

Chill Out, Relax & Colour-In



Mindful colouring is an activity which can assist people to think about the present moment.

Some people have difficulties with sensory regulation in environments that have unfamiliar or unpredictable sights, sounds and smells; like at community events, workshops and meetings. Mindful colouring provides a tool to assist people to relax and to focus on the colouring activity.

The City of Mandurah values people with disability as an integral part of the local community and strives to provide inclusive and accessible events, spaces and places for everyone to enjoy.



For more information about access and inclusion in Mandurah please use the camera on your phone to scan the QR code.