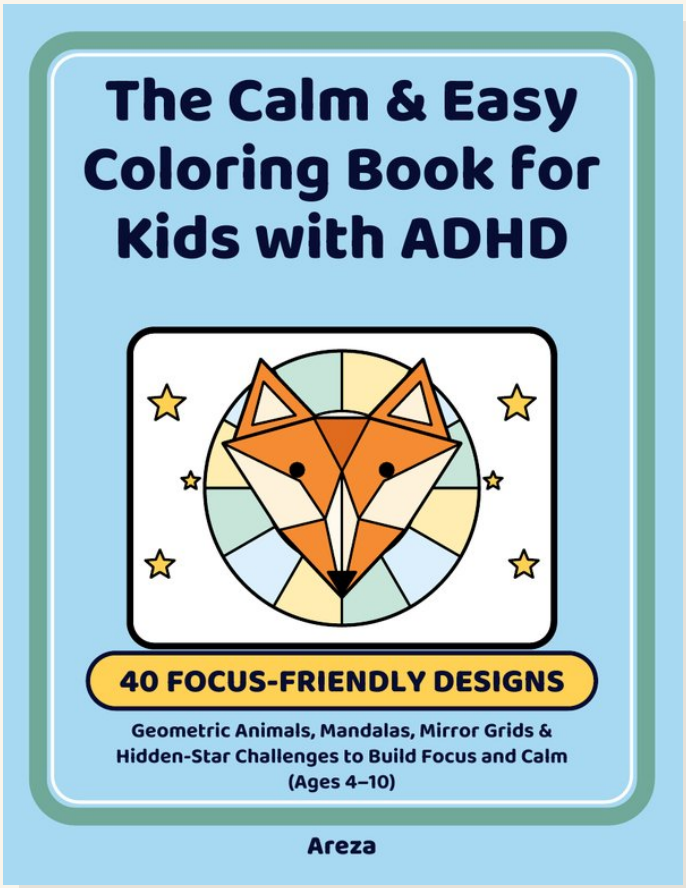

The Calm & Easy Coloring Book for Kids with ADHD

40 focus-friendly designs · Ages 4–10

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: Geometric animal: Focus Fox
- Page 3: Mirror grid
- Page 4: Hidden-star hunt

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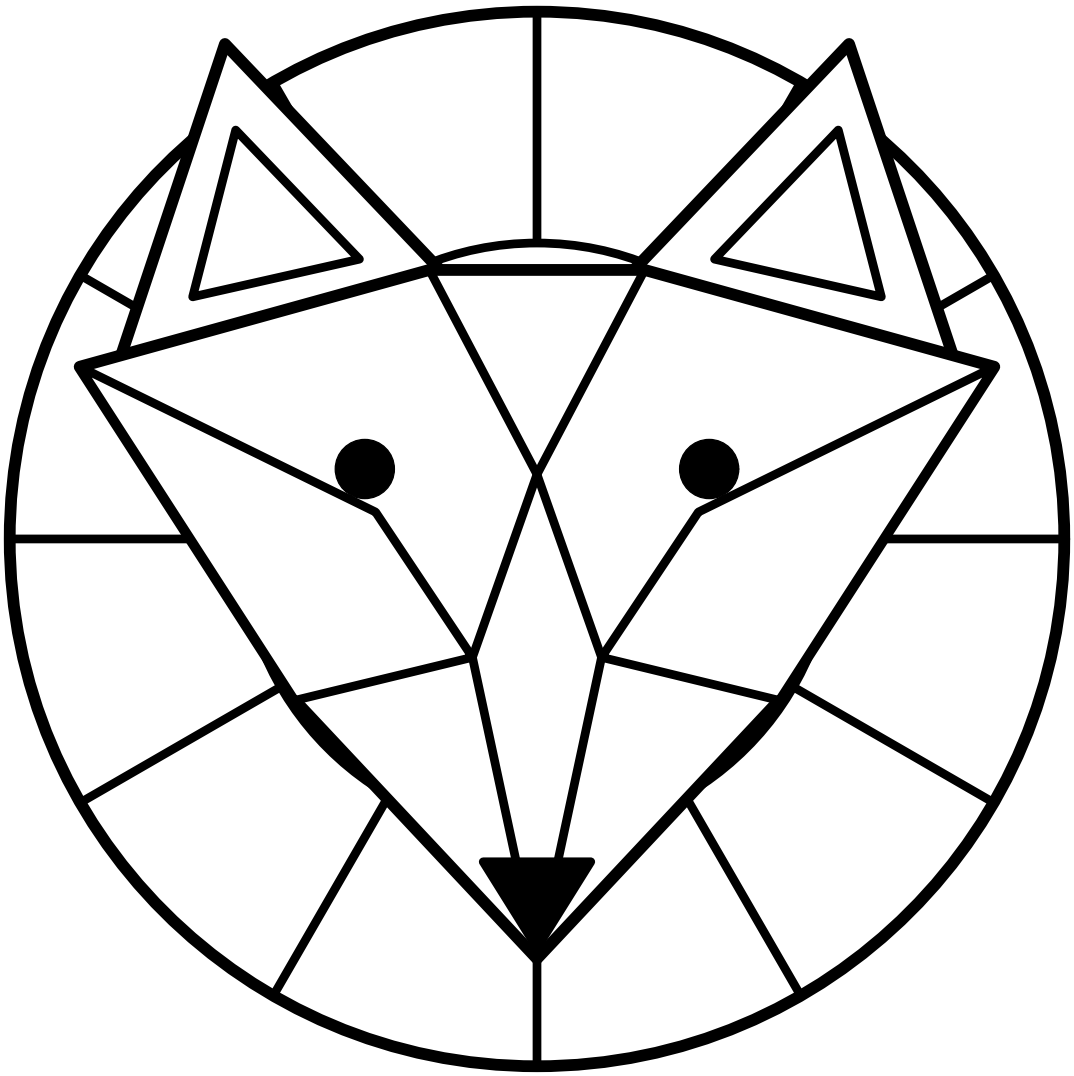
GEOMETRIC ANIMAL · 1 OF 40

Focus Fox

Color one shape at a time. Slow and steady!



I did it! ☆ **I focused for ____ minutes**

(Color the star when you finish.)

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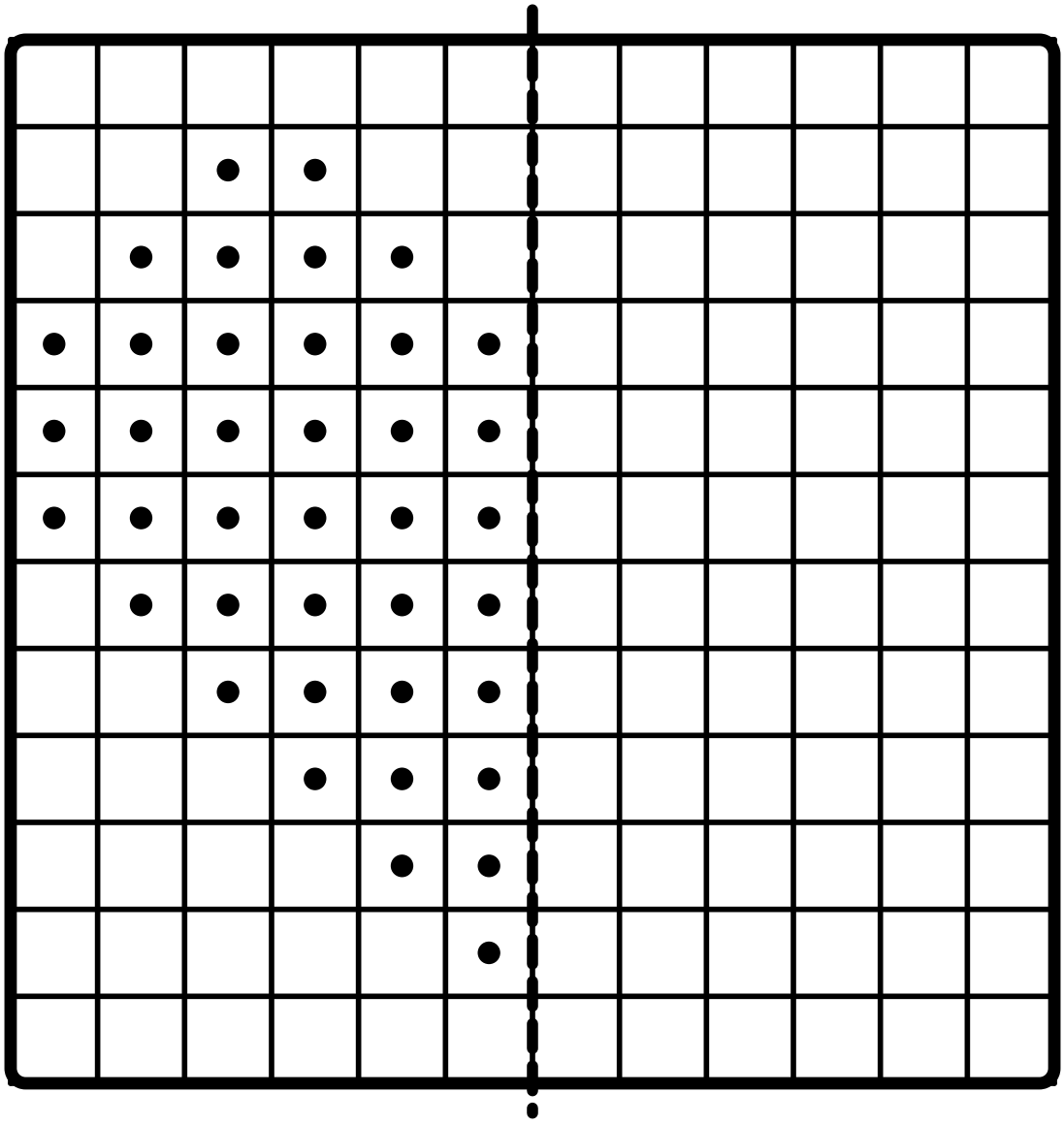
Mirror Grid: Heart

Color the squares with dots. Then color the same squares on the other side of the dashed line.



I did it! ☆ **I focused for ____ minutes**

(Color the star when you finish.)

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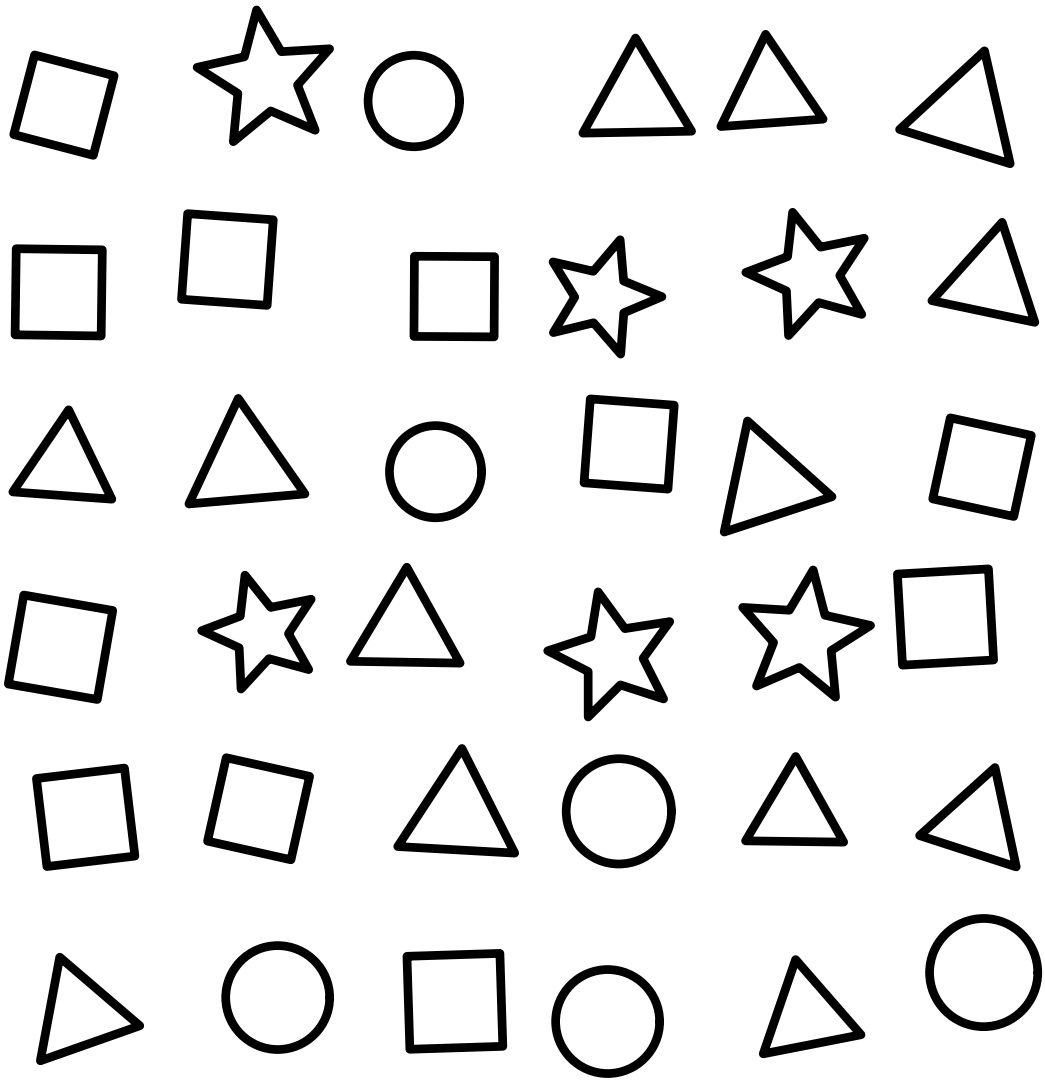
Star Hunt 1

Find every star and color it in. Then count them!



I found _____ stars!

Answers are on page 91.

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