



Therapeutic Art & Colouring Journal



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Add some Christmas Gratitude Cards

PACKS INCLUDE: 1x A5 Book with 20 unique colouring pages & 10 activity pages; 1 pack of colouring pencils & 1 fine liner pen.

The aim of this Journal is to build value, connection and acknowledgment of people's internal experiences & emotions and to increase self-worth, mindfulness & gratitude.

You can also order 'Gratitude Christmas Card' pack with 12 cards you can colour & share your gratitude with the receiver, for \$18.

All The Feels Therapeutic Colouring and Activity Journal was created by Julie Gebbing & Catherine Byatt (Yarra Valley Artists) & Bec Filliponi (Accredited Mental Health Social Worker).



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