COMING HOME
COLORING & WORKSHEET PACK

Color, write, and wander your way back to yourself.

A Booze Free Babes® companion



Ellen Frazier | Booze Free Babes®

boozefreebabes.co

Hey Babe,
welcome home.

This little pack is a soft place to land. Color a logo or a sunset. Fill in your why. Wander through a scavenger hunt outside. There is no right way to do this, and nothing here is a test.

You can start on any page. You can skip whatever doesn't speak to you. Sober curious, sober-ish, sober AF, or just needing a quiet minute — you're welcome here.

Print the pages that call to you. Color outside the lines. Use whatever pens or pencils you already have. Take your time.

What's inside

COLOR

- Living Proof coloring badge
- My Mood Today
- Living Proof logo
- BFB Podcast logo
- Coming Home
- Neon Night

WRITE & WANDER

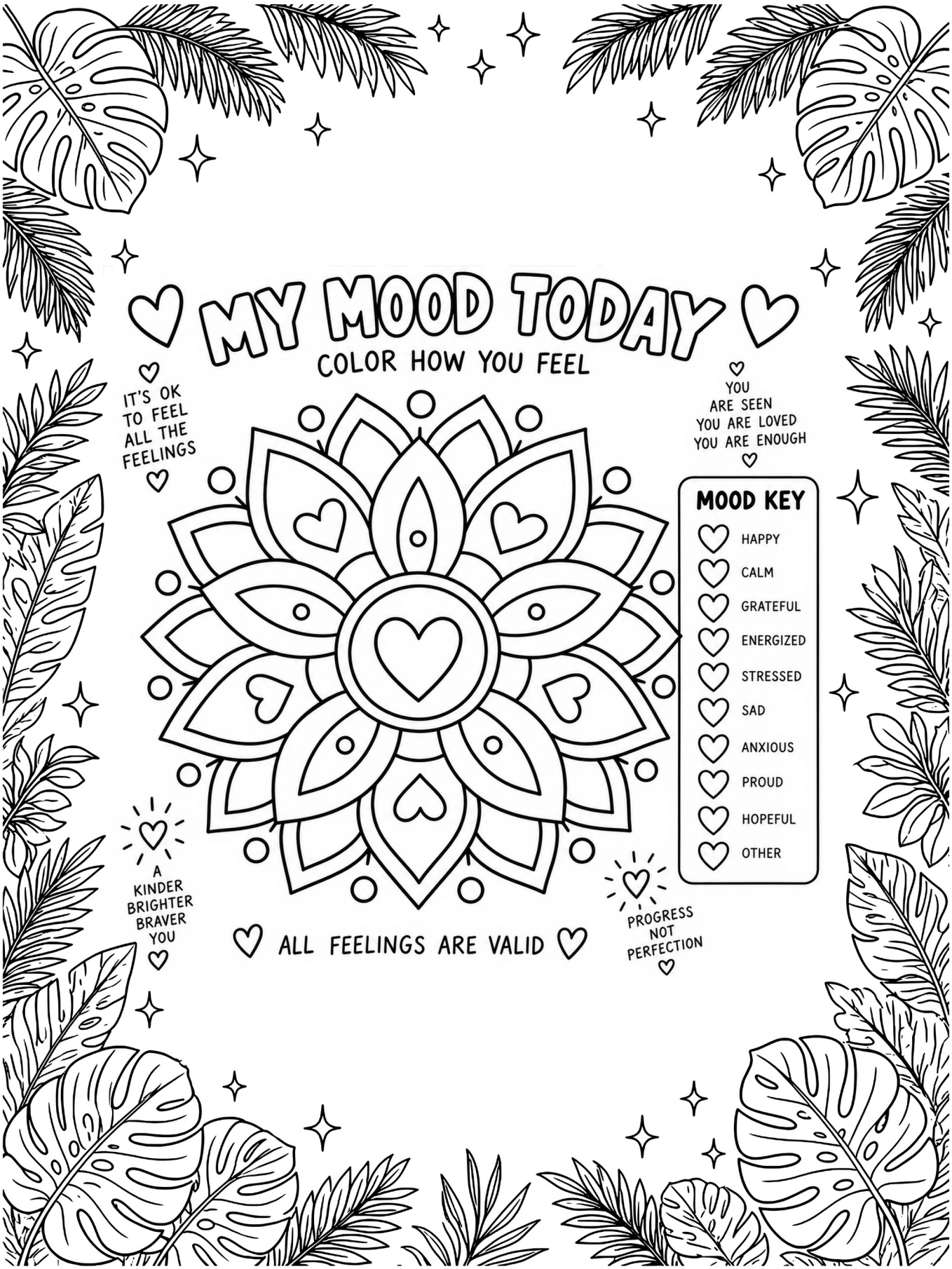
- Babe word search
- Sober Joy Bingo
- Color Your Glimmers
- My Why
- My Wellness Wheel
- A Mindful Scavenger Hunt

I'm right here beside you,

Ellen
Booze Free Babes



Living Proof · color me in


MY MOOD TODAY
COLOR HOW YOU FEEL
IT'S OK TO FEEL ALL THE FEELINGS
YOU ARE SEEN YOU ARE LOVED YOU ARE ENOUGH
MOOD KEY
HAPPY
CALM
GRATEFUL
ENERGIZED
STRESSED
SAD
ANXIOUS
PROUD
HOPEFUL
OTHER
A KINDER BRIGHTER BRAVER YOU
ALL FEELINGS ARE VALID
PROGRESS NOT PERFECTION

Living Proof

A coloring page of the official Living Proof badge. Color me in, Babe.



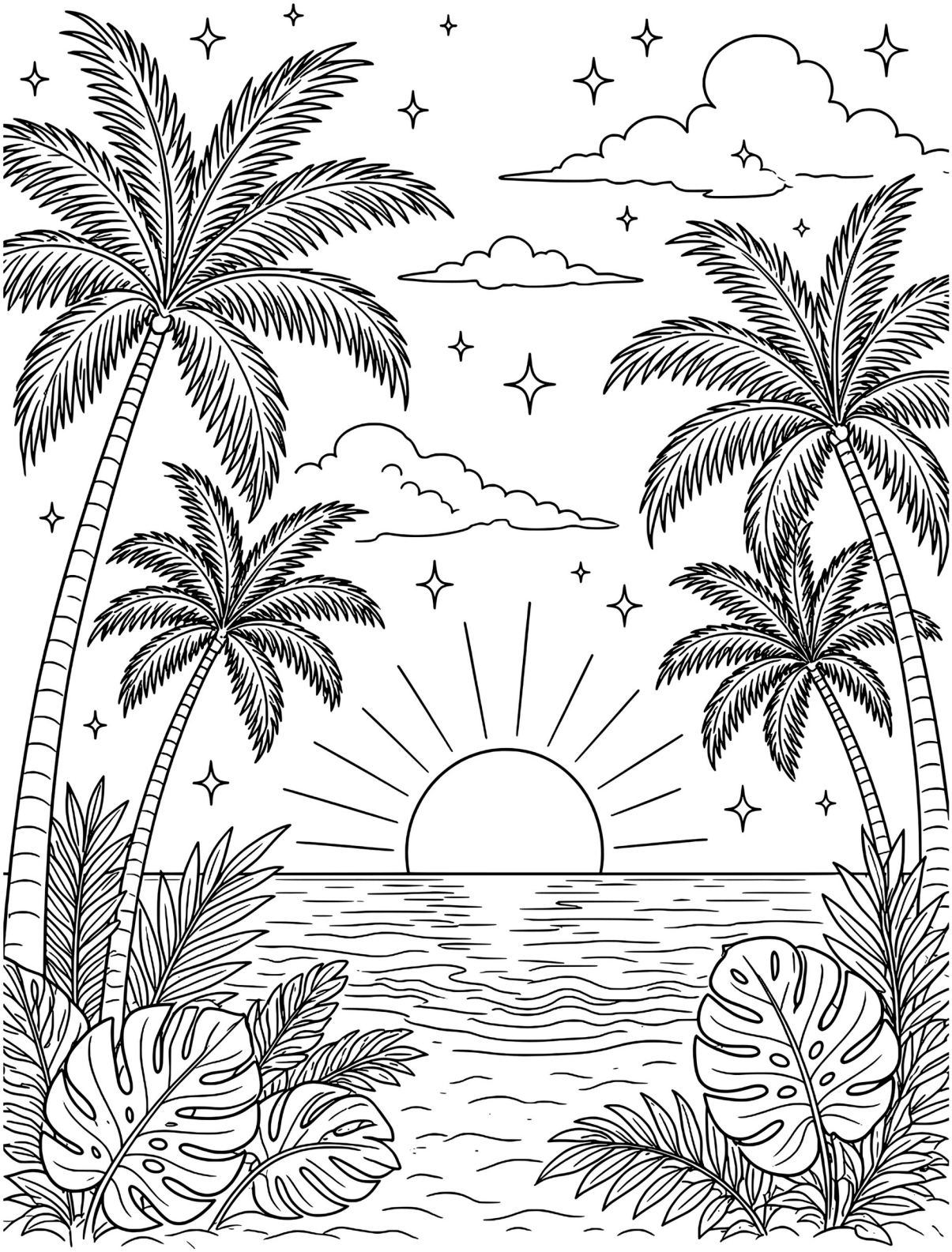
BFB Podcast

A coloring page of the official podcast logo. Color me in, Babe.



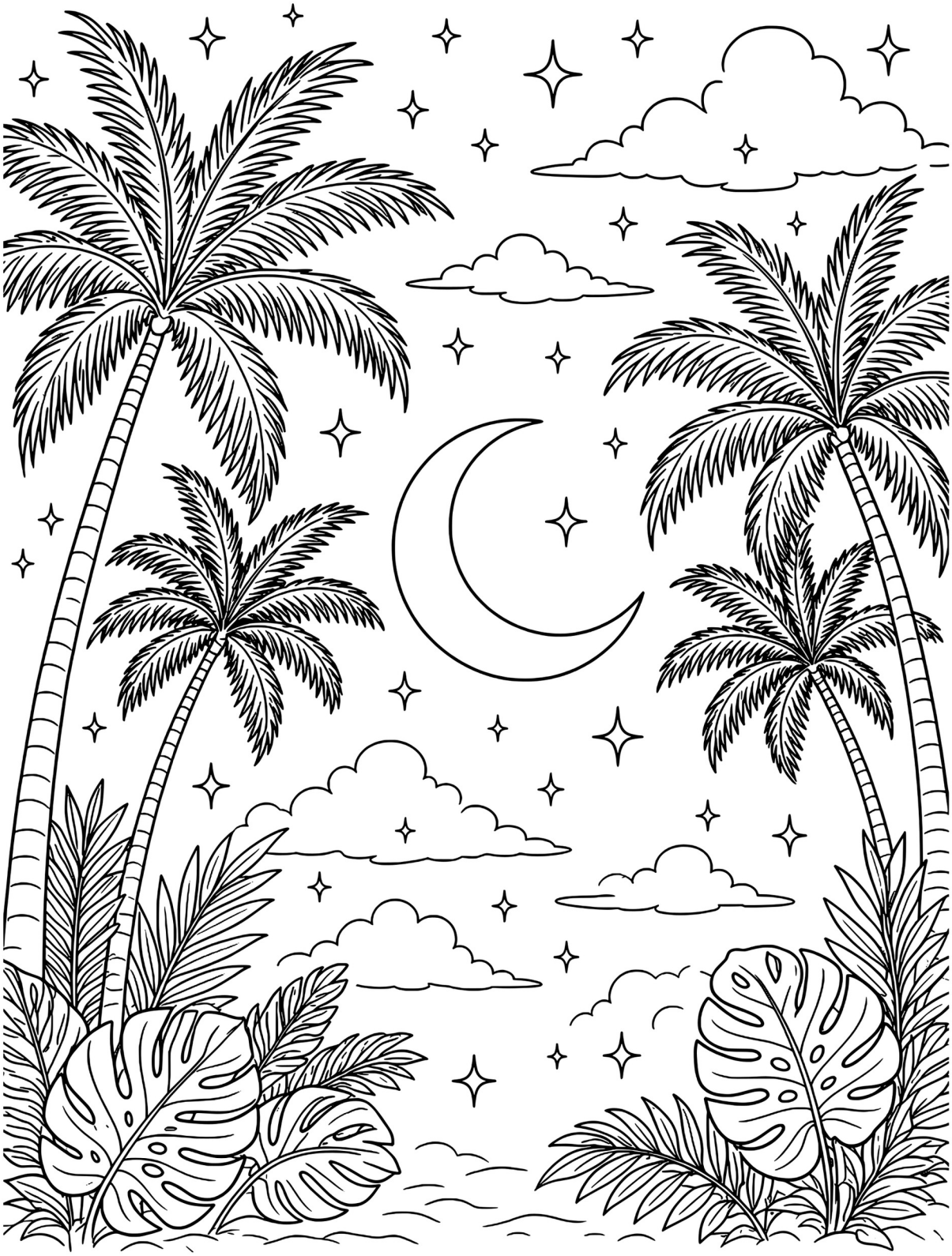
Coming Home

Palm trees, a sunset over the water. Color your way home, Babe.



Neon Night

Palm fronds and a sky full of glints. Color every sparkle, Babe.



Babe Word Search

Find the sober-joy words. They're hiding in every direction — take your time.

E	L	K	R	A	P	S	H	Q	T	A	R	G	W
U	O	S	E	M	O	C	L	E	W	W	R	N	H
O	T	T	S	B	R	I	G	H	T	E	R	H	I
Z	U	R	A	Y	Z	F	C	M	W	E	N	O	K
I	S	O	E	G	L	Y	H	O	K	C	D	M	C
M	D	N	L	L	I	T	E	O	I	A	Z	E	R
B	X	G	E	O	V	R	E	L	B	E	D	M	E
C	R	E	L	J	I	J	R	B	R	P	U	T	M
L	S	R	T	O	N	G	S	W	E	C	F	B	M
V	H	Y	N	Y	G	Y	J	C	A	H	O	D	I
M	I	A	E	B	A	B	E	O	T	U	O	L	L
F	L	D	G	L	G	V	I	W	H	V	R	U	G
C	T	O	U	H	E	A	R	T	E	F	P	R	X
H	F	T	O	M	I	U	W	R	H	V	K	Y	Y

Find these

- BABE
- BLOOM
- BREATHE
- BRIGHTER
- CHEERS
- GENTLE
- GLIMMER
- HEART
- HOME
- JOY
- LIVING
- LOTUS
- PEACE
- PROOF
- SPARKLE
- STRONGER
- TODAY
- WELCOME

Answer key



Sober Joy Bingo

Every square is a little win. Color it in when it happens, Babe.

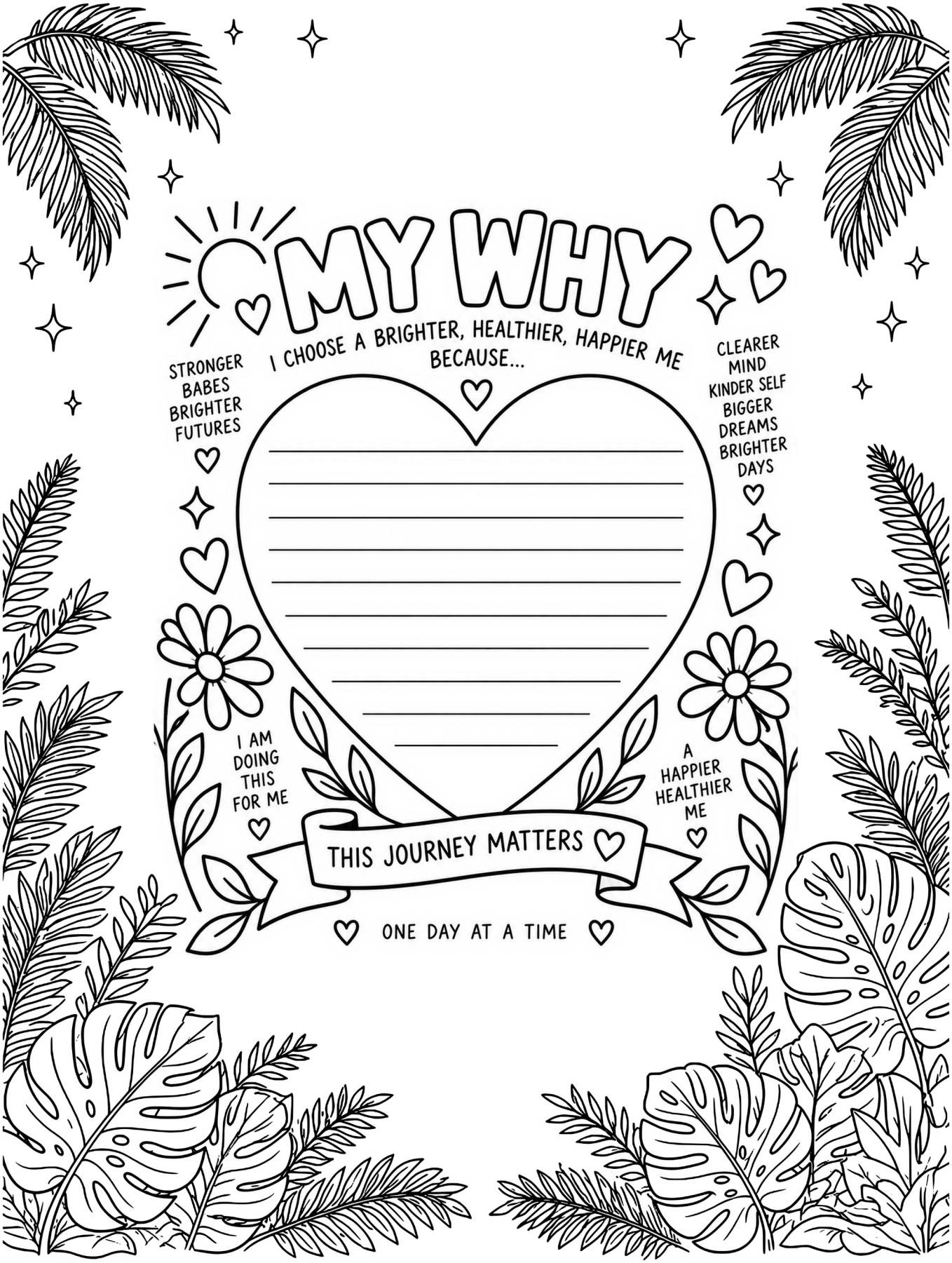
I drank a glass of water	I went to bed on time	I texted a Babe	I said no — and meant it	I took a slow breath
I went for a walk	I made a cup of coffee, just how I like it	I asked for help	I celebrated a small win	I chose myself today
I stepped outside	I wrote a few lines	FREE ✳ **I SHOWED UP TODAY**	I danced in my kitchen	I protected my peace
I was kind to myself	I noticed a glimmer	I came home to myself	I took it one day at a time	I laughed
I put my phone down	I stretched	I said "I'm proud of me"	I let it be imperfect	I stayed for the morning

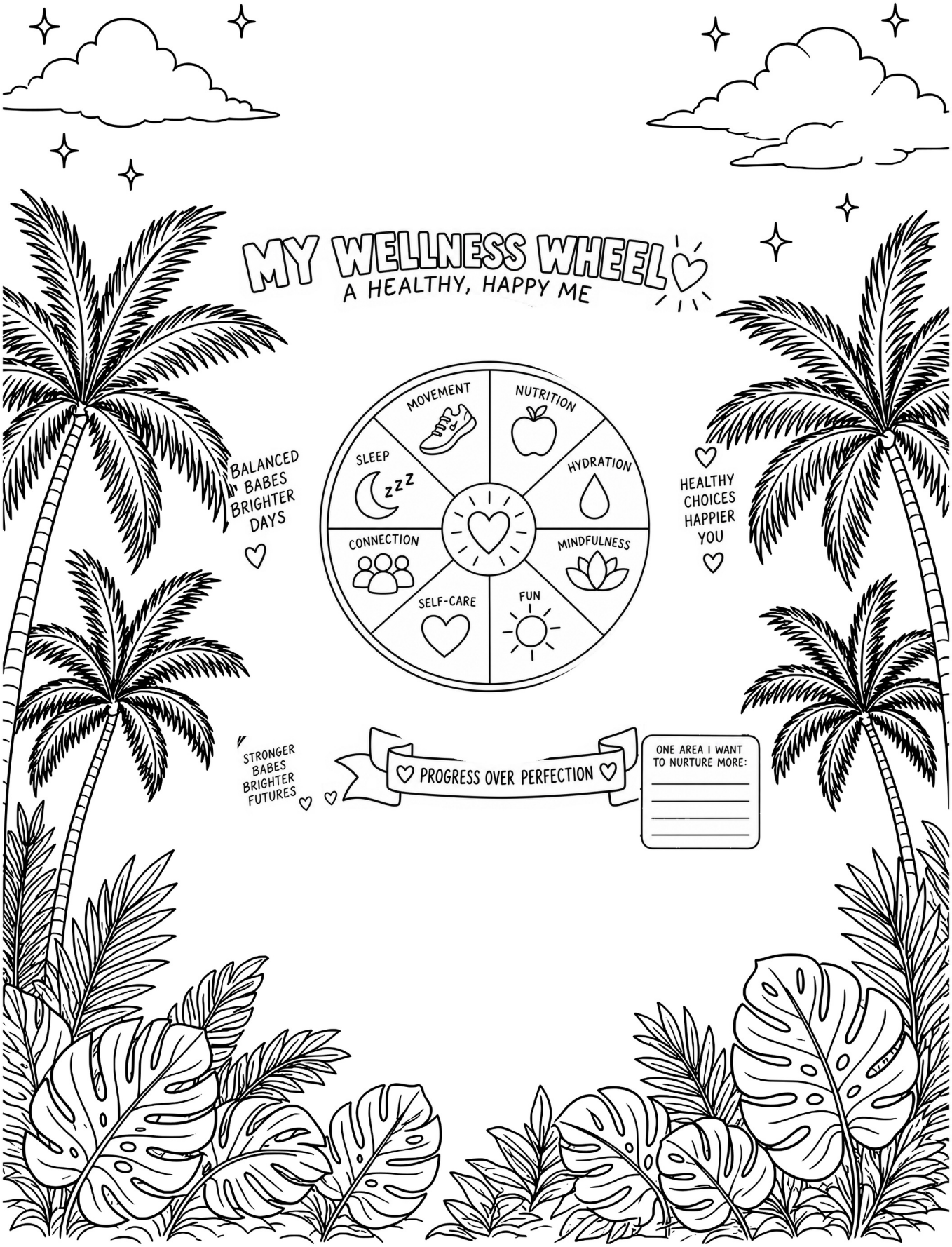


Color Your Glimmers

A glimmer is a tiny spark of joy. Color the frame, then write it down.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____


MY WHY
I CHOOSE A BRIGHTER, HEALTHIER, HAPPIER ME BECAUSE...
STRONGER BABES BRIGHTER FUTURES
CLEARER MIND KINDER SELF BIGGER DREAMS BRIGHTER DAYS
I AM DOING THIS FOR ME
A HAPPIER HEALTHIER ME
THIS JOURNEY MATTERS
ONE DAY AT A TIME


MY WELLNESS WHEEL
A HEALTHY, HAPPY ME
MOVEMENT
NUTRITION
HYDRATION
MINDFULNESS
FUN
SELF-CARE
CONNECTION
SLEEP
zzz
BALANCED BABES BRIGHTER DAYS
HEALTHY CHOICES HAPPIER YOU
STRONGER BABES BRIGHTER FUTURES
PROGRESS OVER PERFECTION
ONE AREA I WANT TO NURTURE MORE:

MINDFUL SCAVENGER HUNT



We can practice mindfulness outdoors by observing what we see, hear, smell, taste, and feel. See how many of the following you can do or find.

1. Notice the weather. Is it sunny or cloudy? How does the air feel (warm, cold, windy)?
2. Find a tree and touch the bark and leaves. What do they feel like?
3. Smell a flower or a plant. How would you describe the scent?
4. Observe a bug without disturbing it.
5. Notice what you hear outside. Do you hear the wind, birds, or insects?
6. Look for seeds, pods, or nuts. How many types can you find?
7. Lay on the ground. How does the earth feel beneath you? What do you see in the sky?

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