



Mindfulness Colouring Book

CREATED BY TRANSFORMERS YOUTH GROUP, BRIGHTON

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Welcome to the Transformers Mindfulness Colouring Book!

Studies such as Stonewall's School Report (2017) have found that many trans, non-binary and gender questioning young people struggle with their mental health. As well as getting support from friends, family and professionals there are many things that we can do to help ourselves.

Lots of people find that filling in adult colouring books can be a good way to sooth anxiety and distract from unhappy thoughts.

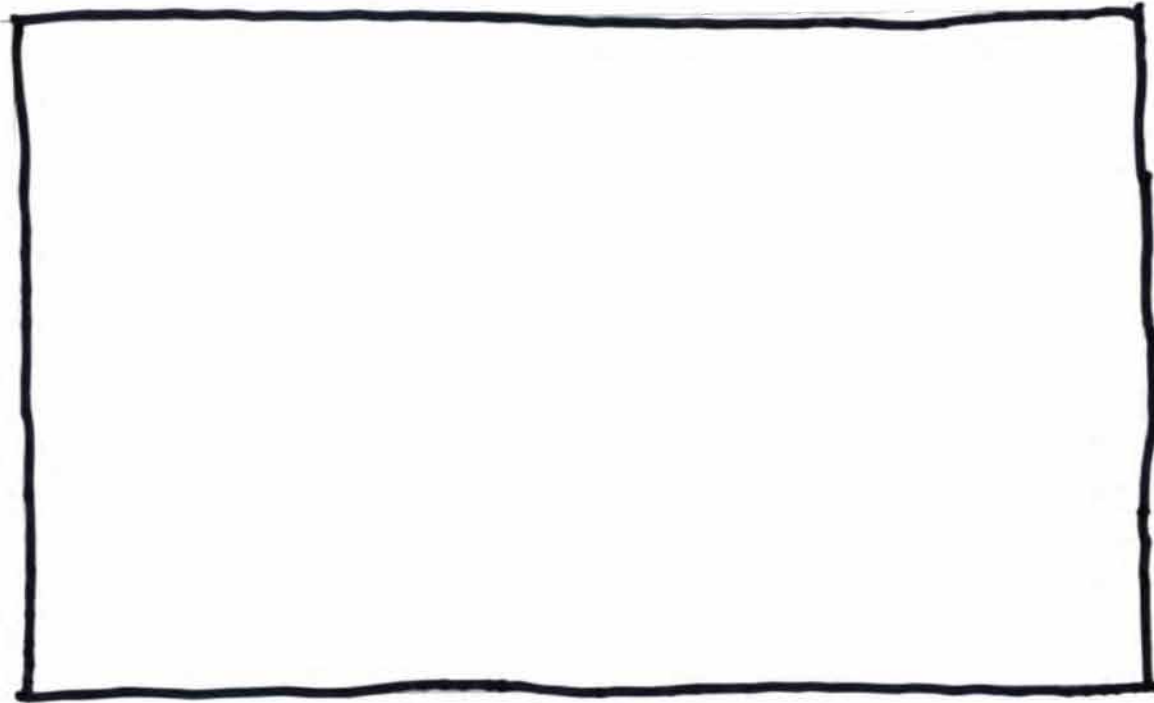
The young people of Transformers, Brighton have put together a booklet of illustrations for you to colour in that reflects to them something about their experience of being part of the trans community.

We invite you to find comfort and space in decorating these sheets, knowing that there is a diverse trans and wider LGBTU (lesbian, gay, bisexual, trans and unsure) community out there for you to connect with!

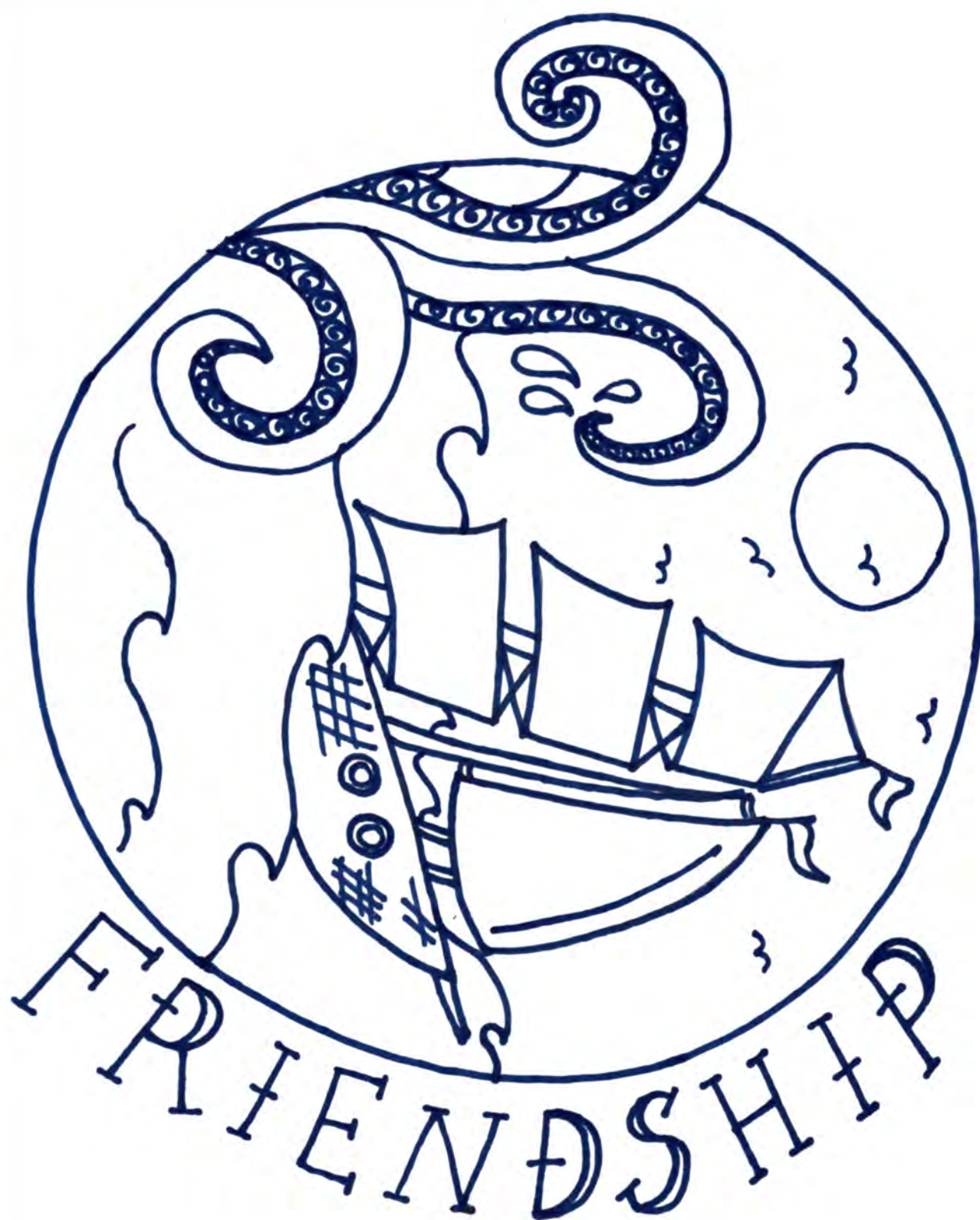
For further information on Transformers (trans, non-binary and questioning 16-25s) and the rest of our LGBTU groups, please go to our website www.allsortsyouth.org.uk or email transformers@allsortsyouth.org.uk.



HELLO! MY NAME IS



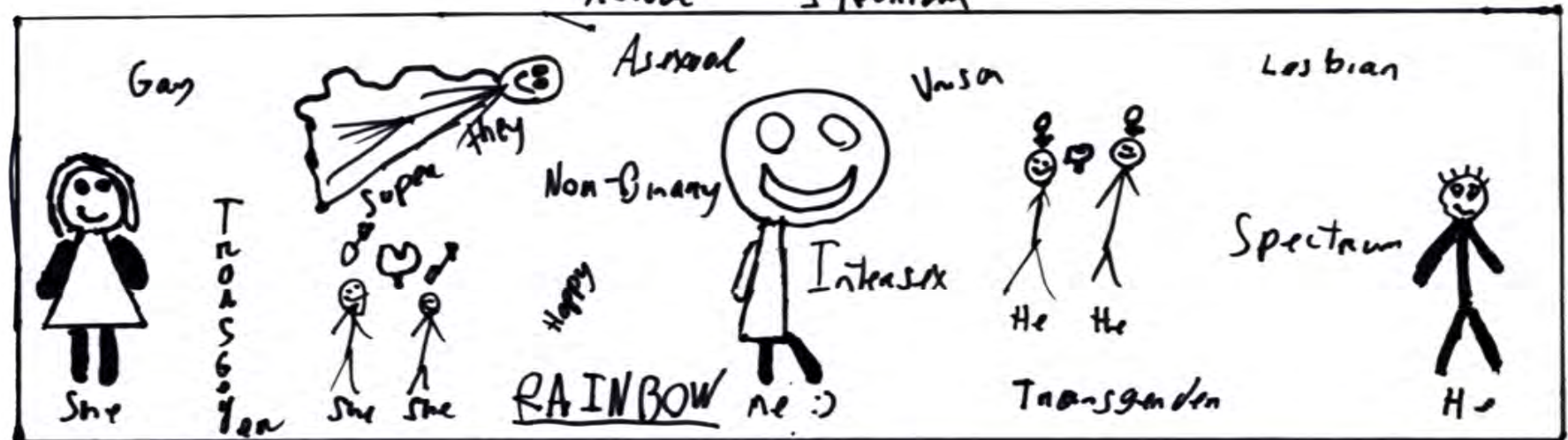




Traditional Spectrum



Actual Spectrum

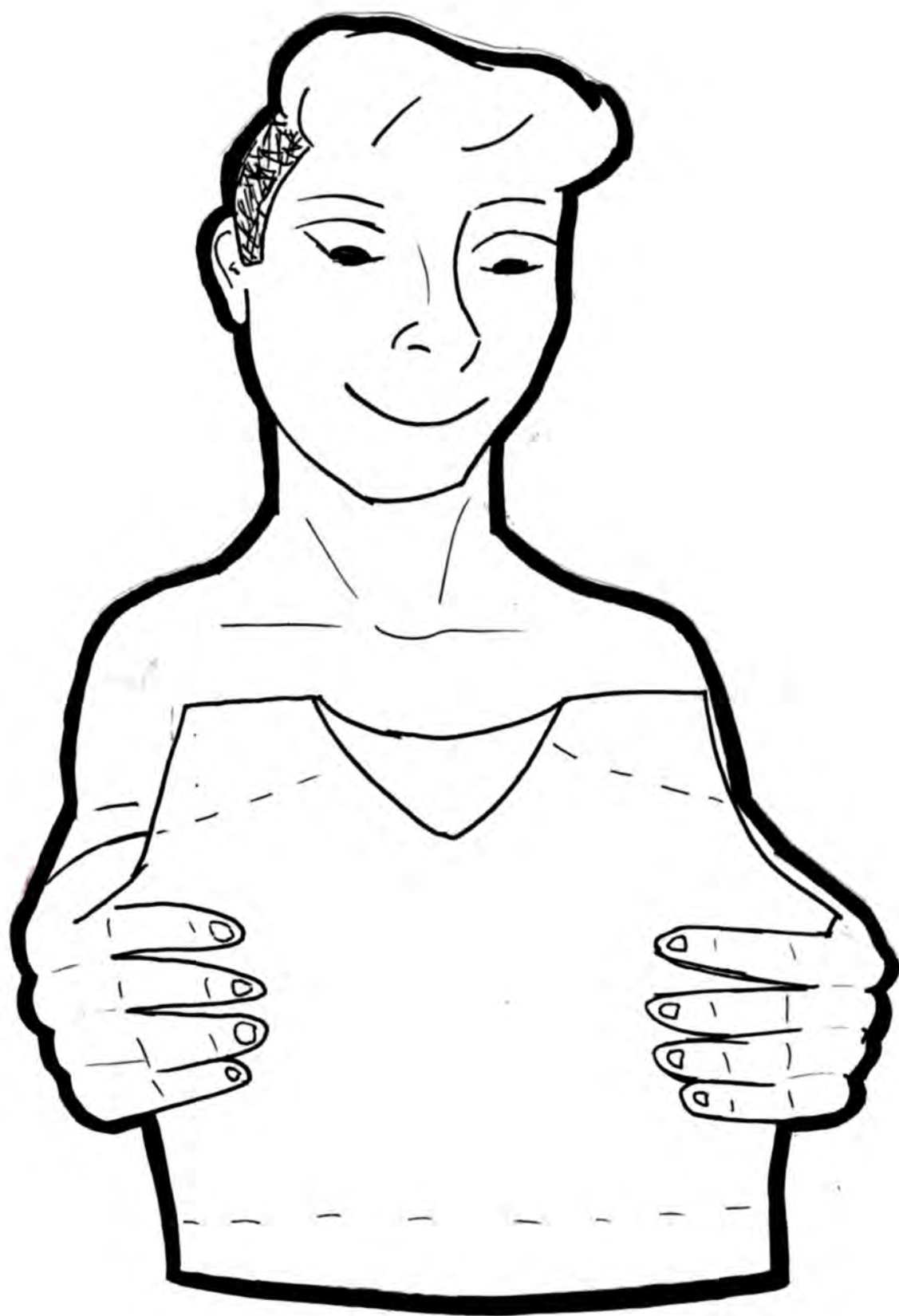




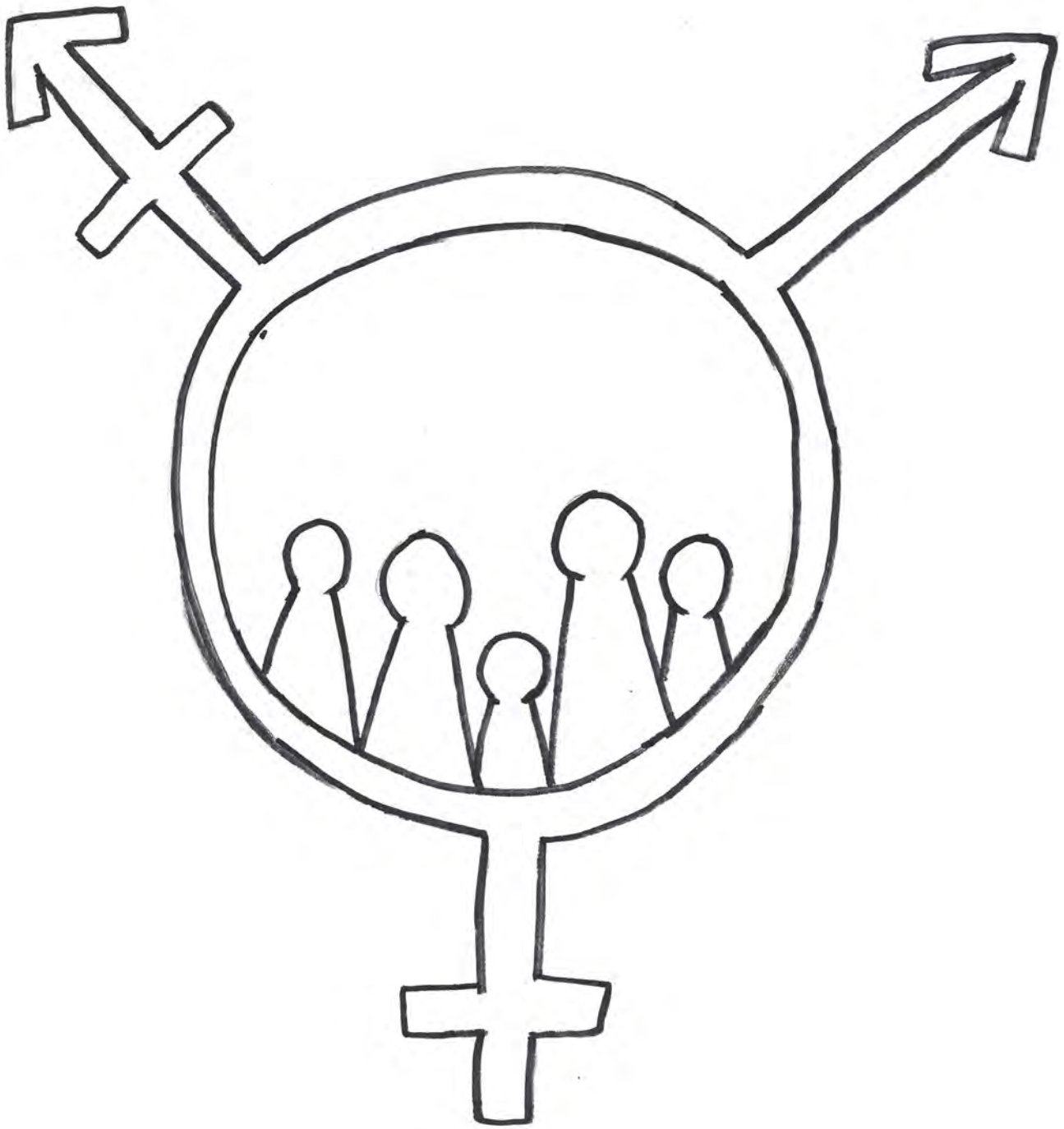
SUPPORT



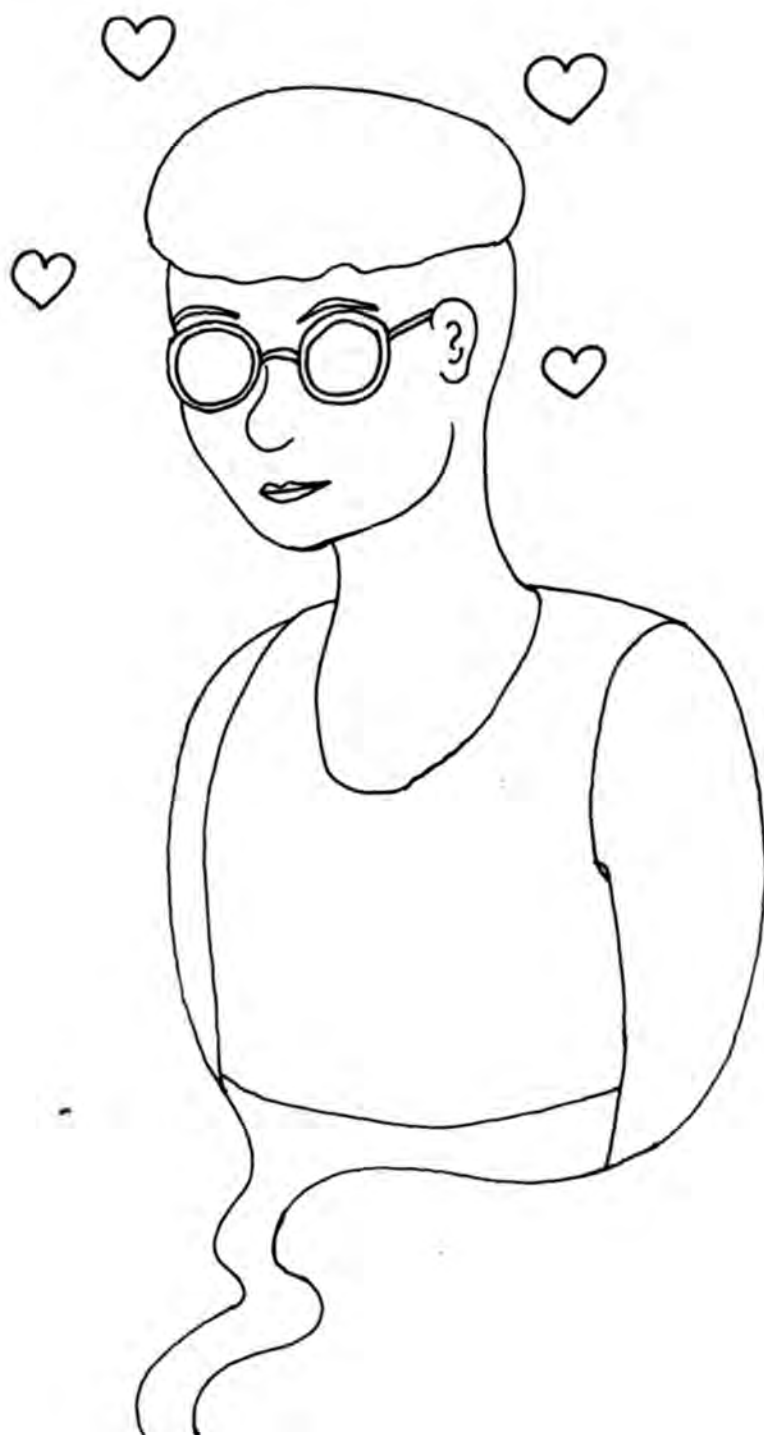
HOPE



COMMUNITY



Self love



REFLECTION



