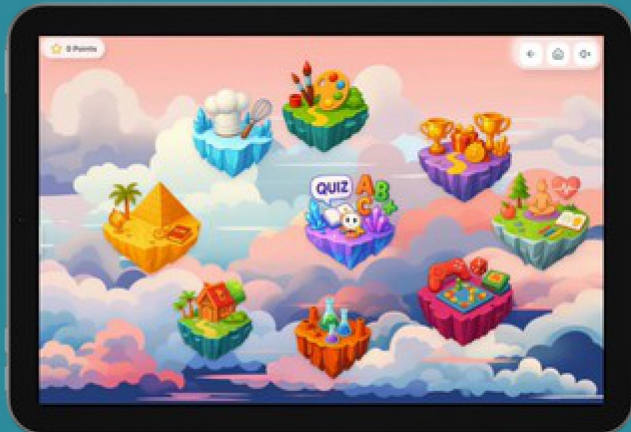




Sukindi

— LEARNING —

Homework without the hassle

Sukindi is an Australian learning platform that supports Teachers, Parents and Students with an interactive homework app and downloadable resources.



Scan to start your
free 7-day trial

www.sukindi.com.au



Mindfulness Colouring - Years 3-4

Contents 1 of 2

Table of Contents	
Colouring sheet / resource	Page
Woodland creek	3
Lighthouse and rock pools	4
Poster: I can pause and begin again	5
Wildflower pathway	6
Poster: Practice helps my skills grow	7
Community garden	8
Window reading corner	9
Poster: Questions open new doors	10
Mountain lake canoe	11
Poster: I can learn from mistakes	12
Botanical greenhouse	13
Fox's woodland clearing	14
Poster: My progress has its own pace	15
River through farmland	16
Poster: Kindness can start with me	17
Stargazing observatory	18
Sea turtle reef	19
Poster: I can try a different way	20
Willow pond bridge	21
Poster: I can focus on one thing	22
Balloons over meadows	23
Treehouse hideaway	24
Poster: A small step still counts	25
Seaside boardwalk	26
Poster: I can make room for rest	27



Homework without the hassle

Sukindi is an Australian learning platform that supports Teachers, Parents and Students with an interactive homework app and downloadable resources.



Scan to start your
free 7-day trial

www.sukindi.com.au



Mindfulness Colouring - Years 3-4

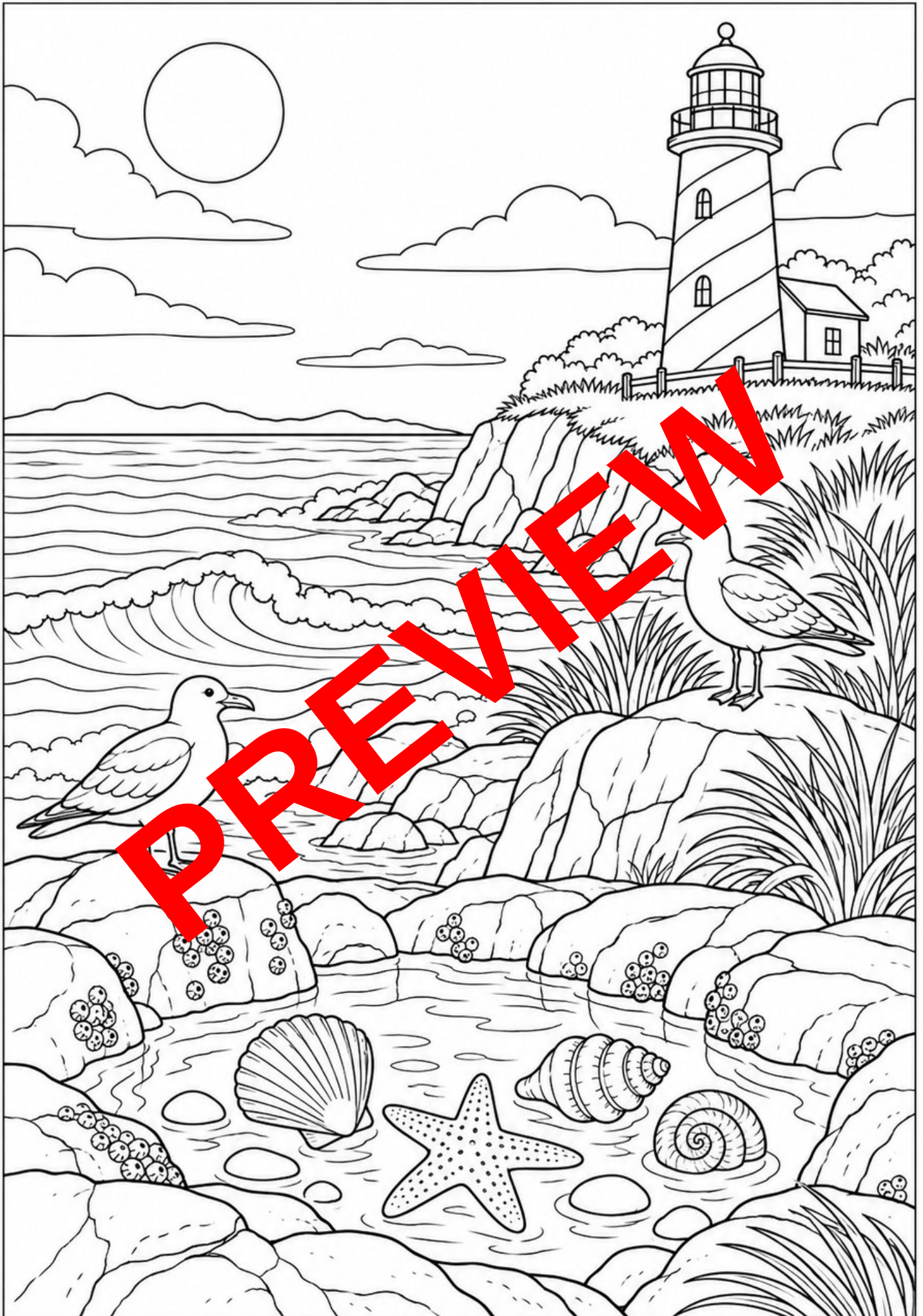
Contents 2 of 2

Table of Contents

Colouring sheet / resource	Page
Orchard basket	28
Waterfall pools	29
Poster: My words can lift others	30
Succulent terrarium	31
Poster: I am learning every day	32
Koi garden	33
Lakeside camp	34
Poster: I can ask for support	35
Mill beside the stream	36
Poster: I can make the world around me	37
Peaceful garden village	38
Seashore coral garden	39
Poster: New ideas are worth exploring	40
Rainy window retreat	41
Poster: I can be patient with myself	42
Moon garden	43
Quiet harbour	44
Poster: We learn and grow together	45
Birdhouse glade	46
Poster: I can celebrate small wins	47
Dune path	48
Peacock garden	49
Poster: I can choose my next step	50
Snowy cabin evening	51
Poster: I can listen and understand	52





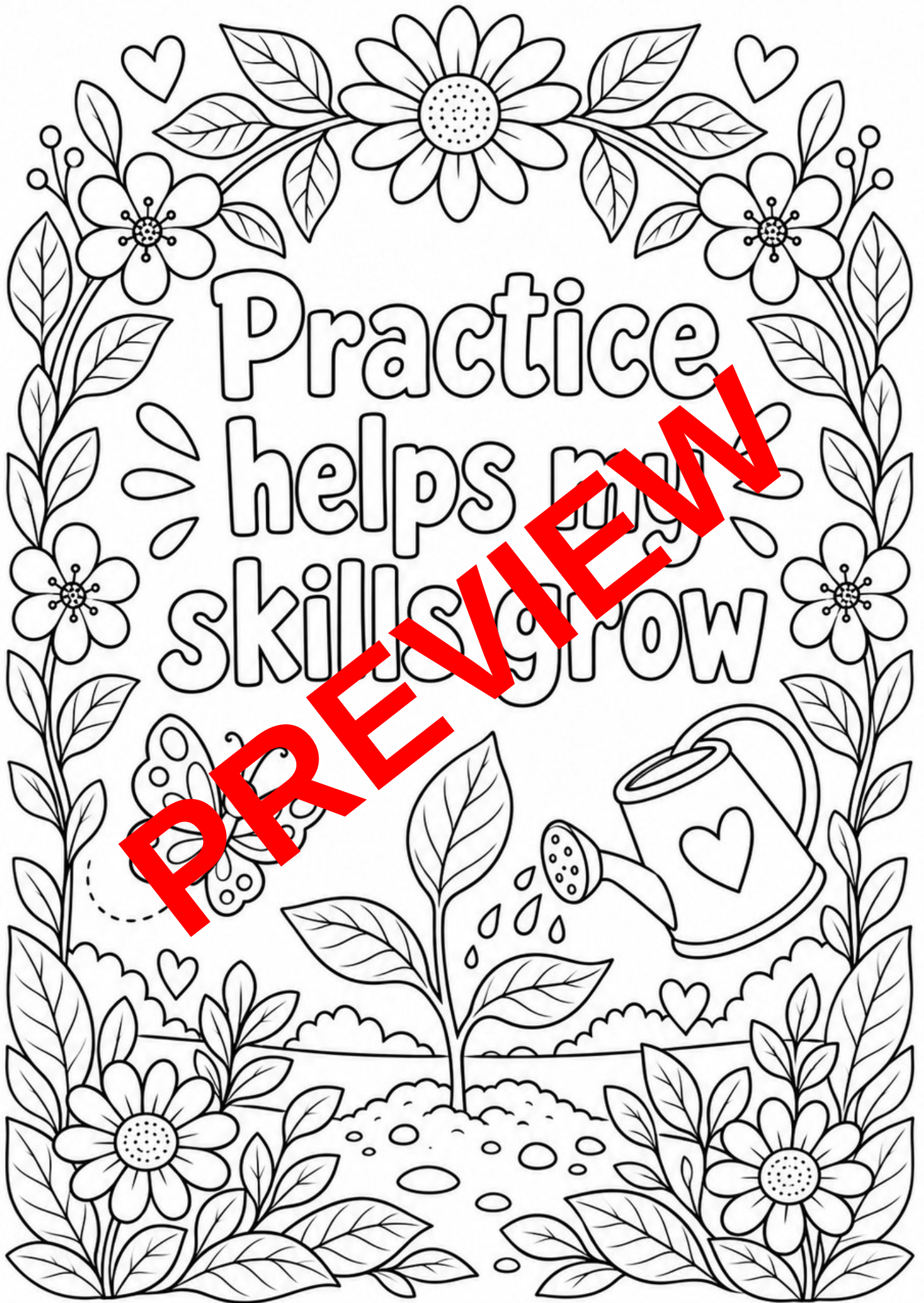


I can
pause and
begin again



Practice
helps my
skills grow

PREVIEW







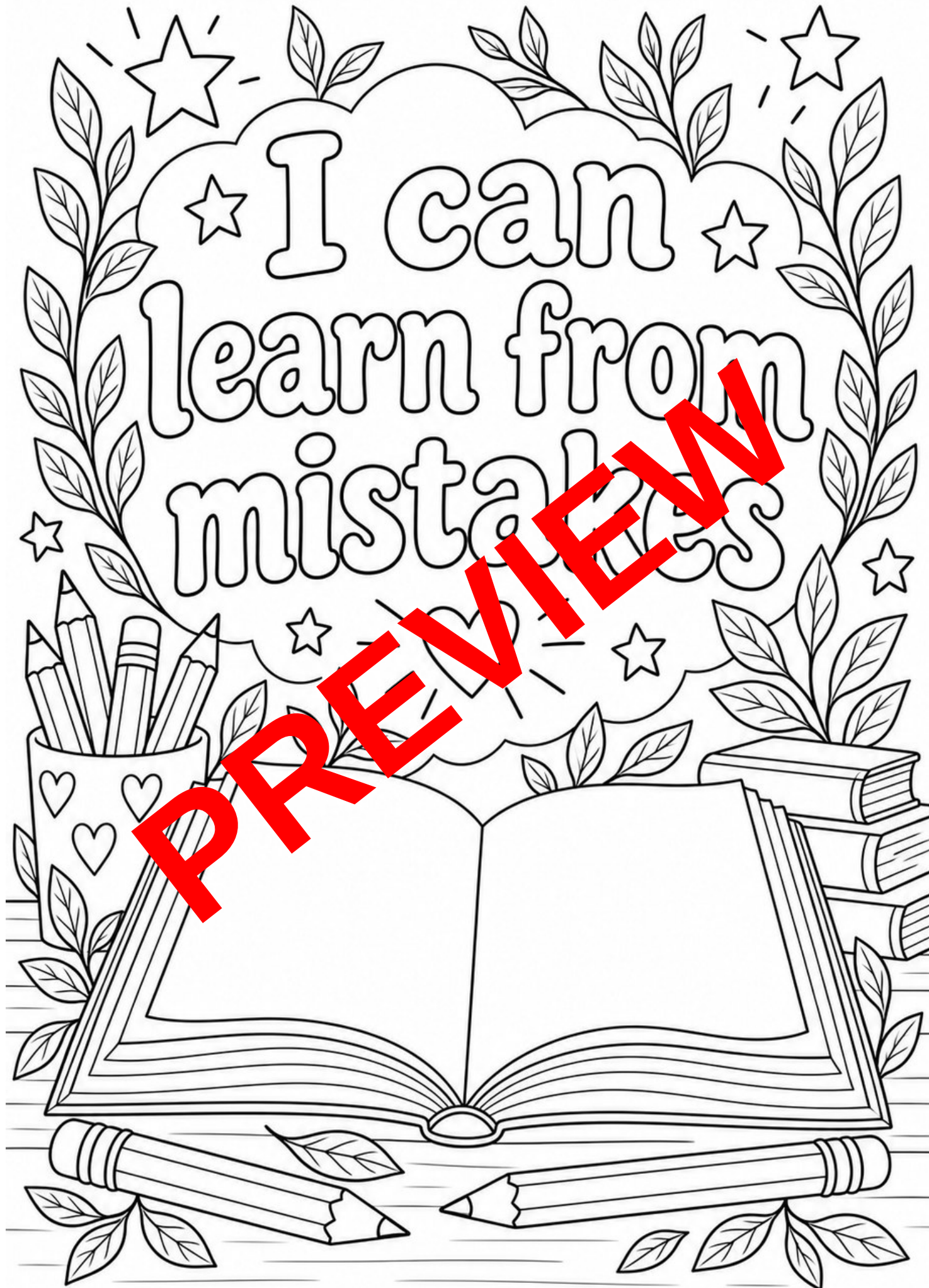
Questions
open new
doors

PREVIEW



I can
learn from
mistakes

PREVIEW







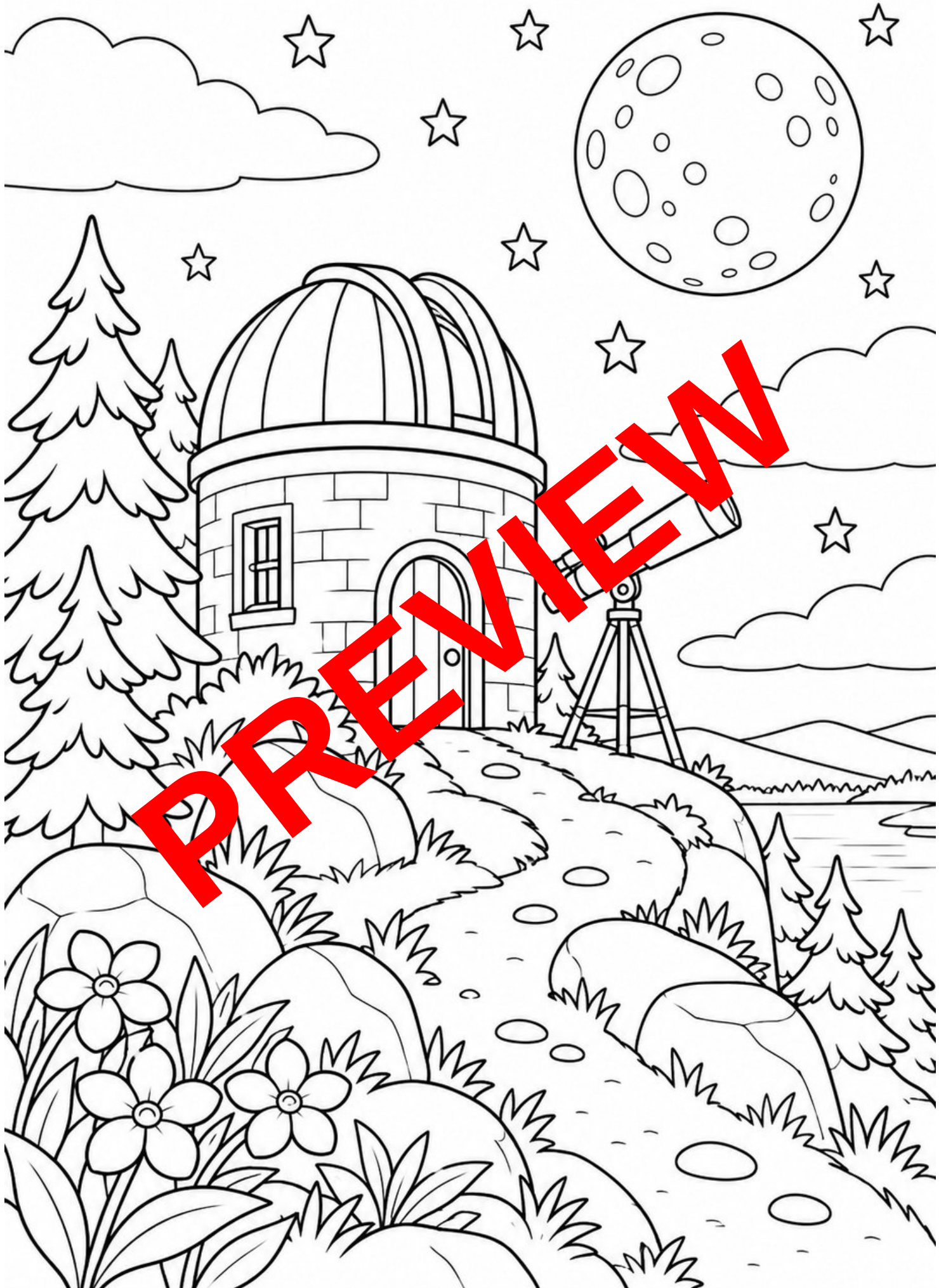
My progress
has its own
pace

PREVIEW











I can try
a different
way

PREVIEW











A small step still counts





I can
make room
for rest

PREVIEW







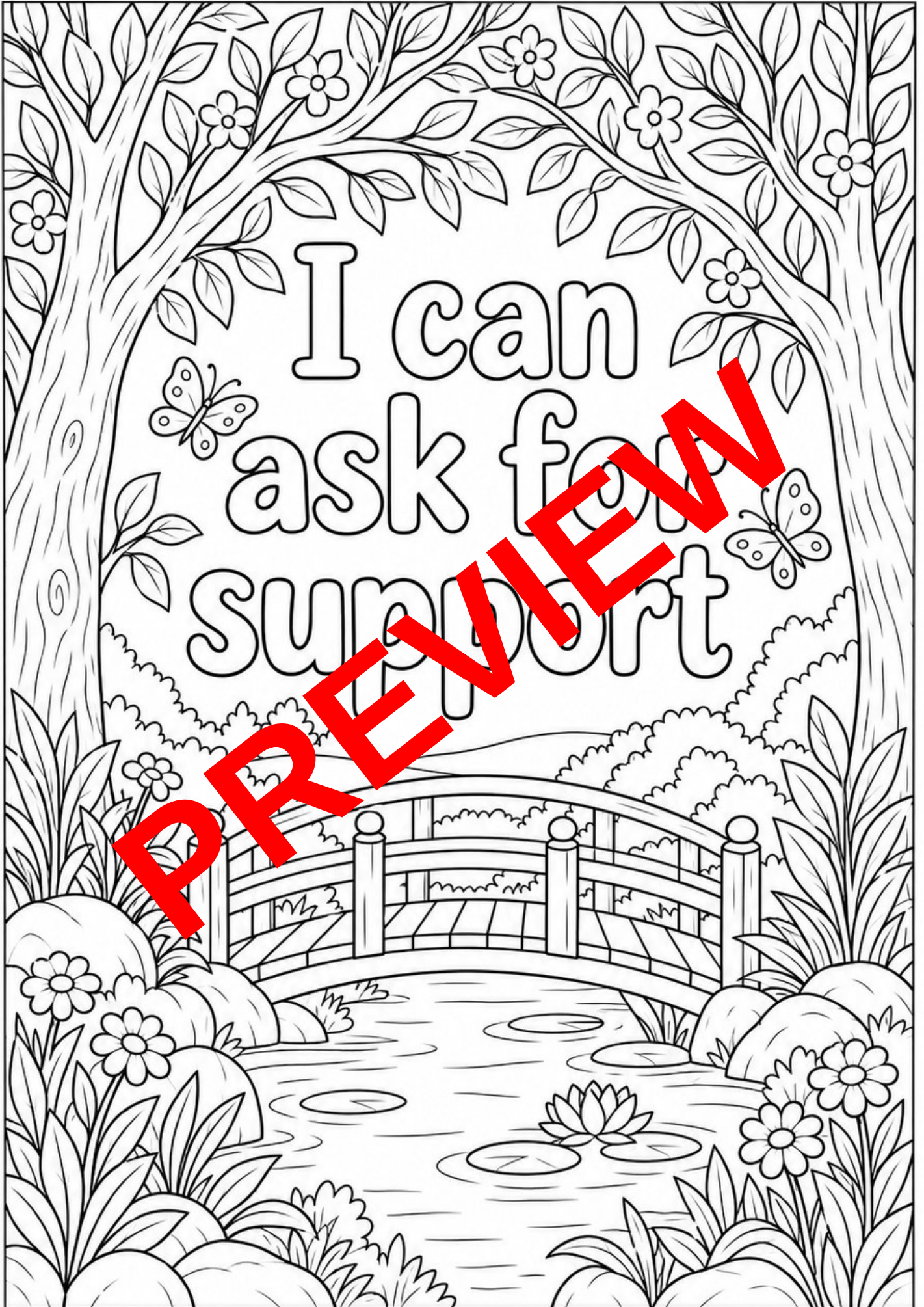




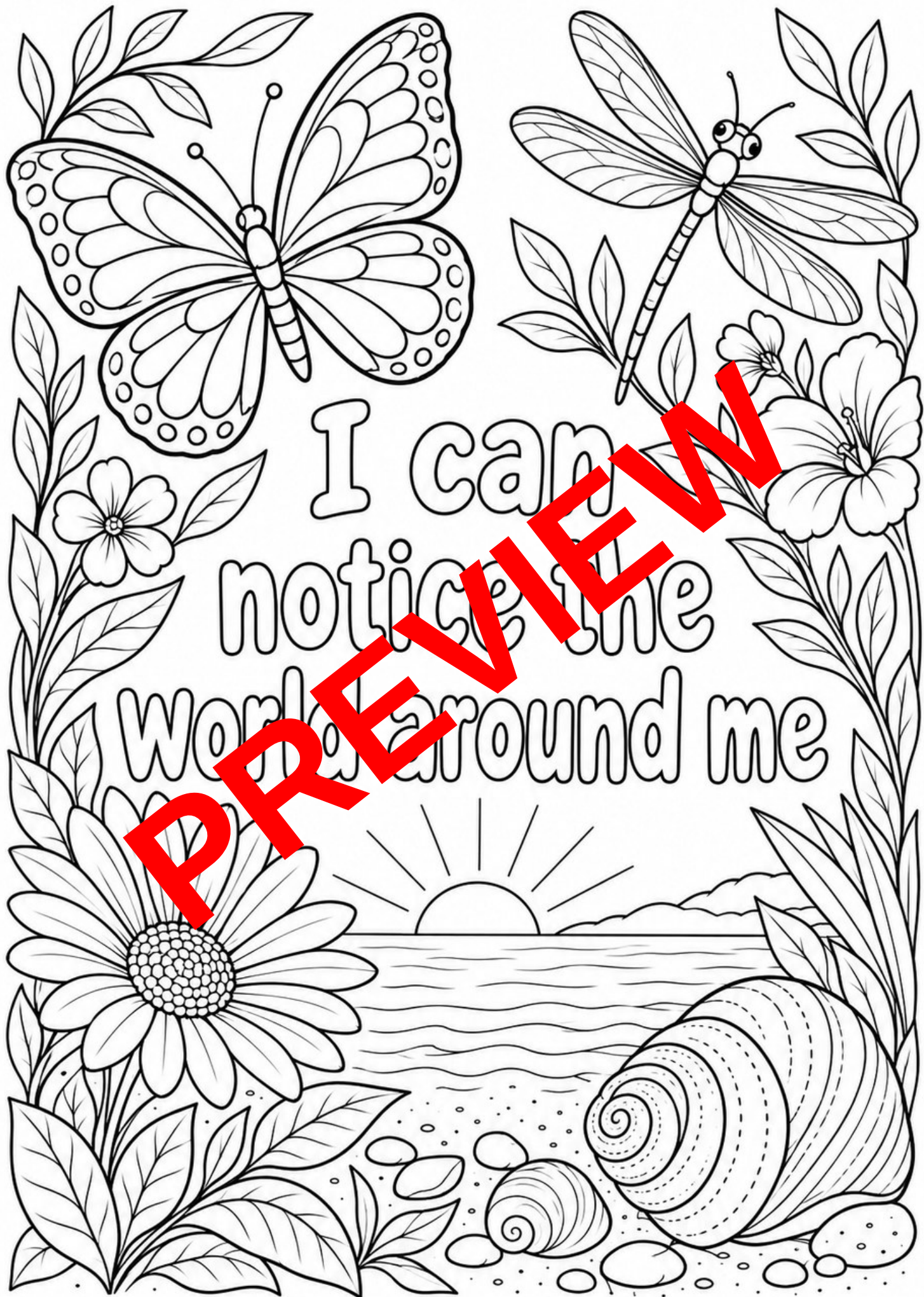














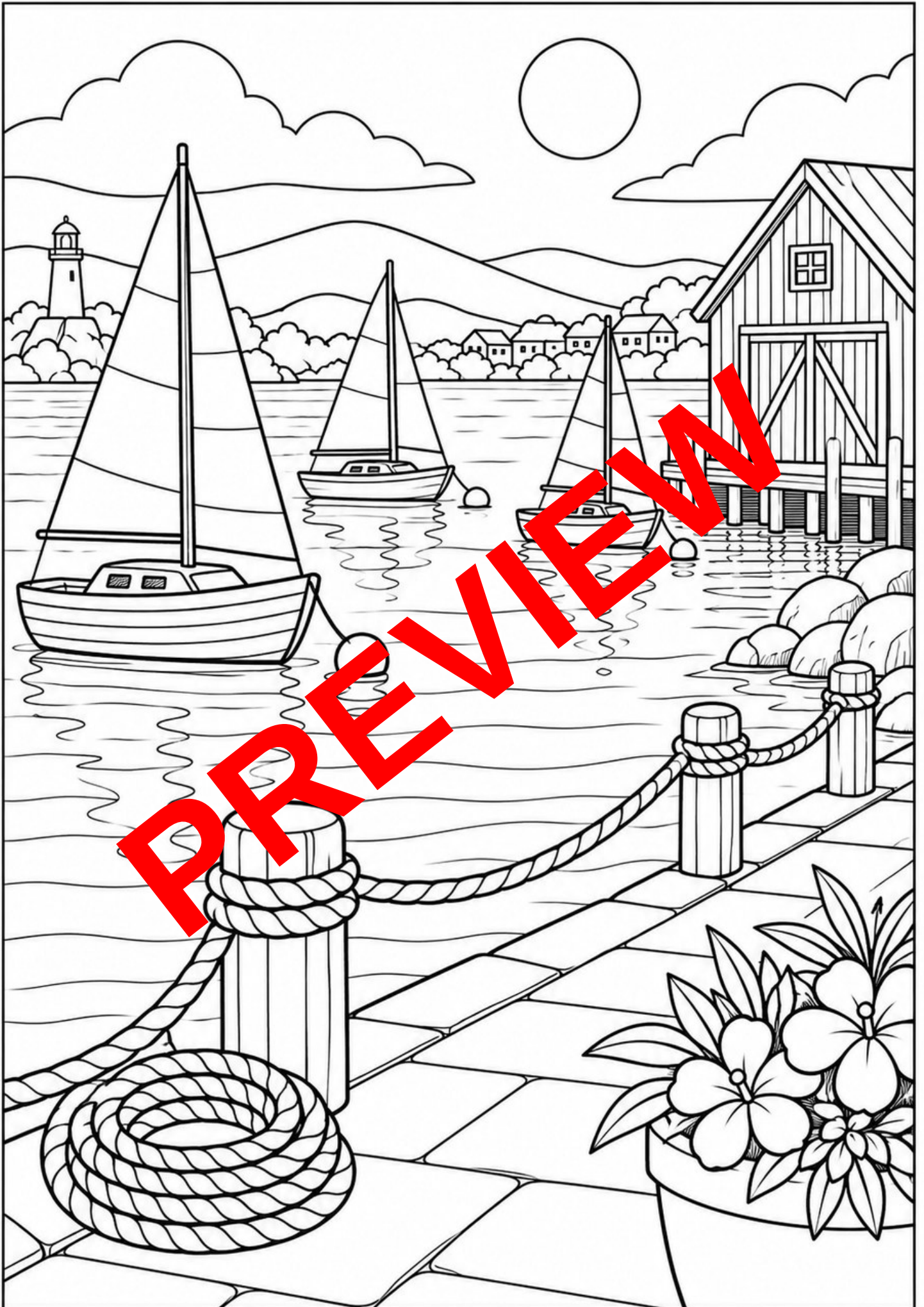






















I can choose
my next step





I can
listen and
understand

