

Unlock & Color



**A Reflective Coloring Book
For Adults and Seniors**

Test Color Page

[illegible]

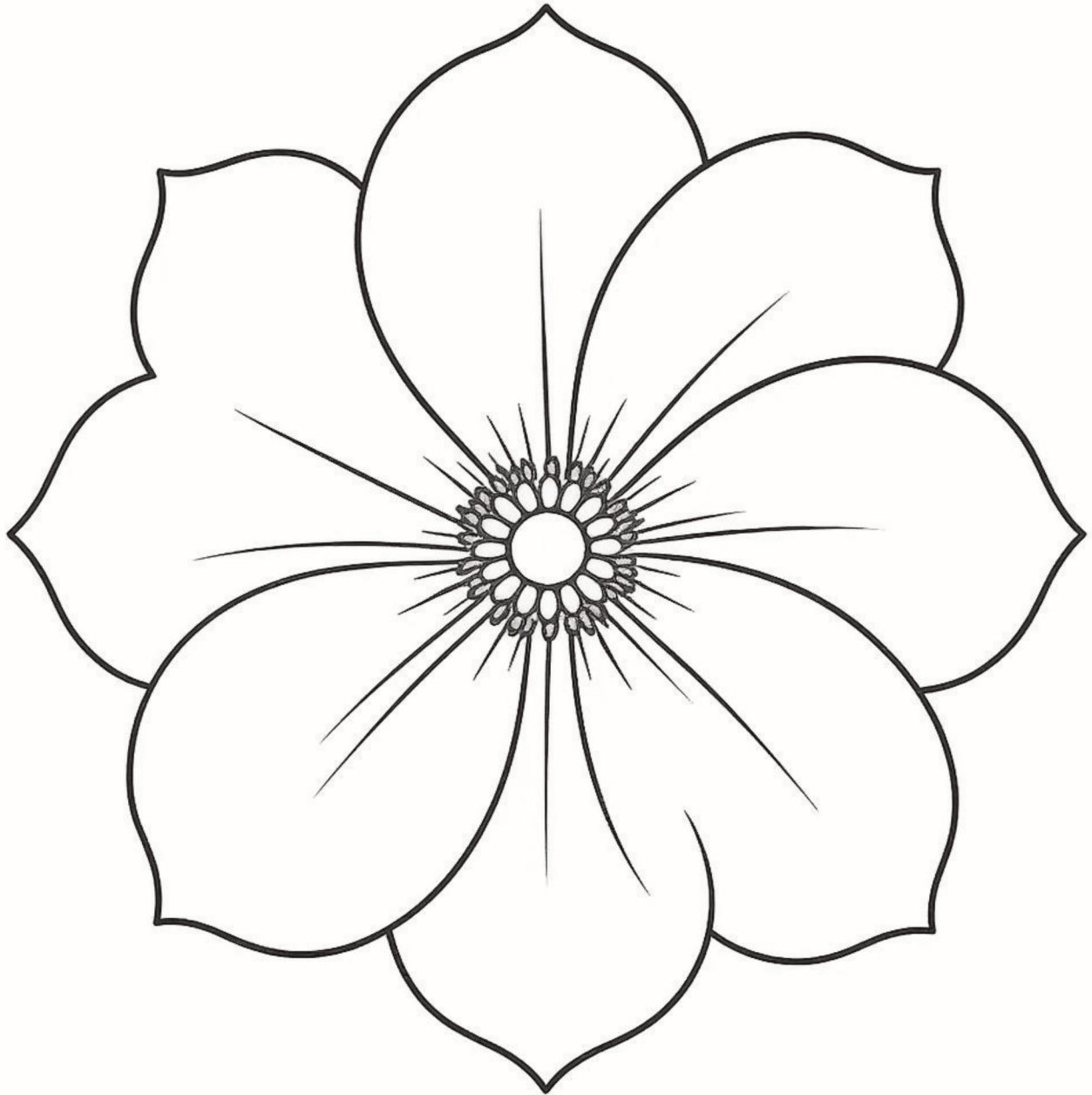
Do you remember who you first called with your own phone?
Take a moment to think about that memory. Then color the image below.



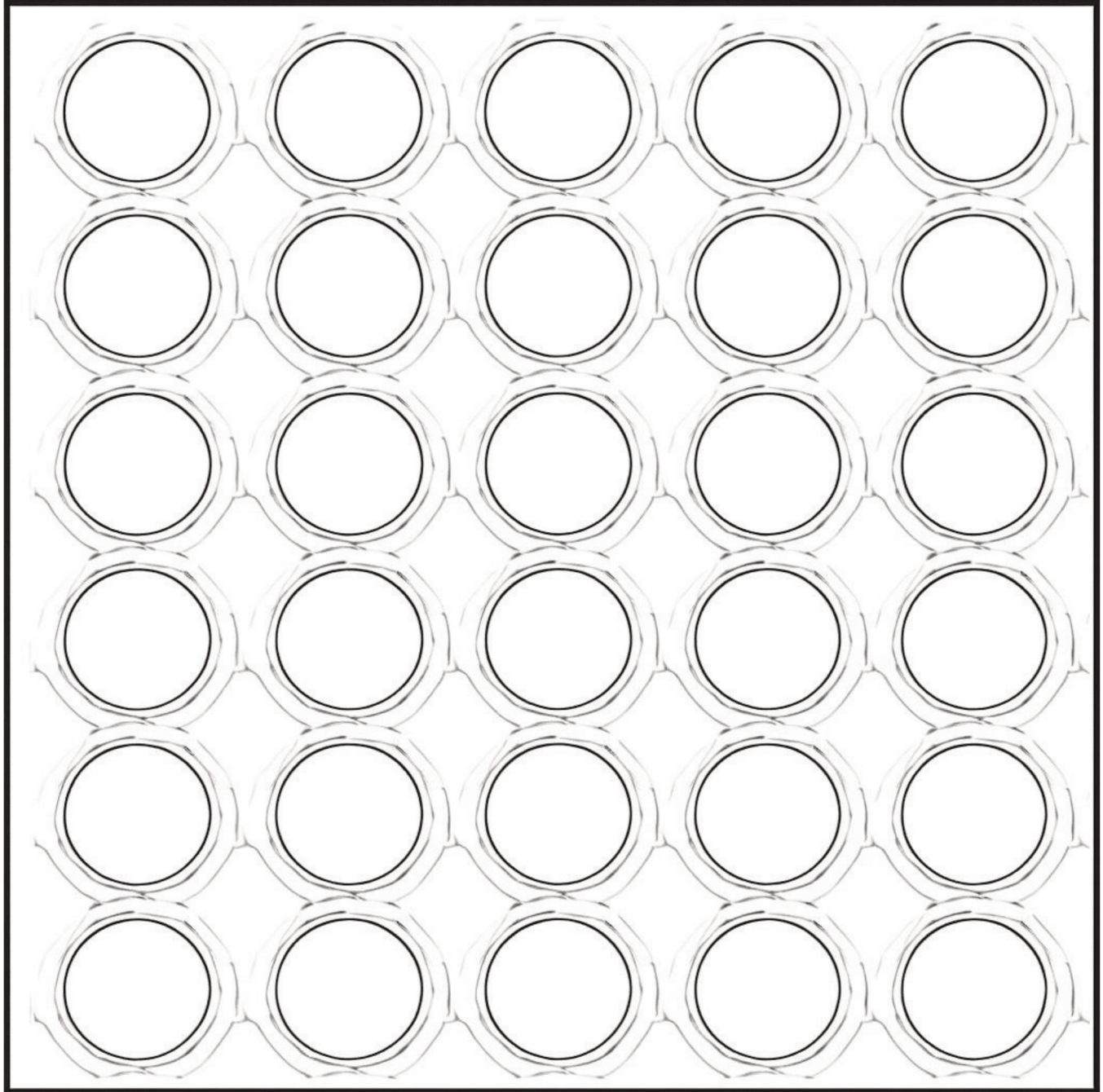
Choose the color that matches your mood today.

Use it to fill this flower pattern.

How do the colors you chose make you feel?



Follow this color sequence: Yellow – Green – Blue.
Use this pattern to color the circles below in the same repeating order.



Take a slow breath and read the thought below:

“Every day is a new beginning.”

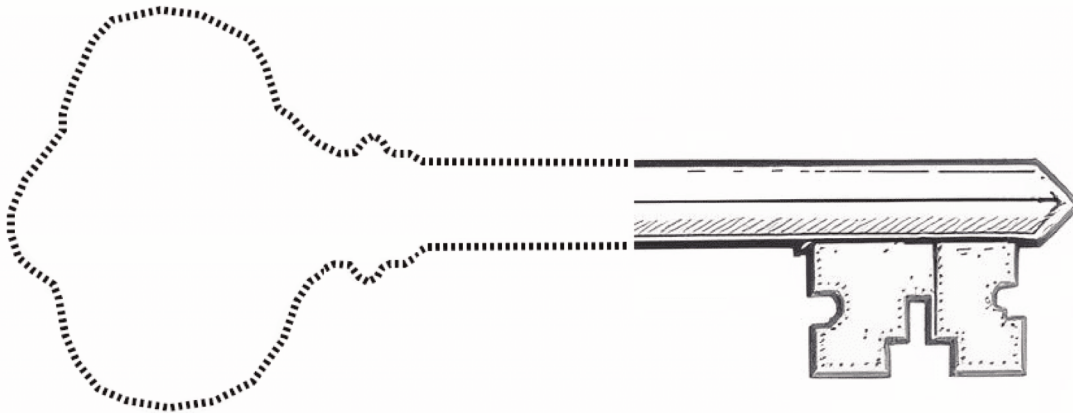
Color this calm floral pattern gently, using soft colors you like. Let yourself relax.



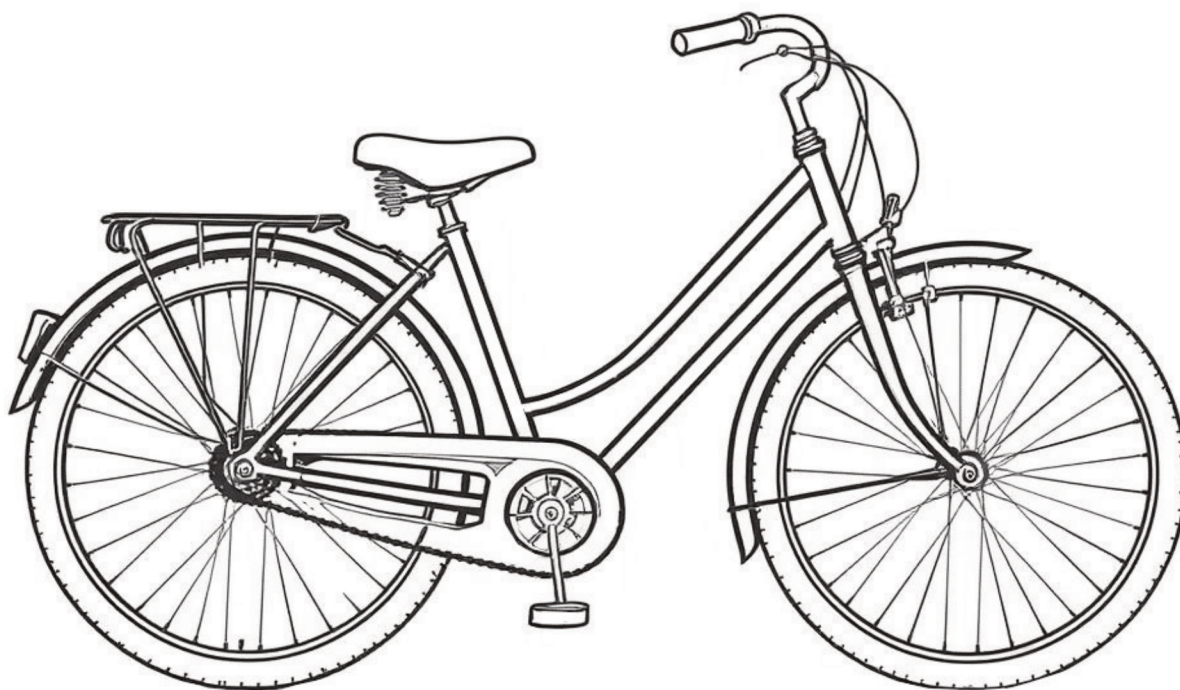
What do you think this is? Only one half is shown.

Try to guess and complete the other side. Then color the full picture as you imagine it.

Hint: It's something you often carry in your pocket.



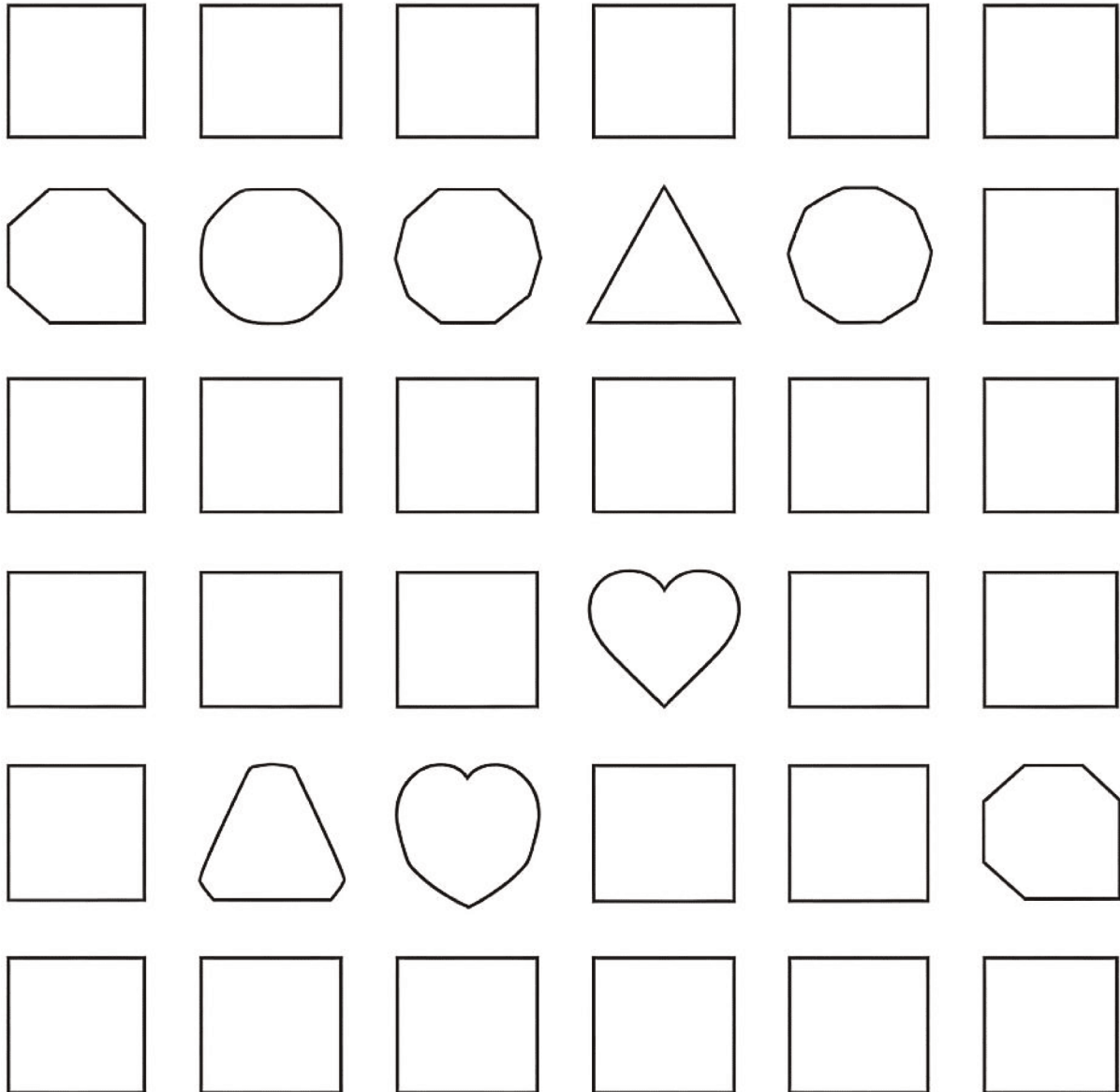
Do you remember learning to ride a bicycle?
Where did it happen, and who was with you?
Think about that time while coloring the image below.



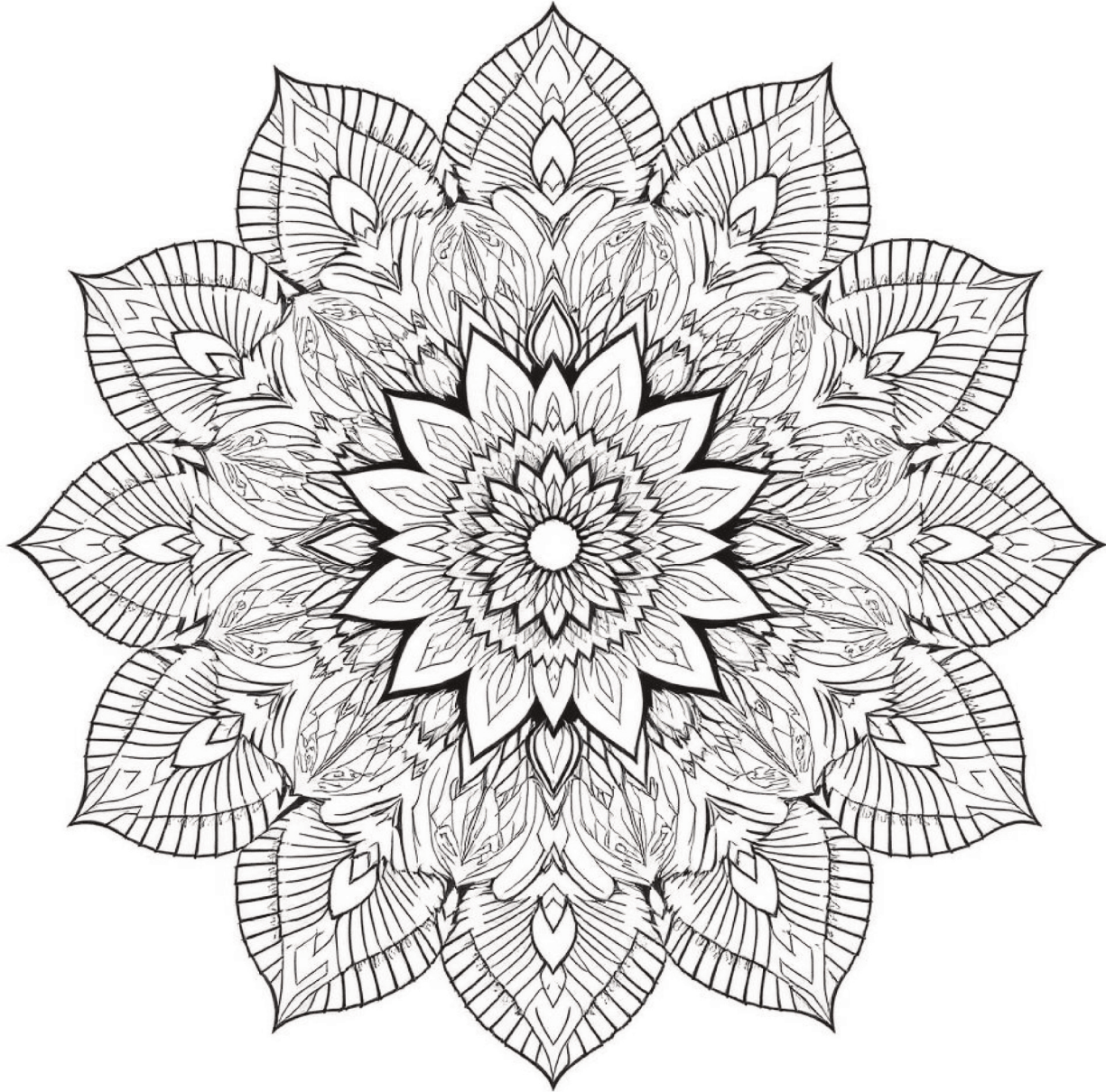
Use colors that remind you of summer holidays.
Think of the sea, the sun, or a place you loved visiting.
Let your memories guide your color choices.



Follow this pattern: Red – Blue – Red – Green – Blue.
Repeat the sequence as you color the shapes below.



“My mind is strong and flexible.”
Color this mandala slowly, starting from the center outward.
Take your time and relax.



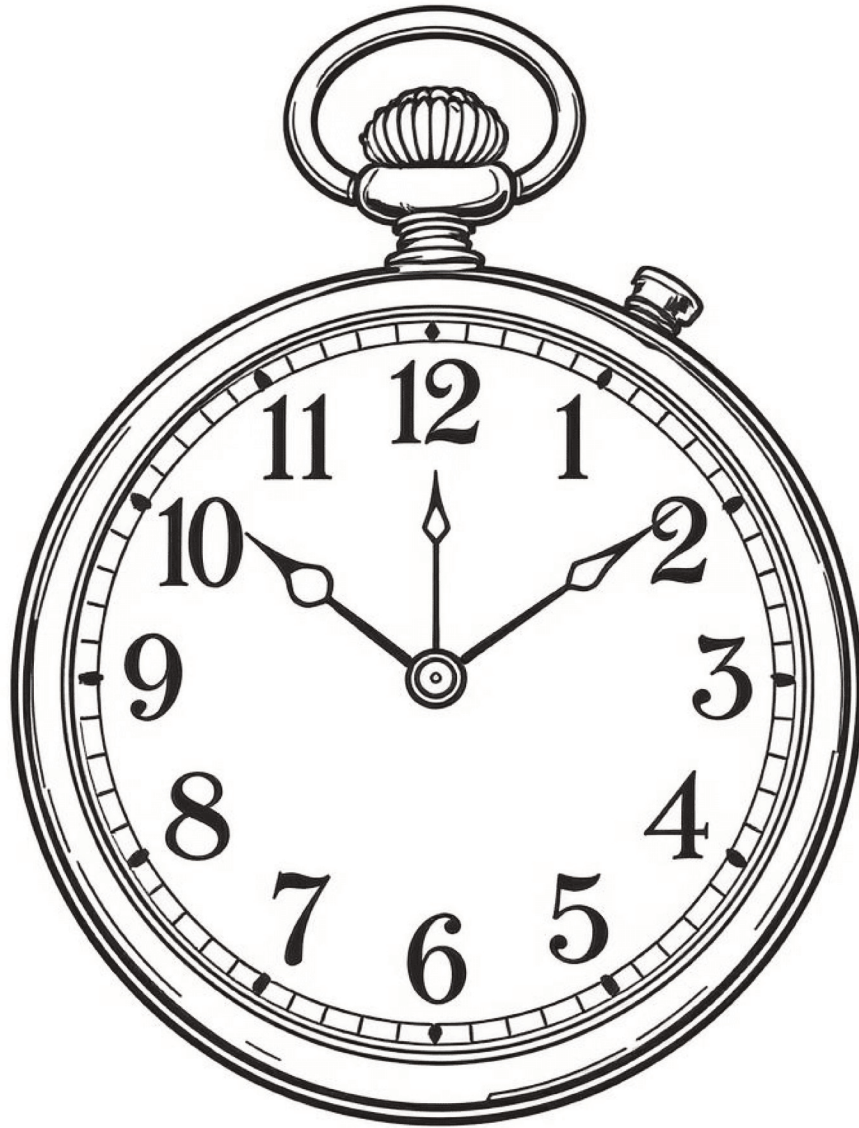
Can you guess what this is?
Color the image and see if the shapes reveal something familiar.
Hint: It has wheels and takes us on journeys.



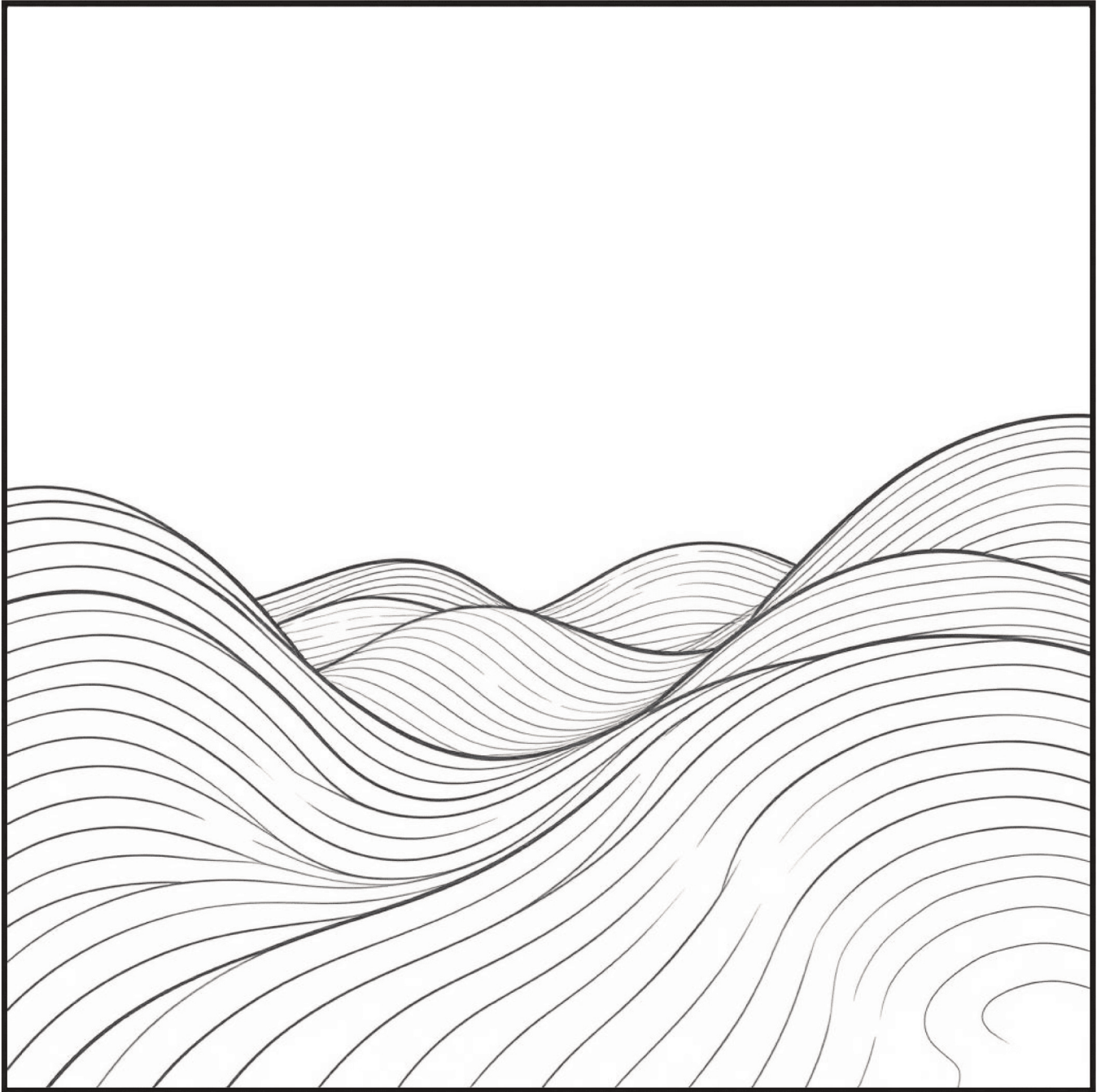
Think of an object that meant a lot to you — maybe a gift, a keepsake, or something you used every day.

What was it? Why was it important to you?

As you color this old-fashioned clock, let your memory take you back.



This abstract image has no rules — you choose the colors.
Use colors that help you feel calm and peaceful.
As you color, ask yourself: why did I choose these colors today?

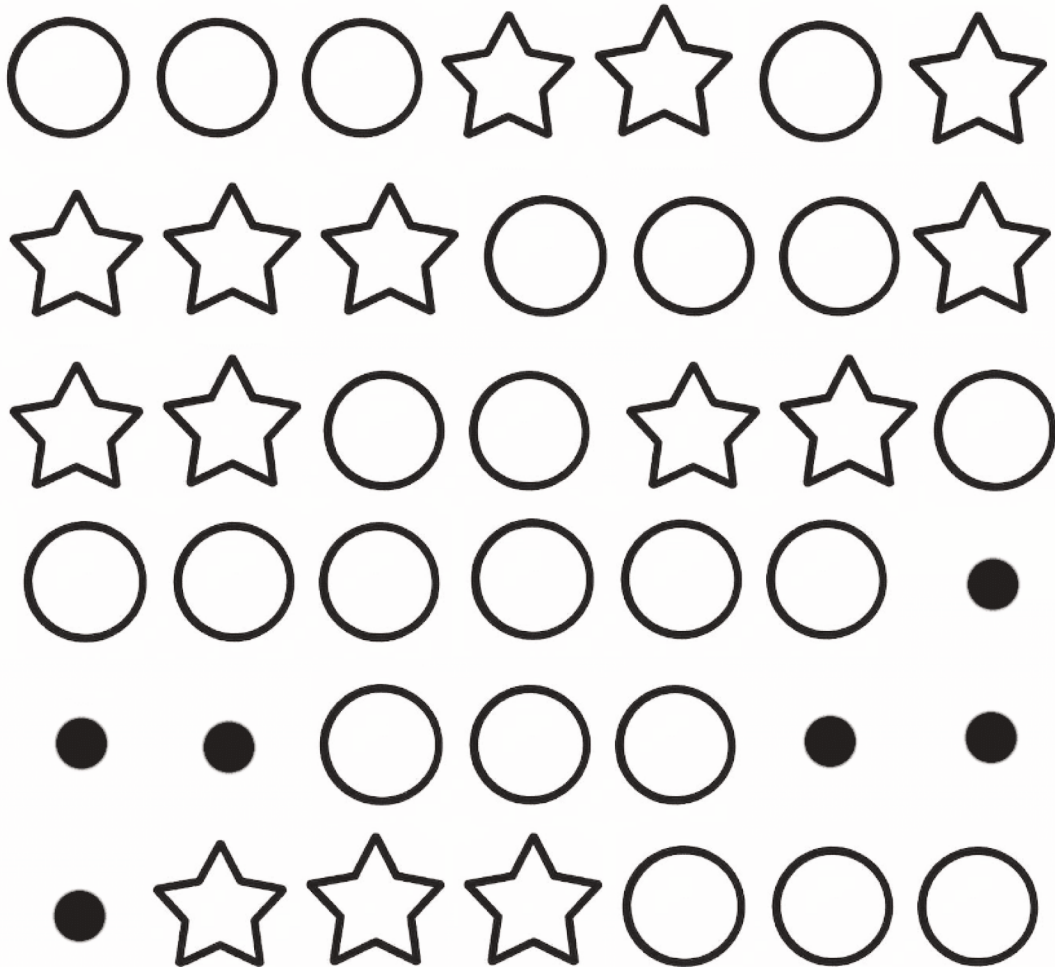


Memorize this color sequence:

Blue – Yellow – Red – Green – Blue – Yellow

Now, without looking back, use that sequence to color the shapes below.

How much can you remember?

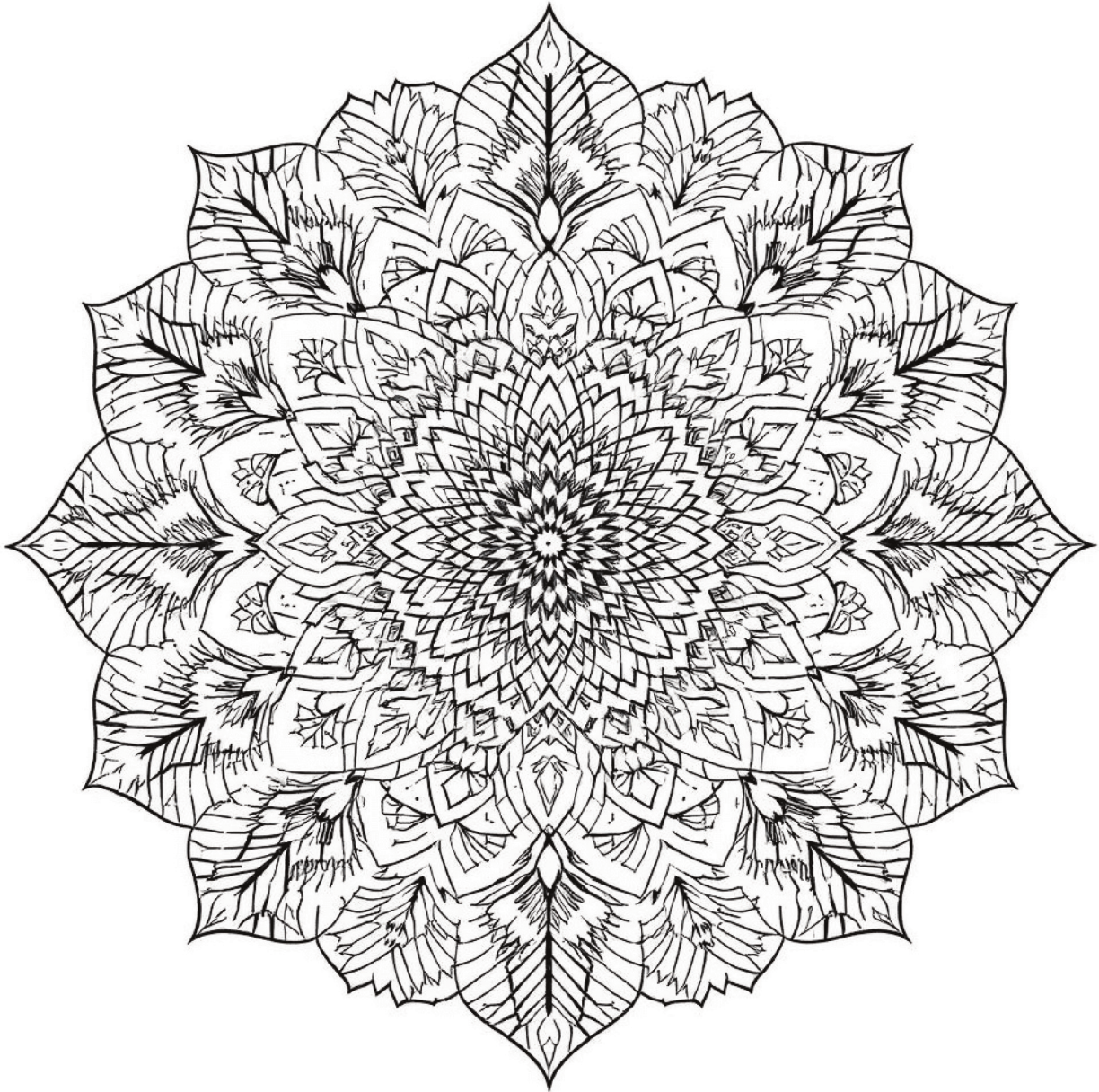


Read this affirmation:

“I treasure my memories and learn from them.”

Name 3 memories you truly value.

Then color this mandala with those memories in mind.



Here's a challenge: What is this object?

Only parts of it are visible — the rest is up to your imagination.

It doesn't bark, but it's loyal. It shows you something invisible: time.

Look carefully, guess what it is, complete the missing pieces, and color it with detail and care.

Bonus: Can you draw another object that reminds you of time passing?

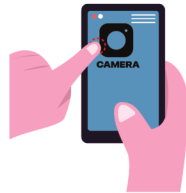


Psst! Having fun? Don't ghost us — leave a review!

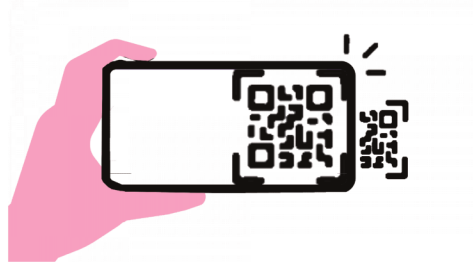
It really helps more than you think!



1. Open Your Camera App



2. Point Your Mobile Device at the QR Code Bellow



3. The Review Page Will Appear In Your Web Browser