**Color In and Keep in Touch**

Keeping in touch with our loved ones is often what helps us get through difficult times. Which makes it extra hard when we’re not able to see each other in person.

I’ve found that focusing on a creative activity like colouring can help ward off anxious thoughts. Try it out for yourself by coloring in this heart.

Once you’re finished, send the heart with a greeting to your loved ones.

Share it online too using the hashtag #colorinkeepintouch to help spread the message of how important it is to keep in touch in times of crisis.

Color in, keep in touch and stay safe,

Millie Marotta x