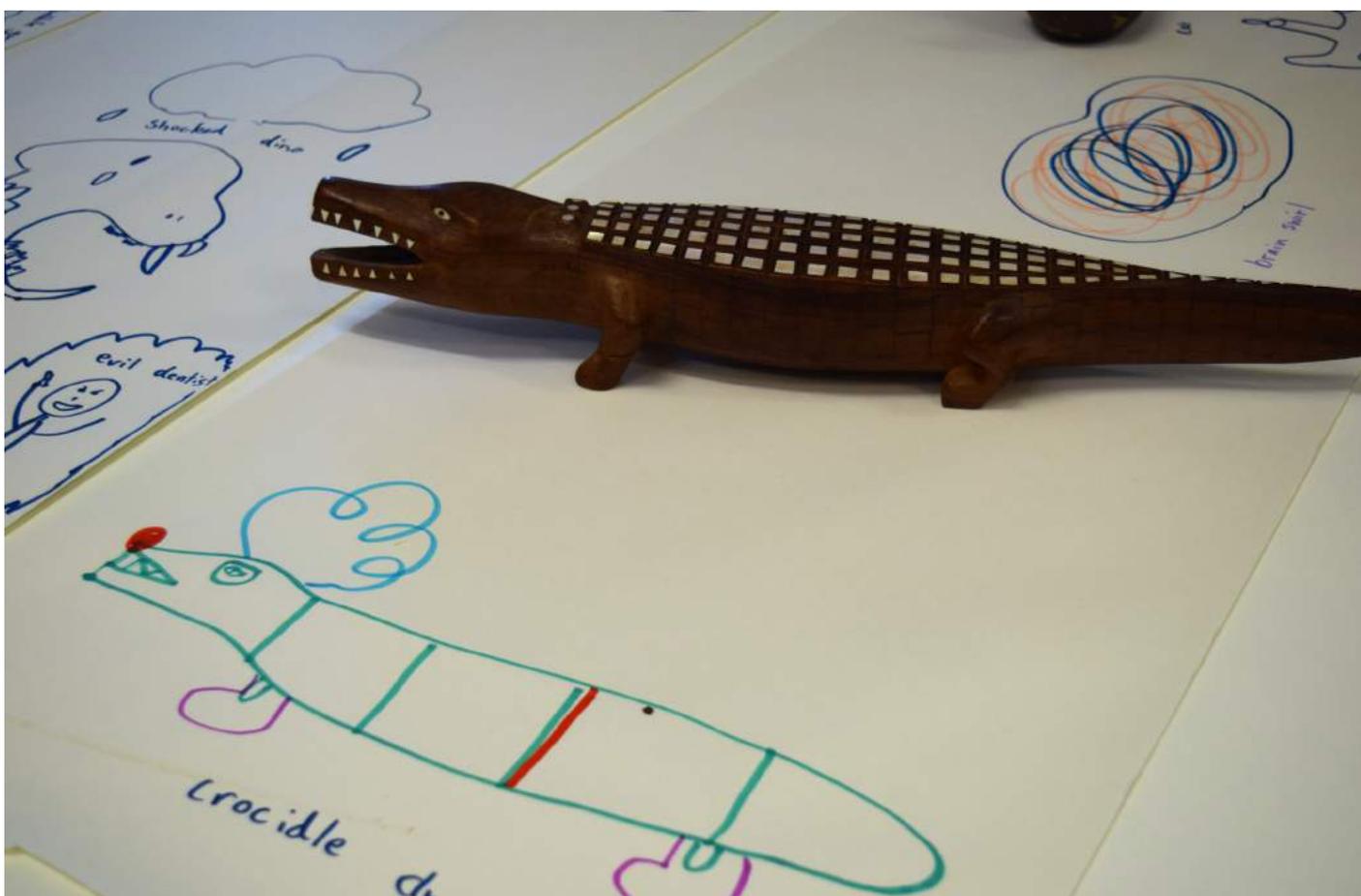
Tiger - Level 1: Animal World

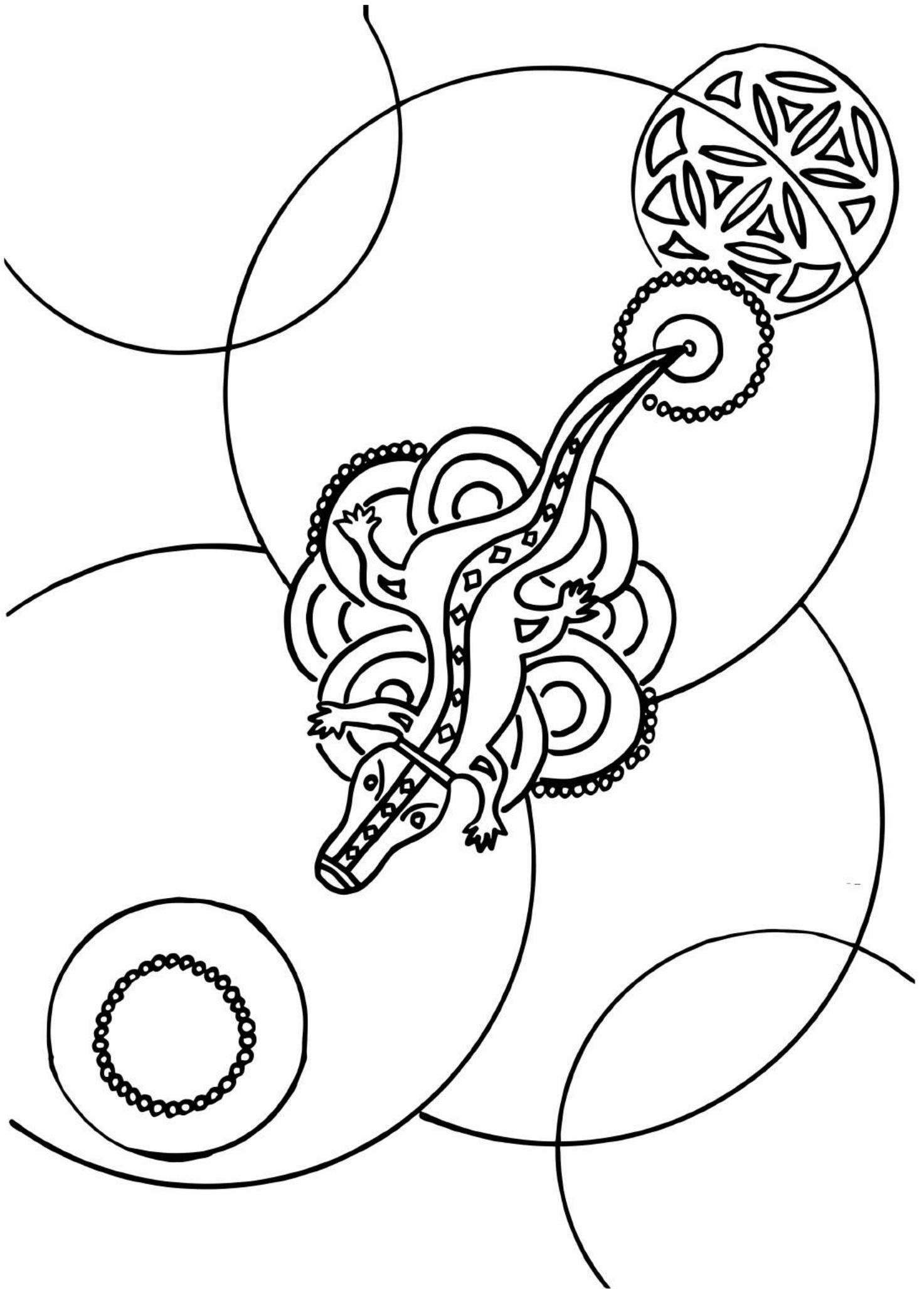


"stuck in a leap"



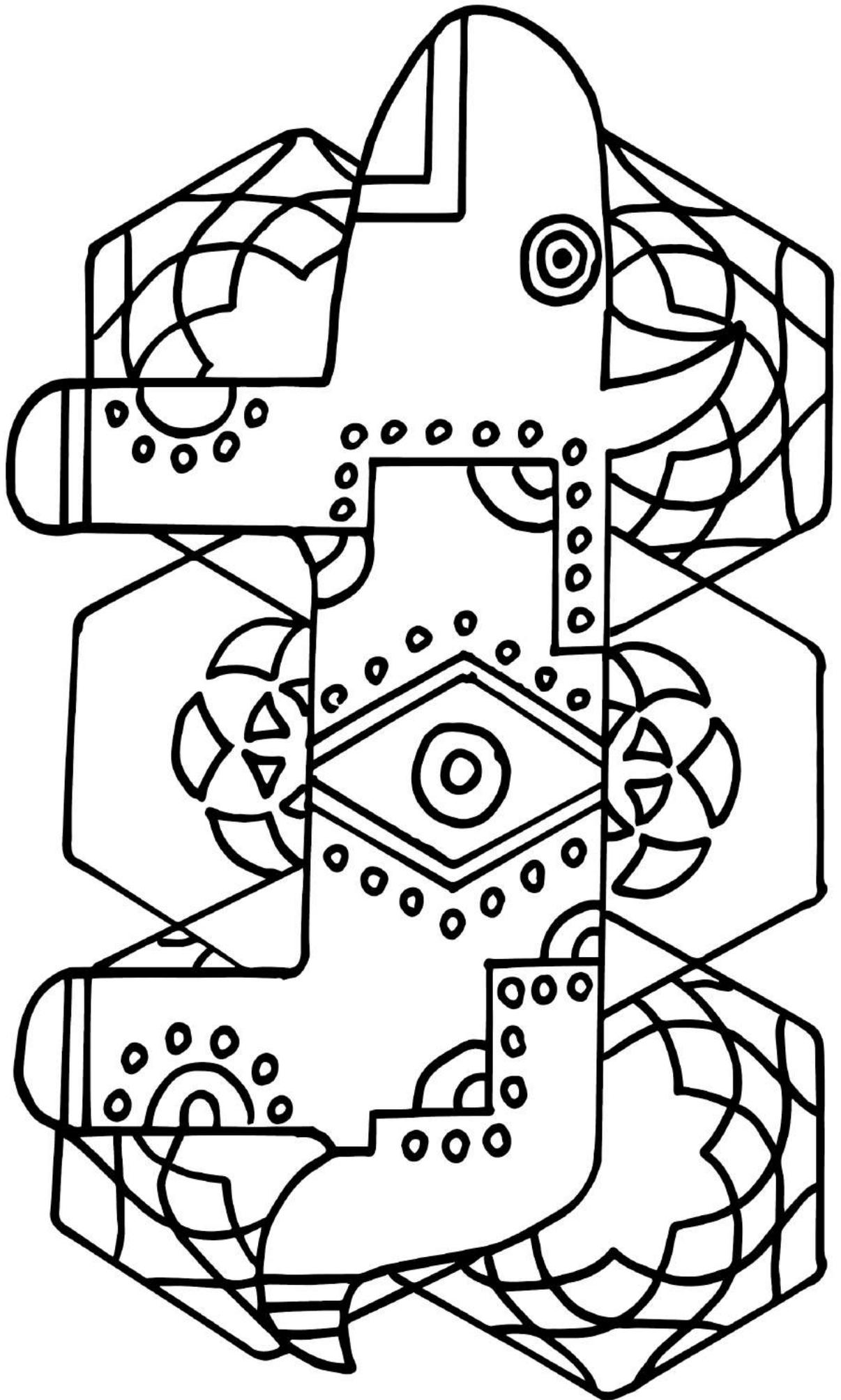
Alligator - Level 1: Animal World





Camp Dogs, Australia 2006—Level 1: Living Lands





Buddha Amida—Level 1: Grand Gallery



We are coming to the end of this activity.

Take a moment to notice how you are feeling. Is your body less tense than it was when you started colouring-in? What sort of thoughts are you having? Just notice how you are feeling and what thoughts you are having, again without judging yourself for them. If you have not finished your colouring in but please do continue to practice what you have already been doing.

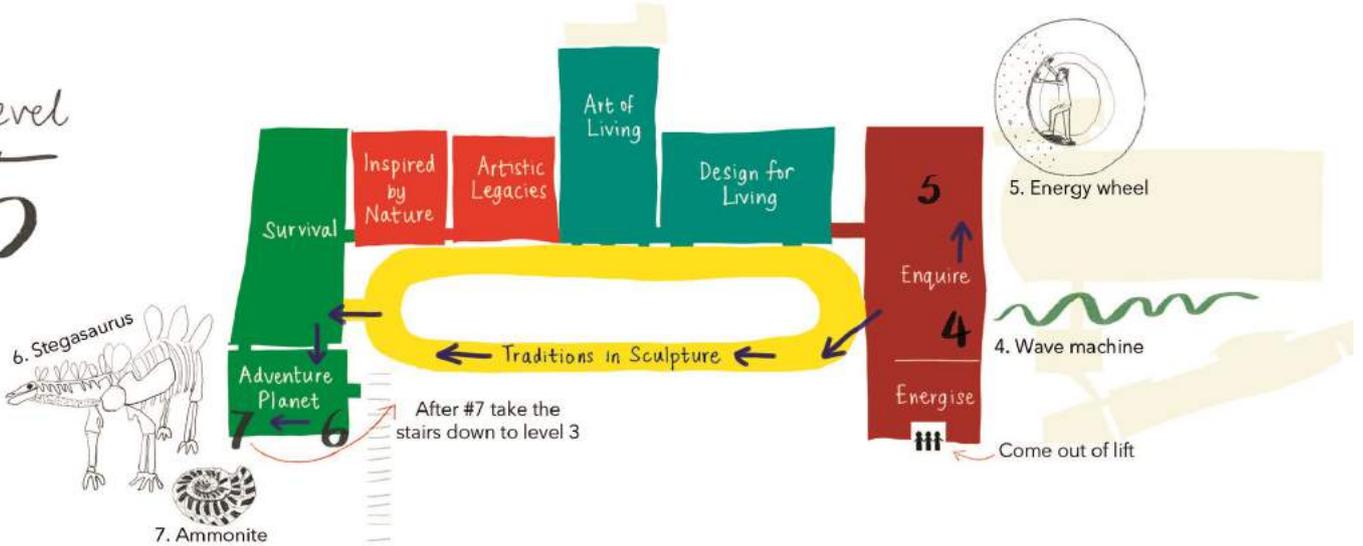
We are going to end our time colouring-in now. When you are ready, put your pencil down, and slowly look up from the picture and refocus your attention to the room around you. Take a breath in through your nose and out of your mouth, and get ready to move on to the next part of your day...remembering to tidy up the picture book and pencils!



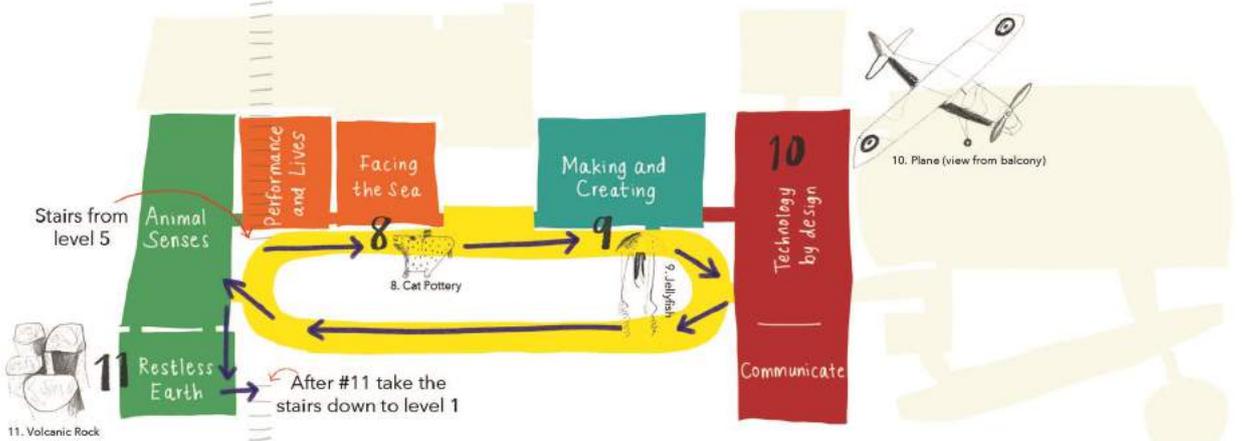
Museum Map for Mindful Walking

We would like you to walk around the museum and enjoy seeing all the original artefacts in-situ. We would also like you to do this mindfully and so please follow the link to listen to the script opposite. There is also a map below so that you can see where all the artefacts are within the museum. We would suggest that you pick one or two pieces to focus on and spent time looking at them and noticing all aspects of the object.

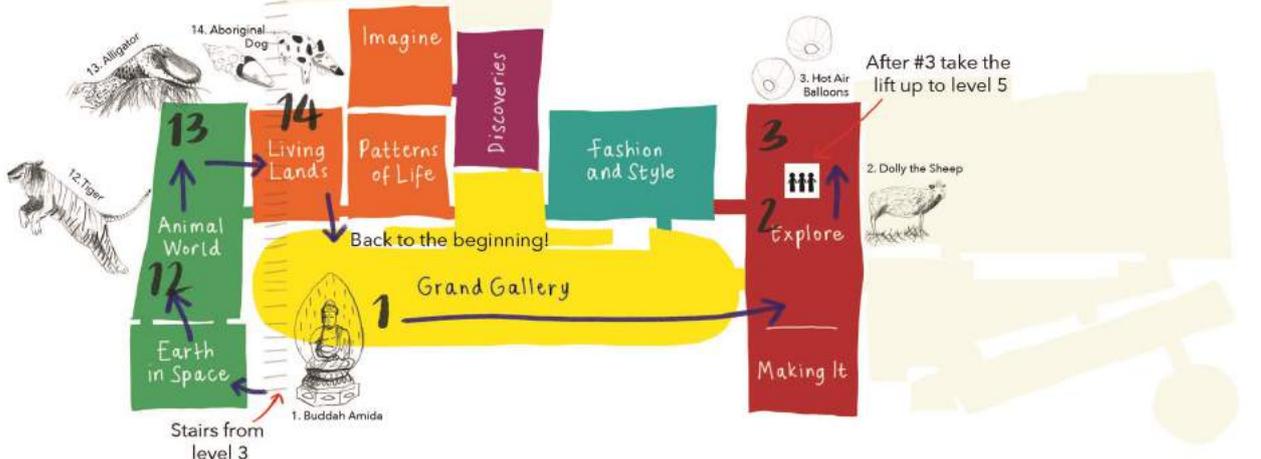
level
5



level
3



level
1



Mindful Walking

You must ensure that you remain safe and so please remain aware of the environment around you, Taking it all in and keep this open awareness of everything around you whilst mindfully walking around the museum.

Let yourself look around the museum and enjoy the things you see, breathe in and notice what you smell, breathe slowly and bring your awareness to the present moment. Stand so you feel comfortable and take notice of your feet touching the floor.

Now take a slow breath in and fill your lungs with air and breathe out. Be careful not to strain or struggle in any way. Allow your breathing to remain at a calm even pace.

Refocus your mind on your feet touching the ground. If thoughts come into your mind about other things just let them float away. Now start to walk and follow the map to the first artefact you want to look at. Walk at a natural pace for you but so not run. If you normally walk very fast try to slow down your walking.

If you find it useful you can count your steps to 10, then start back at one again.

Once you reach the artefact stop and look at it.

Starting walking again, a slightly slower pace than normal for you, become aware of your feet touching the floor with every step. If thoughts come into your mind just let them float away. Be aware of how your knees are feeling and about the knee bending with each step. Feel the movement of your legs with each step.

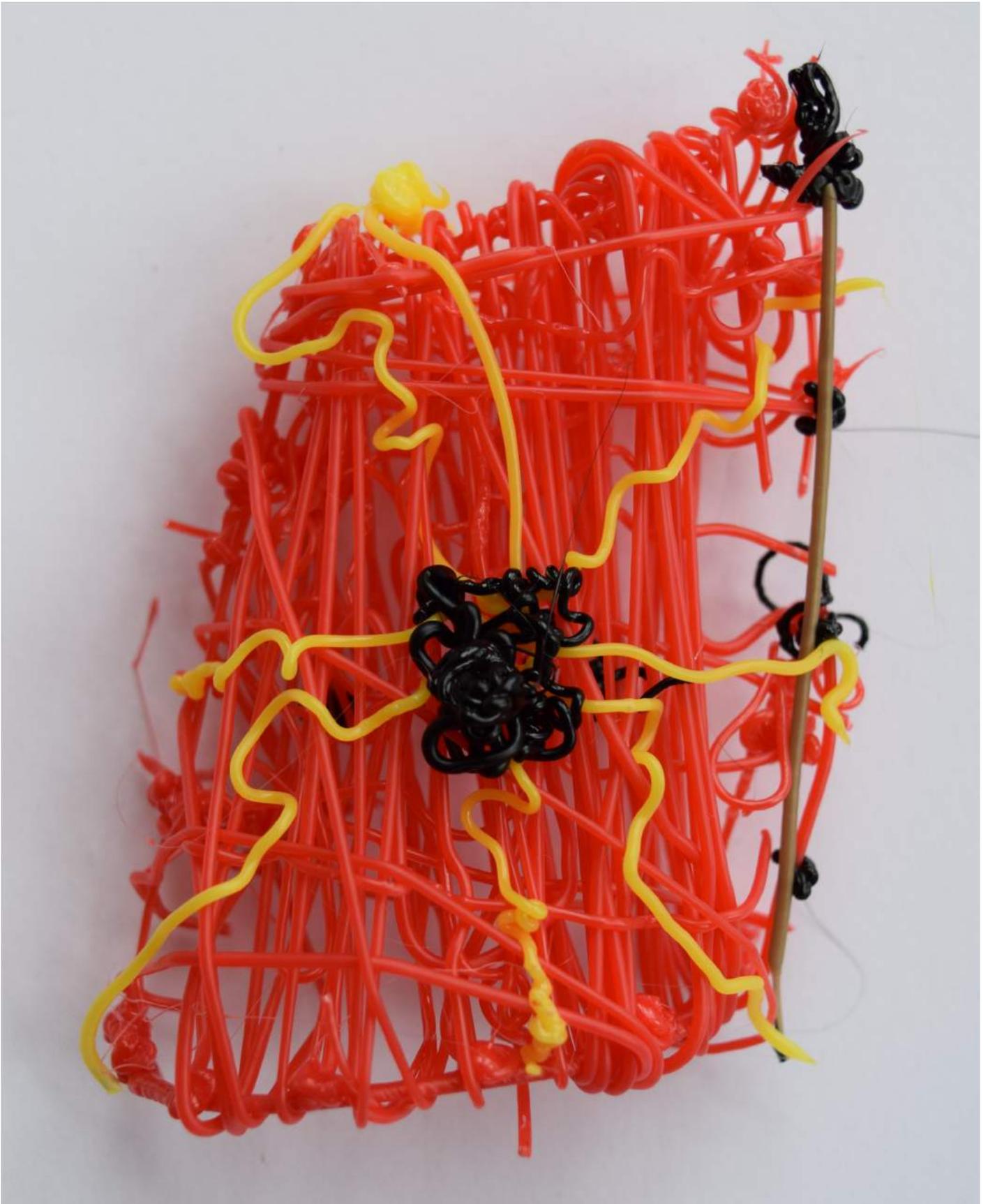


With each step pay attention to the lifting and falling of your foot. Notice movement in your legs and the rest of your body. Notice any shifting of your body from side to side.

When your attention drifts away from the sensations of walking and breathing, take notice of those thoughts, moods, or emotions without judgment and gently guide your awareness back to the present moment, back to the walking. Patiently coming back each time something grabs your attention or even if something needs addressing, like avoiding an obstacle. Staying natural, not overly rigid, not daydreaming and drifting, but with sustained awareness.

Whatever else captures your attention, come back to the sensation of walking. Your mind will wander, so without frustration, guide it back again as many times as you need.

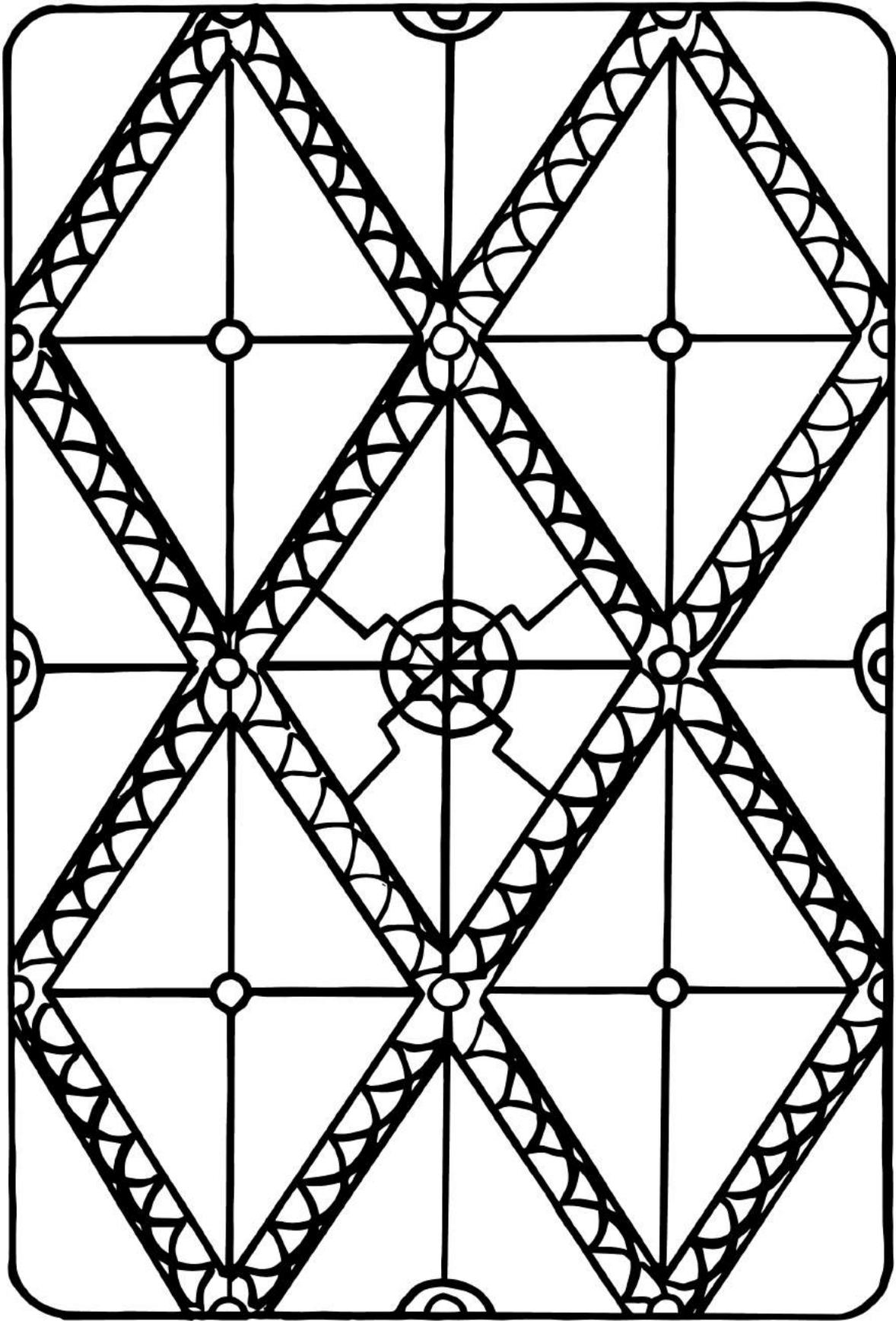
When it's time to end the walk, allow yourself to come to a gentle halt. Stop but when standing still, feel the floor beneath your feet. Take a few deep breaths as this point and slowly return to your regular activity.



Try This!

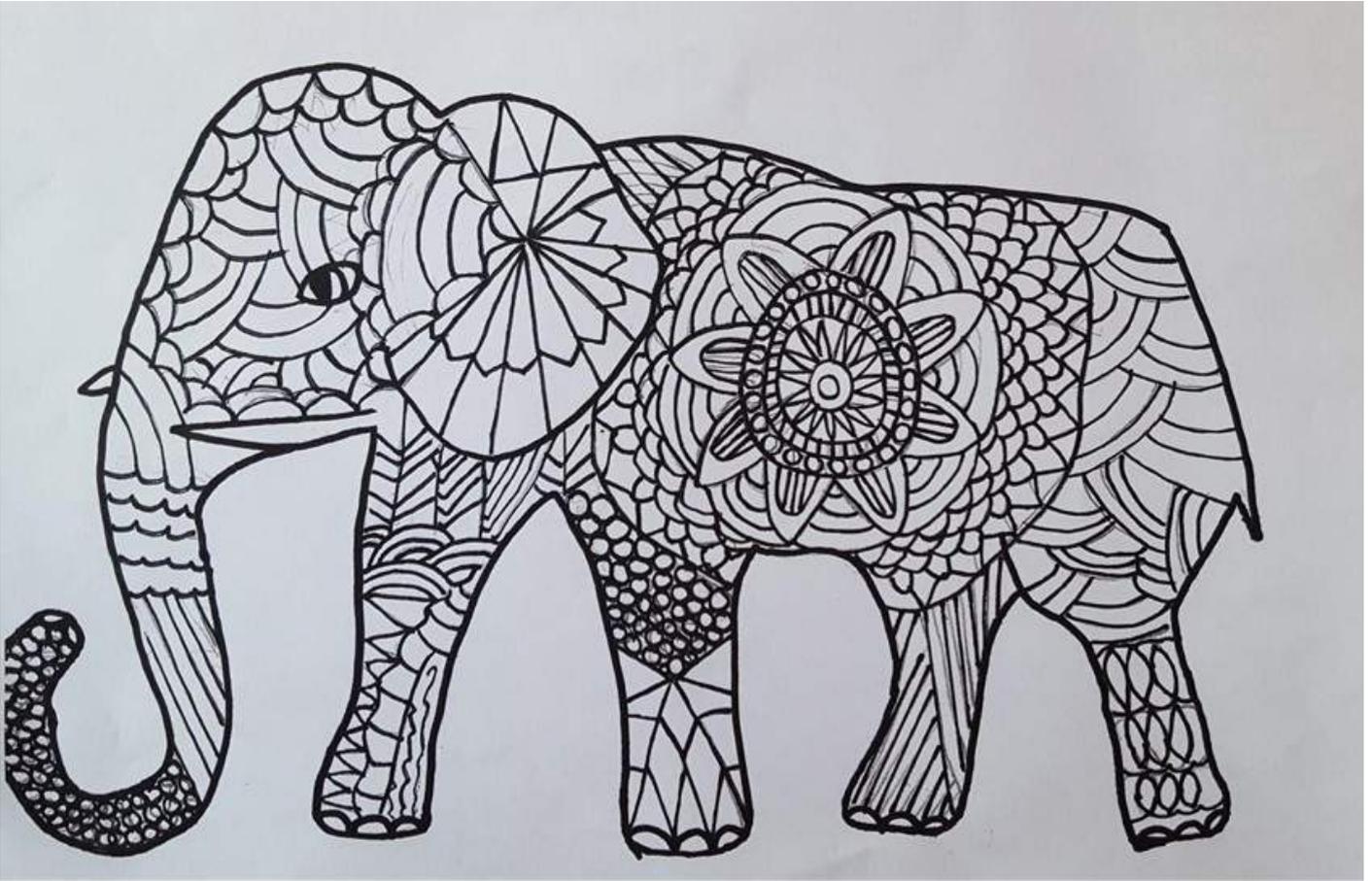
Roman Shield Challenge:

Can you find the replica version of a Roman shield in the museum?



"imagine what this would have looked like
in real life ... with hundreds of them"

Featured Work



"not the only one"

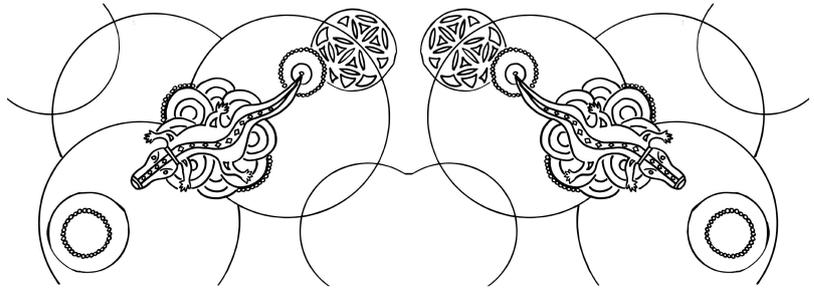
One of the young people was so inspired that she drew this elephant at school and brought it into the sessions.

This young person felt that meeting other young people with ADHD had been really beneficial as they had never met another young person with ADHD.



Try This!

Fab Factor



Step 1

Write the word “Fab!” in bright colours on a sheet of paper.

Step 2

Look at how you have written “Fab!” and the colour you have chosen. Notice any thoughts or feelings you have about how you have done this. Notice too any judgements you are making about what you have done – just notice them and let them go.

Note: There is no right or wrong way to draw the word “Fab!”

Step 3

Now look at the “Fab” you have written and think about all the things that come to mind you're your think of the word “Fab!” and either draw them or write them down around the word, in any order you like.

Step 4

Take a few moments to think about why you have drawn the things you have drawn or written the words you have written and think about why these drawings or words make you think of “Fab!”. If you want to, you can also draw or write down whatever comes to mind for you now.

Step 5

Notice how you are feeling now. And notice too, if there is anything that you thought of in this activity that you would like to be reminded of later on, for example something you haven't done for a while that makes reminds you of feeling “Fab!”- there might not be, and that's okay. But if there is something, make sure you note that too on your sheet of paper.

Acknowledgements

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To Gavin Cullen our resident expert in Mindfulness who oversaw the Mindfulness scripts.

Lastly but not least a big thank you to Grant Stott for providing the voice over for our audio book.

A big thank-you to you all for helping us making this a truly successful project for the young people.

Ciara O Driscoll and Sue Abbott-Smith (CAMHS nurses)



