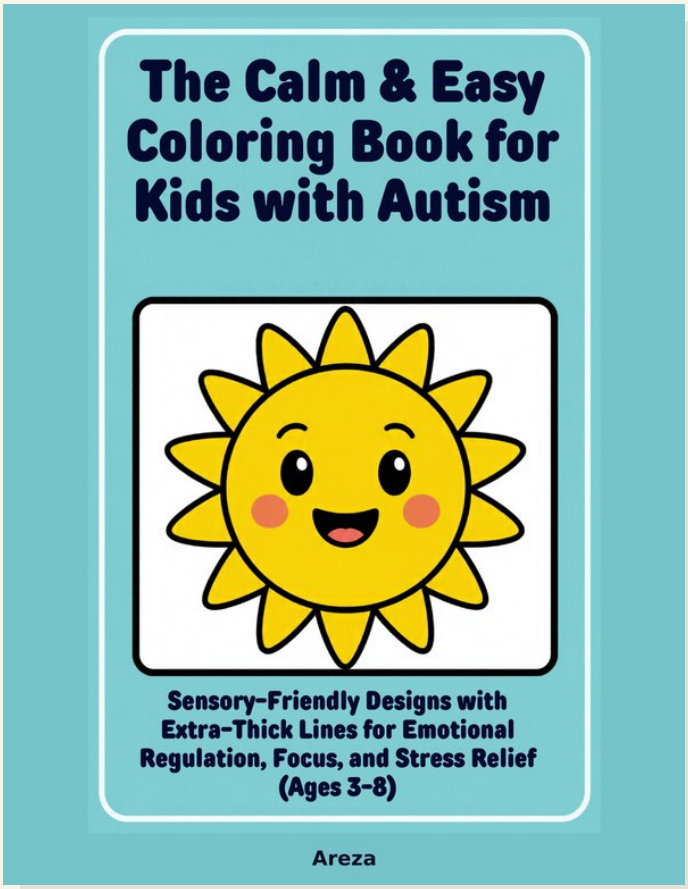

The Calm & Easy Coloring Book for Kids with Autism

Sensory-friendly coloring with extra-thick lines · Ages 3–8

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: A note for parents
- Page 3: Feelings face: Happy
- Page 4: Calm pattern: Honeycomb

Love it? The full book is available now on Amazon. Search "The Calm & Easy Coloring Book for Kids with Autism Areza".

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Welcome to Your Calming Coloring Space

A Note for Parents, Teachers, and Therapists

Every single page in this book has been intentionally designed to support the unique visual and sensory needs of neurodivergent children. Coloring is more than just a creative activity—it is a powerful, non-verbal tool for comfort, predictability, and developmental growth.

Here is how this book helps your child thrive:

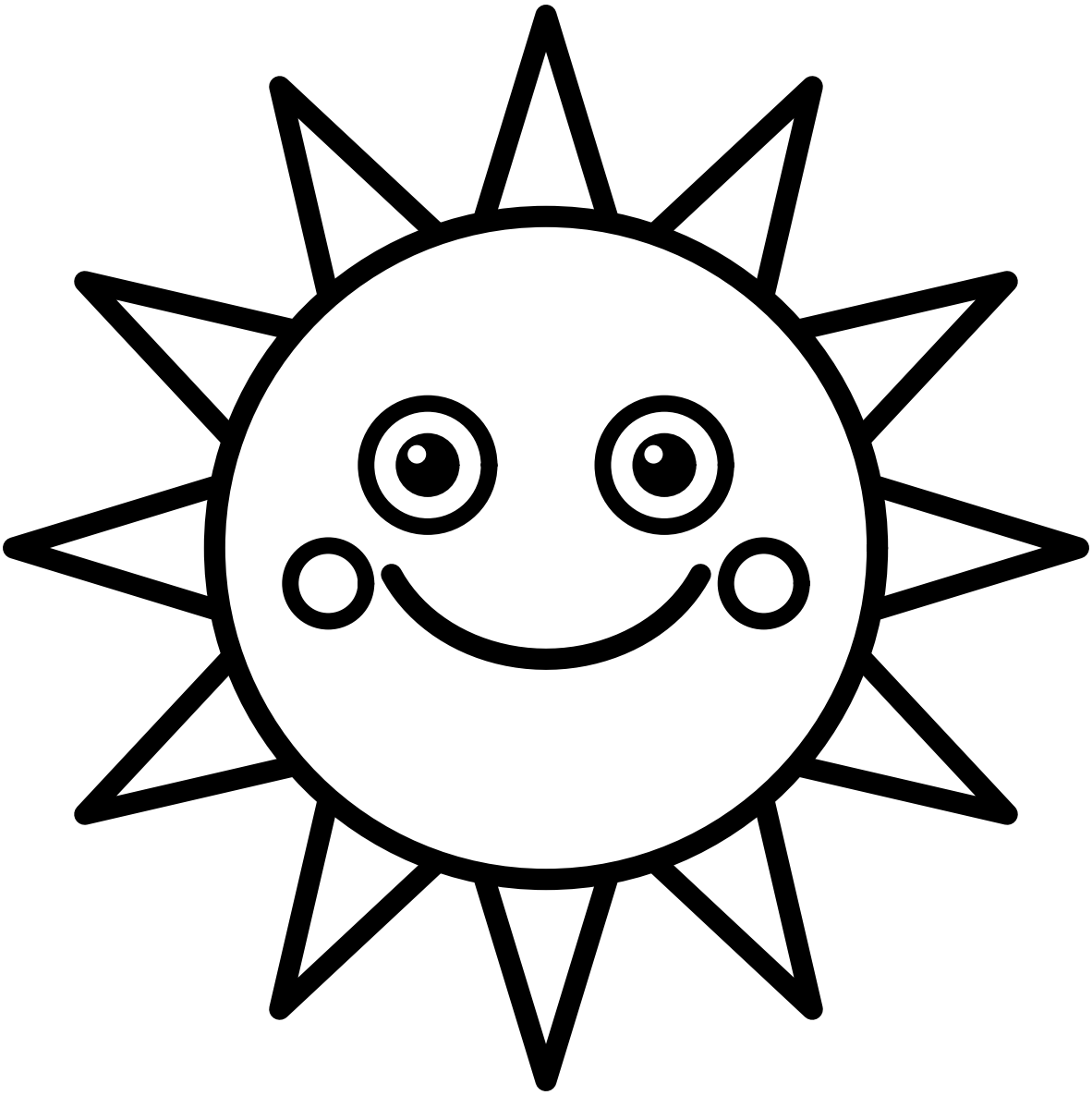
- **Extra-Thick Boundaries:** Strong, heavy black outlines provide a clear visual and physical barrier. This reduces visual frustration and builds confidence for children working on their fine motor skills and hand-eye coordination.
- **Sensory-Friendly Design:** We have completely eliminated busy backgrounds, complex patterns, and shading. By isolating a single, clear subject per page, we prevent sensory overload and allow your child to focus deeply and peacefully.
- **Emotional Regulation:** The first section introduces friendly characters with clear, exaggerated facial expressions. This helps children identify, label, and process basic emotions in a safe, predictable context.
- **Soothing Predictability:** The repetitive, structured geometric patterns offer a comforting, "stim-friendly" outlet that can help lower anxiety, promote mindfulness, and provide calm during transitions or overwhelming moments.
- **Special Interest Engagement:** By incorporating highly focused themes like mechanics, vehicles, and orderly systems, this book taps into the passionate fixations that bring your child joy and deep engagement.



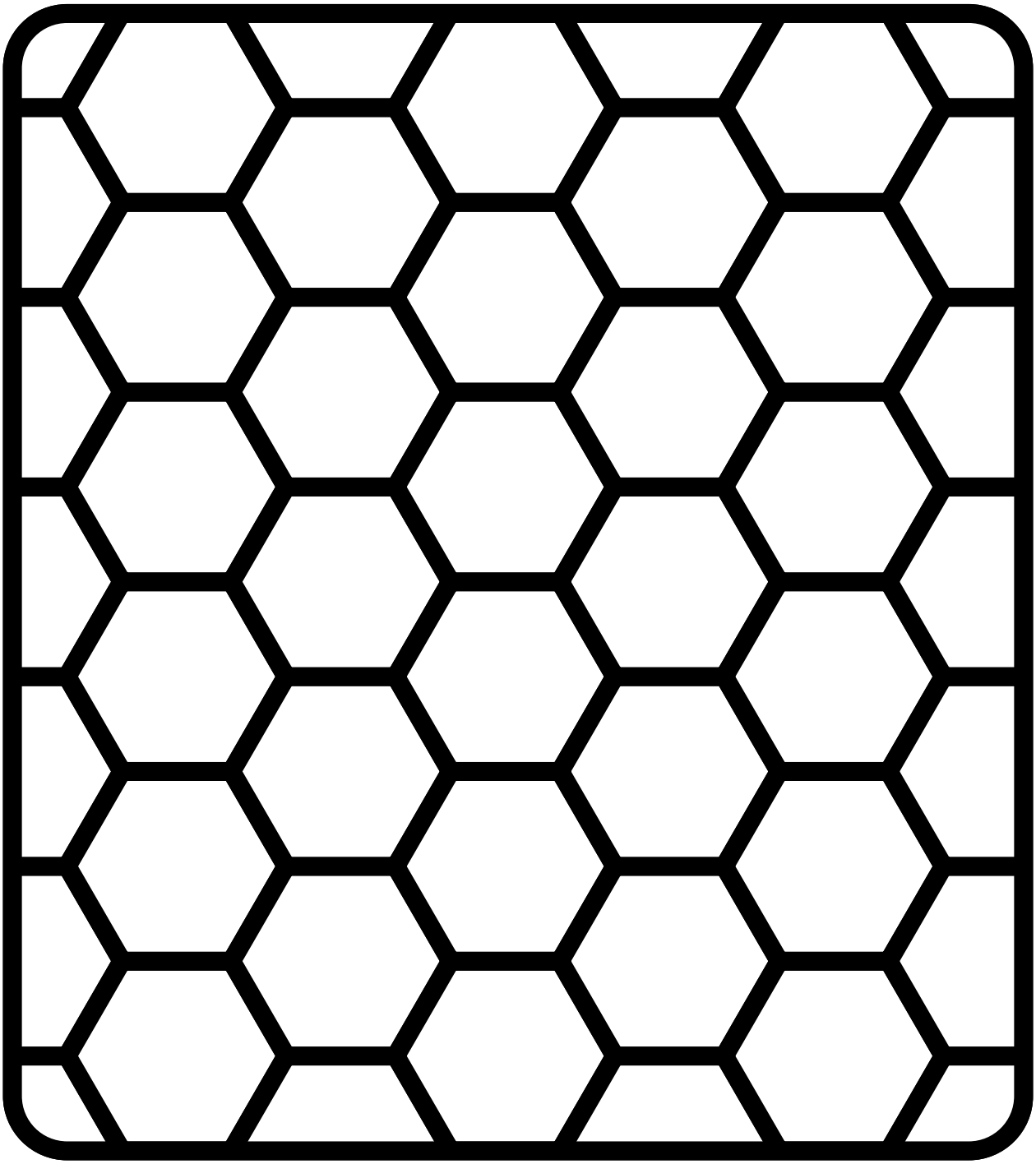
Tips for the Best Experience:

- **Single-Sided Pages:** Every illustration is placed on its own page with a blank reverse side to prevent marker bleed-through. If your child presses down hard, we still recommend placing a loose sheet of scrap paper behind the active page.
- **Follow Their Lead:** There is no "right" way to color these pages. Whether they choose realistic colors, repetitive patterns, or stay entirely within the lines—the goal is comfort and self-expression.

Thank you for bringing this book into your home or classroom. May it bring hours of peace, focus, and joy to your wonderful child.



HAPPY



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