

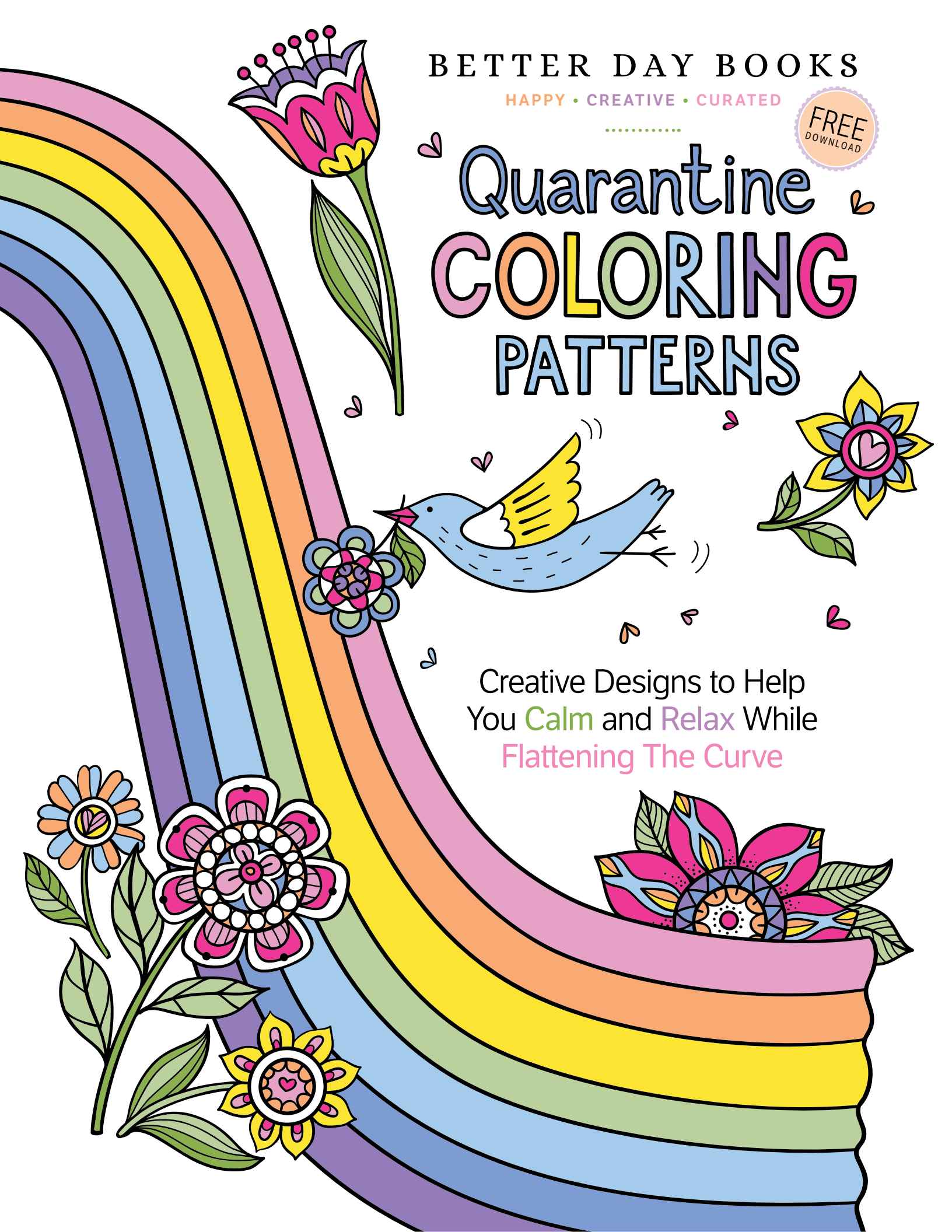
BETTER DAY BOOKS

HAPPY • CREATIVE • CURATED

FREE
DOWNLOAD

Quarantine COLORING PATTERNS

Creative Designs to Help
You **Calm** and **Relax** While
Flattening The Curve





Coping During Covid-19

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COLOR • CALM • CONNECT

Dear Friend,

First and foremost, we hope that this booklet finds you healthy, home, and with the resources you need.

However, we know that is not the case for far too many people. And, our hearts go out to those who are ill and the everyday heroes who look after us all. To the first responders, the medical professionals, the leaders, the educators, the postal workers, the neighbors, the friends, the parents, the grocers, the children, and everyone in between; we see you, and we honor you.

We all want to help, but it is difficult to know how to plug-in. How can we add value? How can we do our part? We have thought about this a lot at Better Day Books. And, as a provider of creative inspiration – we humbly offer you these coloring patterns that have been **specifically designed to provide some sense of comfort** during this time of pandemic where we are physically isolated from one another.

There is valid evidence to support the **positive benefits of coloring**, and we hope you will experience them while working through the following patterns. As you color, focus on slow, deep breathing. Select colors that are soothing to you. Allow the back-and-forth motion of filling-in the design to gently rock you into a peaceful state. You may be surprised at how something so seemingly simple can help. **Creativity soothes the soul.**

Lastly, please share these patterns. Get together with your family or those with whom you are isolating and color together. Take photos of your work and **share it on social media**. Forward these patterns to a friend or family member so that they may also experience the benefits. It's essential that we stay connected.

We wish you health, peace of mind, and better days ahead.

Peg Couch

Publisher, Better Day Books

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it's a good day to have a better day!

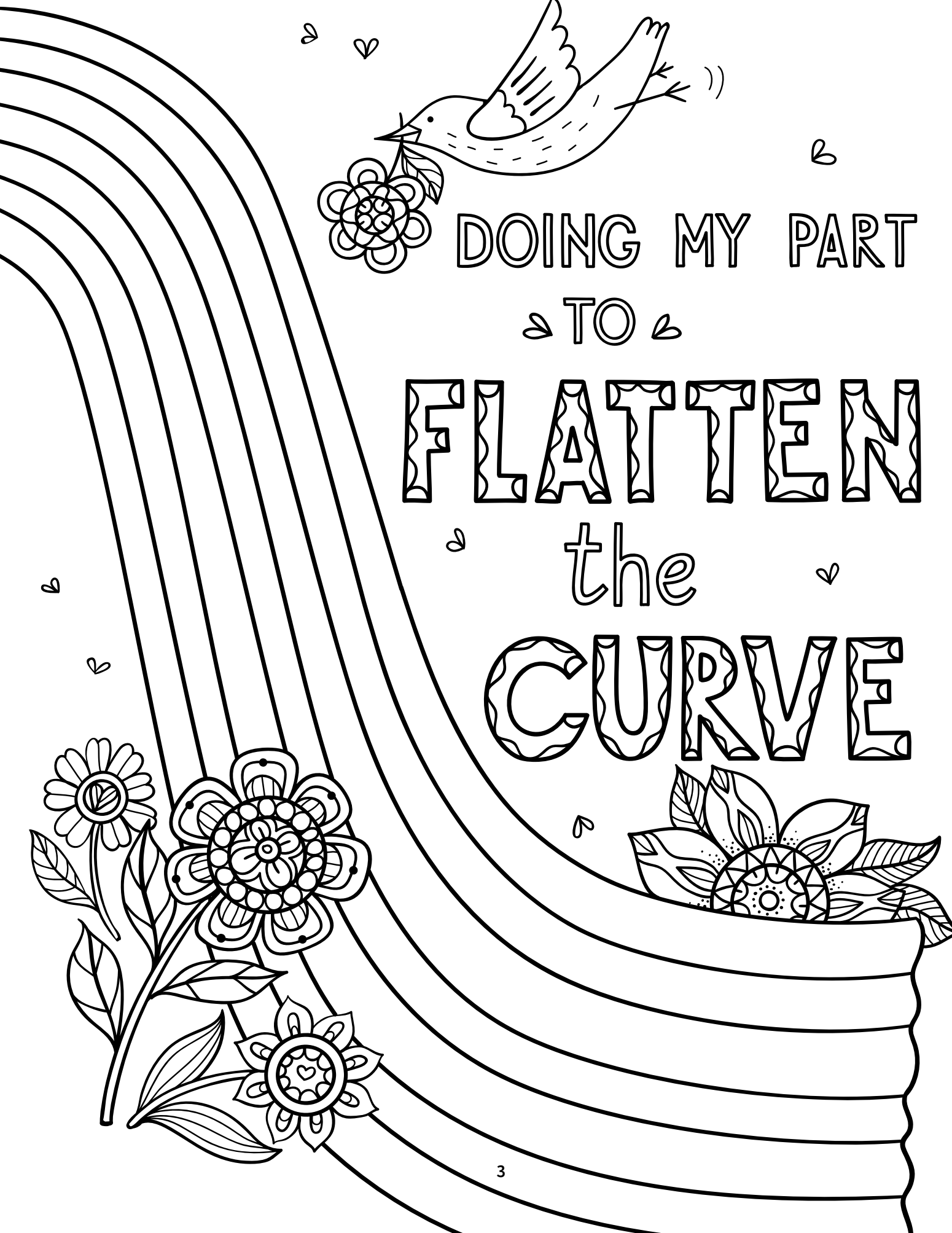
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Please share your coloring by tagging us on Instagram: [@better_day_books](https://www.instagram.com/better_day_books)



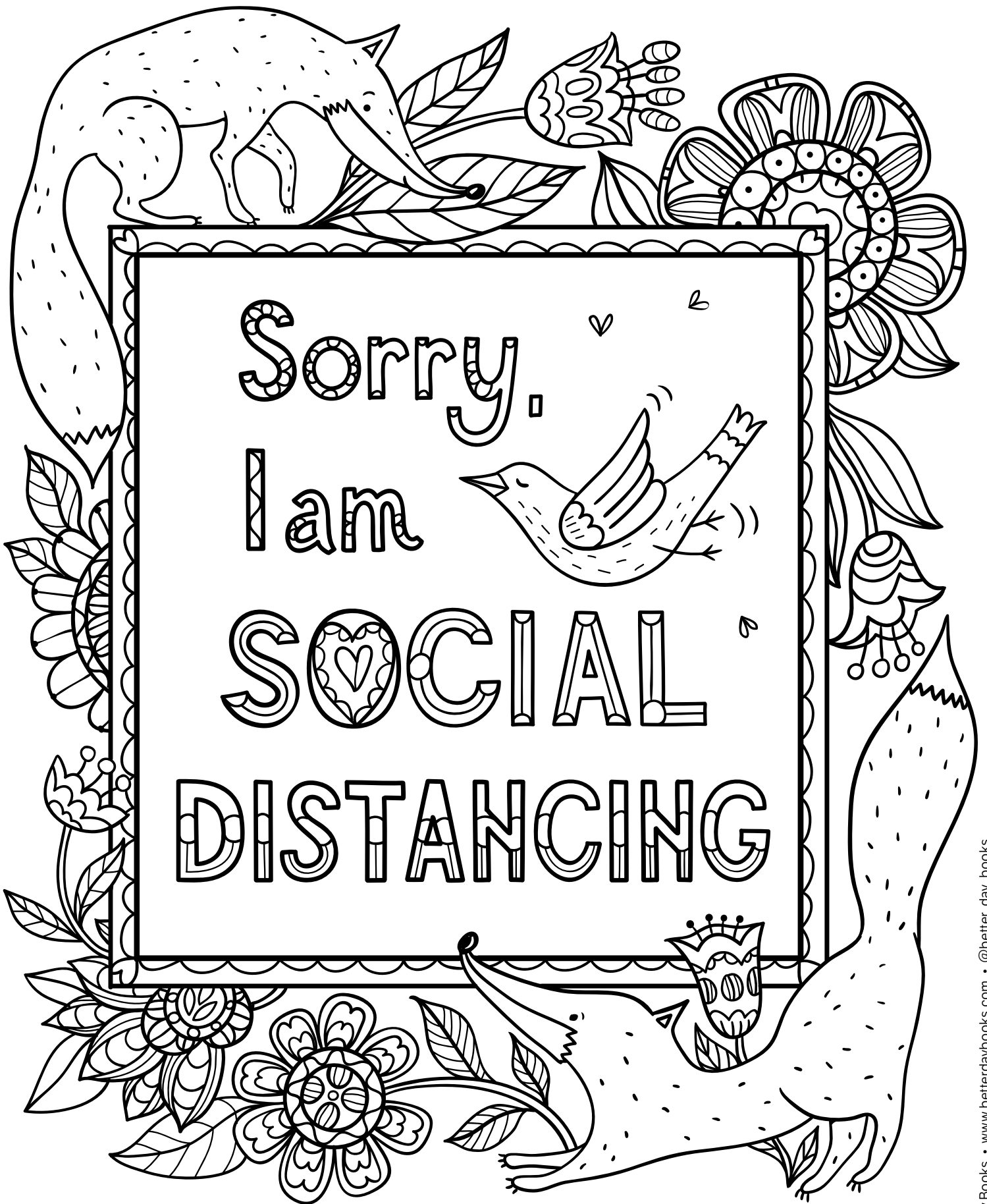
DOING MY PART

TO

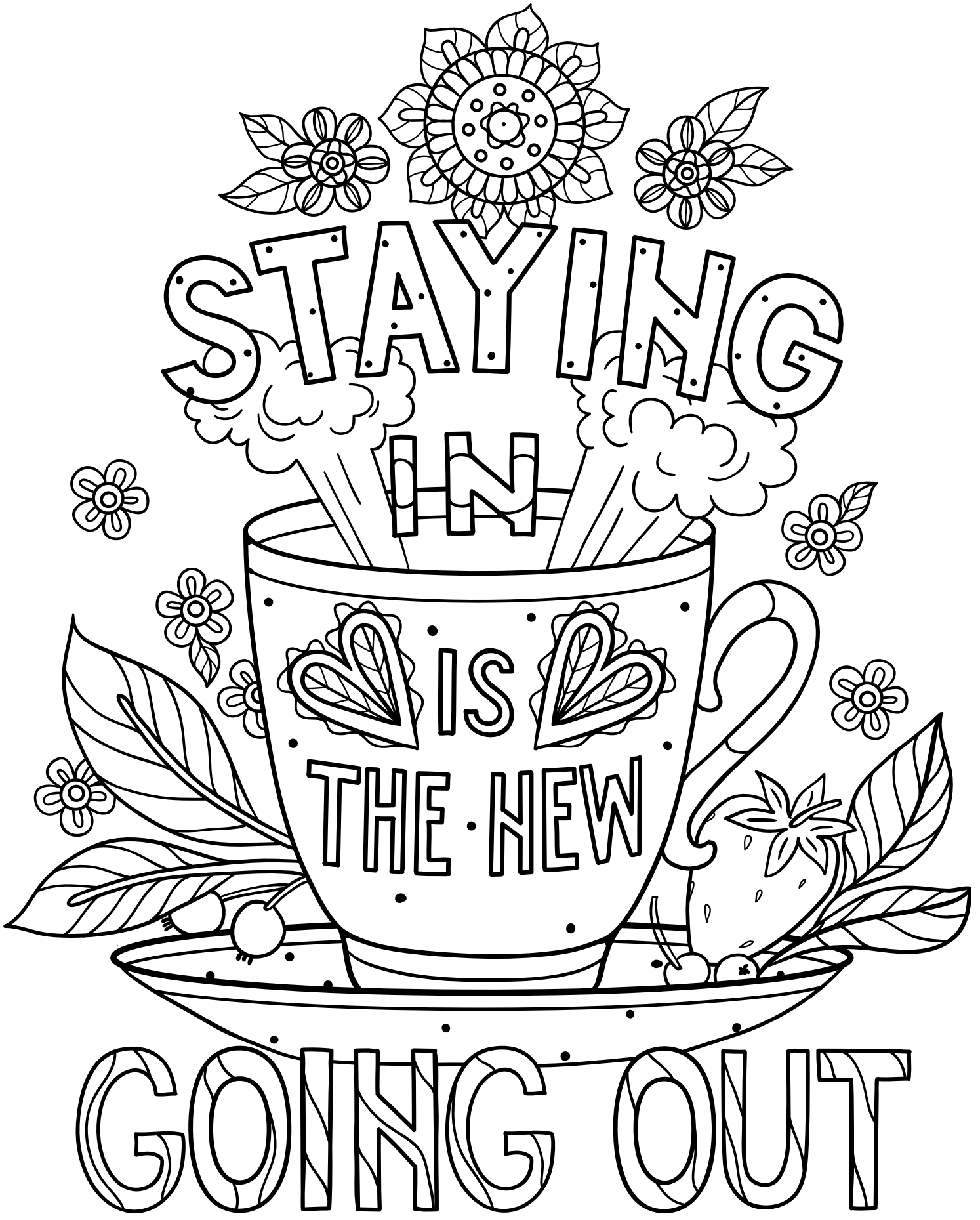
FLATTEN

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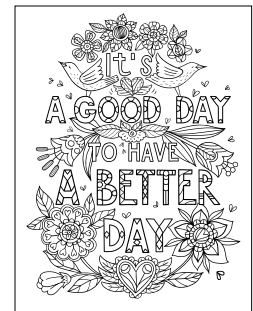
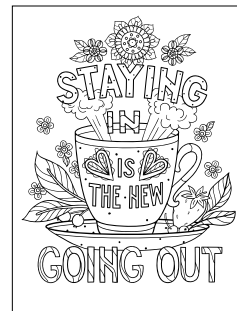
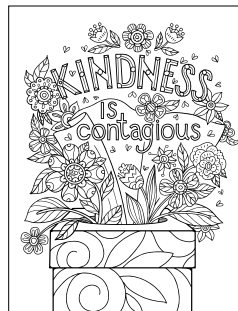
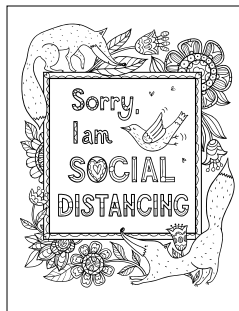
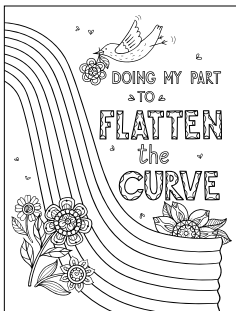
Quarantine COLORING PATTERNS



Creative Designs to Help You
Calm and Relax While Flattening The Curve

Thank you for your interest in our coloring patterns.
We hope that you will experience a sense of calm and relaxation as you color.
It is our goal to spread these positive patterns as far and wide as possible.
So, if you like them, please share them.

Small Acts of Kindness Can Do Great Things.



The patterns can be downloaded at www.betterdaybooks.com
Please share your coloring by tagging us on Instagram: @better_day_books



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