

Simple Joys

A gentle coloring book for calm minds · Adults living with dementia

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: A Note for Caregivers
- Page 3: Design: Sunshine
- Page 4: Design: Teacup

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A Note for Caregivers

Coloring can be a calm, enjoyable activity. Simple pictures and bold lines make it easier to see where to color and to feel successful.

Every picture shows something familiar: fruit, flowers, a teacup, a home. These may bring back happy memories and gentle conversation.

Try asking: "What color would you like?" or "Did you grow flowers?" There is no right or wrong way. Coloring outside the lines is perfectly fine.

Use chunky crayons or thick colored pencils with good grip. Work in a bright, quiet place. Stop whenever it stops being fun.

Each picture is on its own page, with a blank page behind it, so colors won't show through. Praise the effort, not the result.

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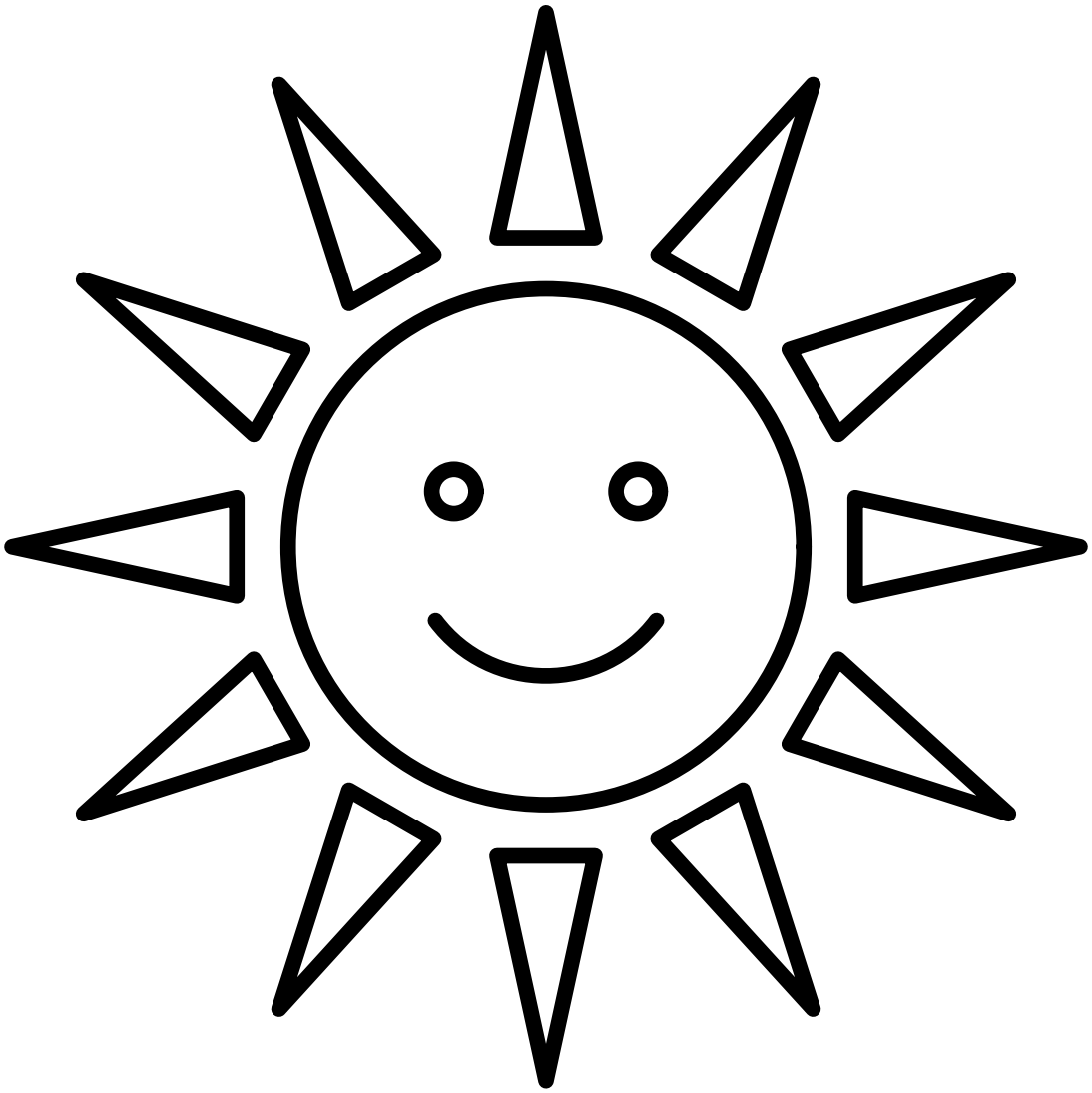
Sunshine



A warm, happy sun

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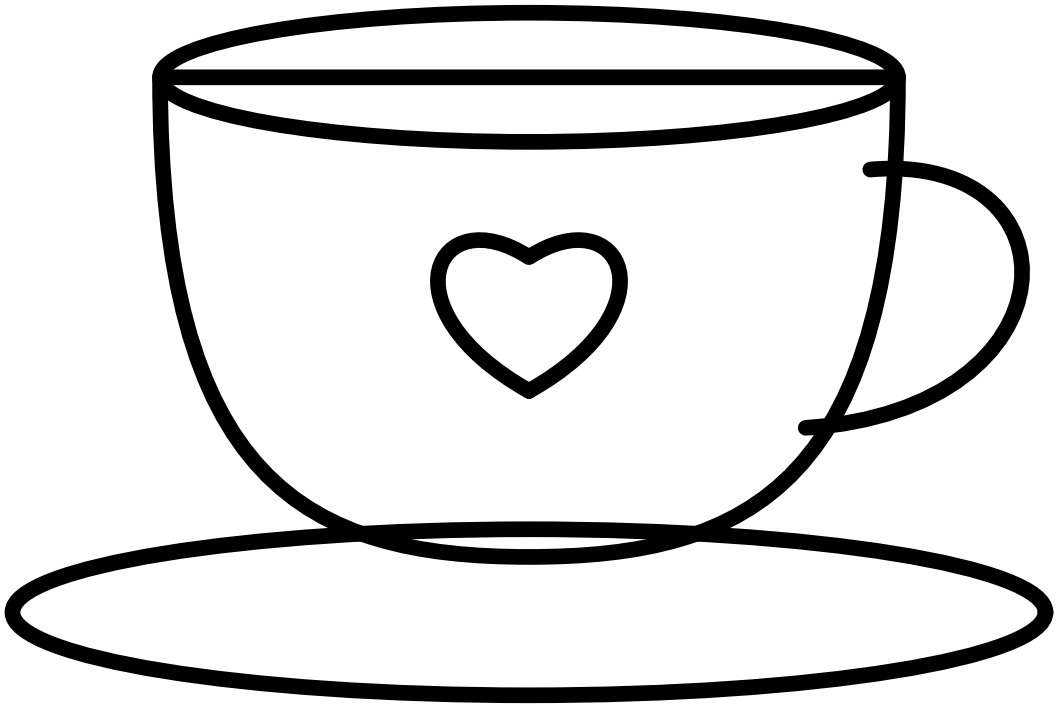
Teacup



Time for a cup of tea

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