

Afternoon  
Tea



*Prioritising  
Wellbeing*

# *The NAPA Sketch and Colouring Pad*







**This edition of The NAPA Sketch and Colouring Pad provides inspiration to support 25 creative activities and forms part of a series of resources published in celebration of NAPA's 25th Anniversary.**

You can use and adapt the images provided to inspire sketching, colouring, and conversation.

**Sketch and Colouring activities can:**

Encourage conversation and connection

Improve mood

Relieve stress and agitation

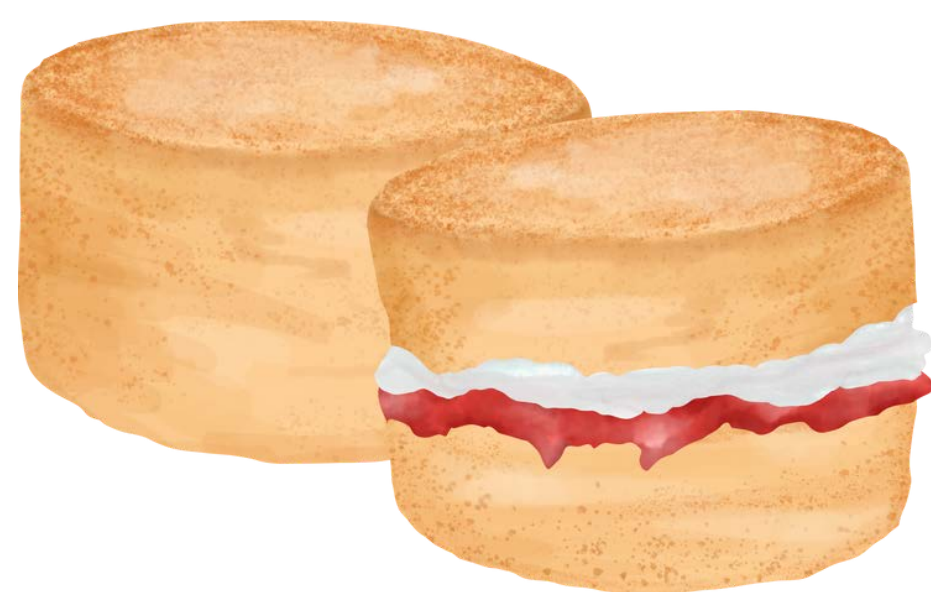
Promote socialisation and reminiscence

Provide an opportunity for self-expression

Improve dexterity and hand-eye coordination

Promote mindfulness

Provide a sense of accomplishment





## An Inclusive Approach – NAPA's 5 Top Tips

1. Everybody has what it takes to be creative; colouring and sketching activities can enable individuals to express their creative interests and talents.
2. Colouring and sketching are activities that can be enjoyed by people with complex care and support needs, involving people with differing abilities will provide relaxation and enjoyment.
3. Adults may find pencils, crayons, and felt tips demeaning, provide a range of options and invite people to choose what they would like to use.
4. Be encouraging, colouring and sketching are forms of self-expression; there is no 'right' way to colour or sketch.
5. Colouring and sketching activities should be age appropriate, engaging, and meaningful.

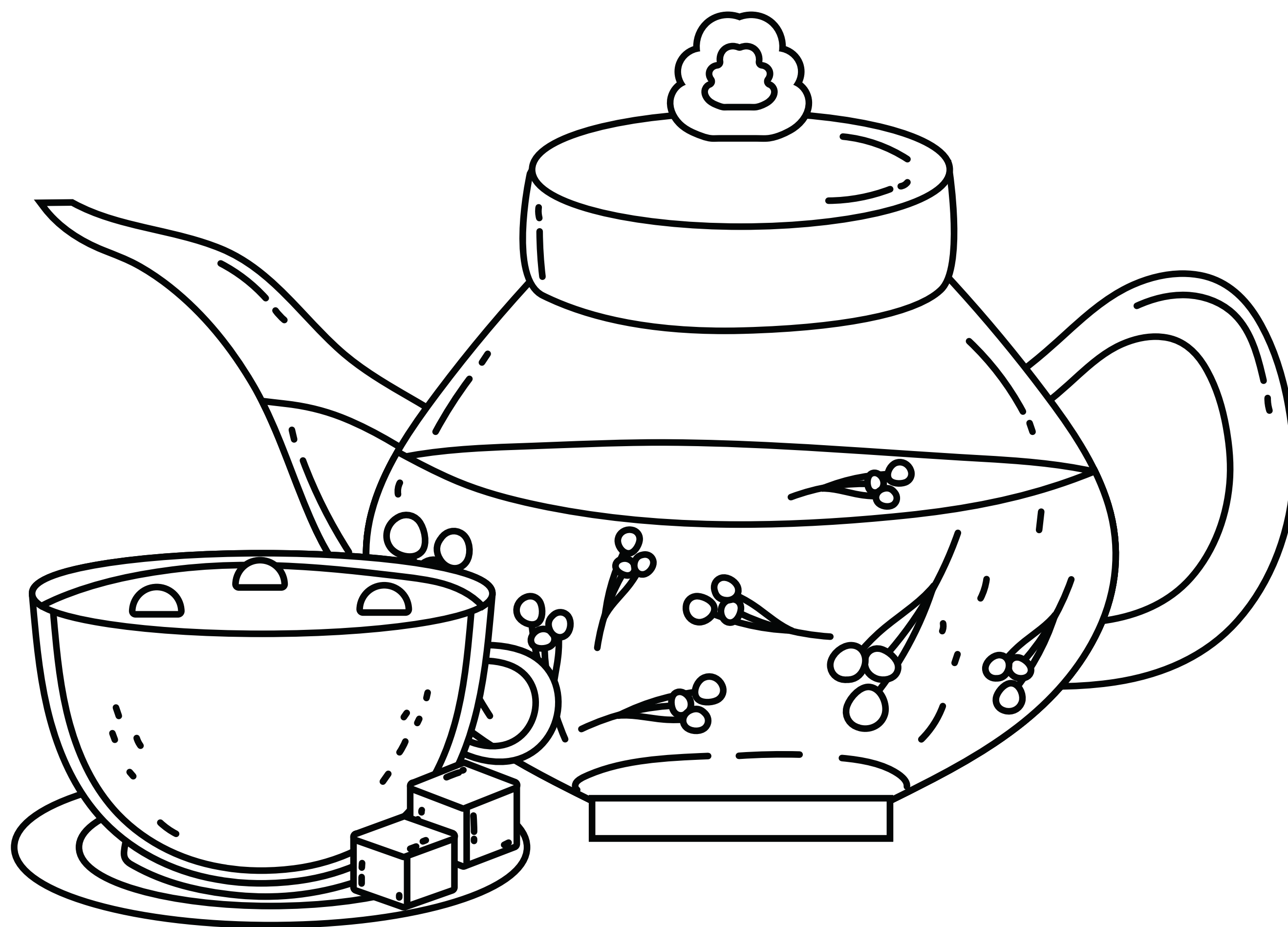
We hope this interactive digital resource will support you to provide creative activities.

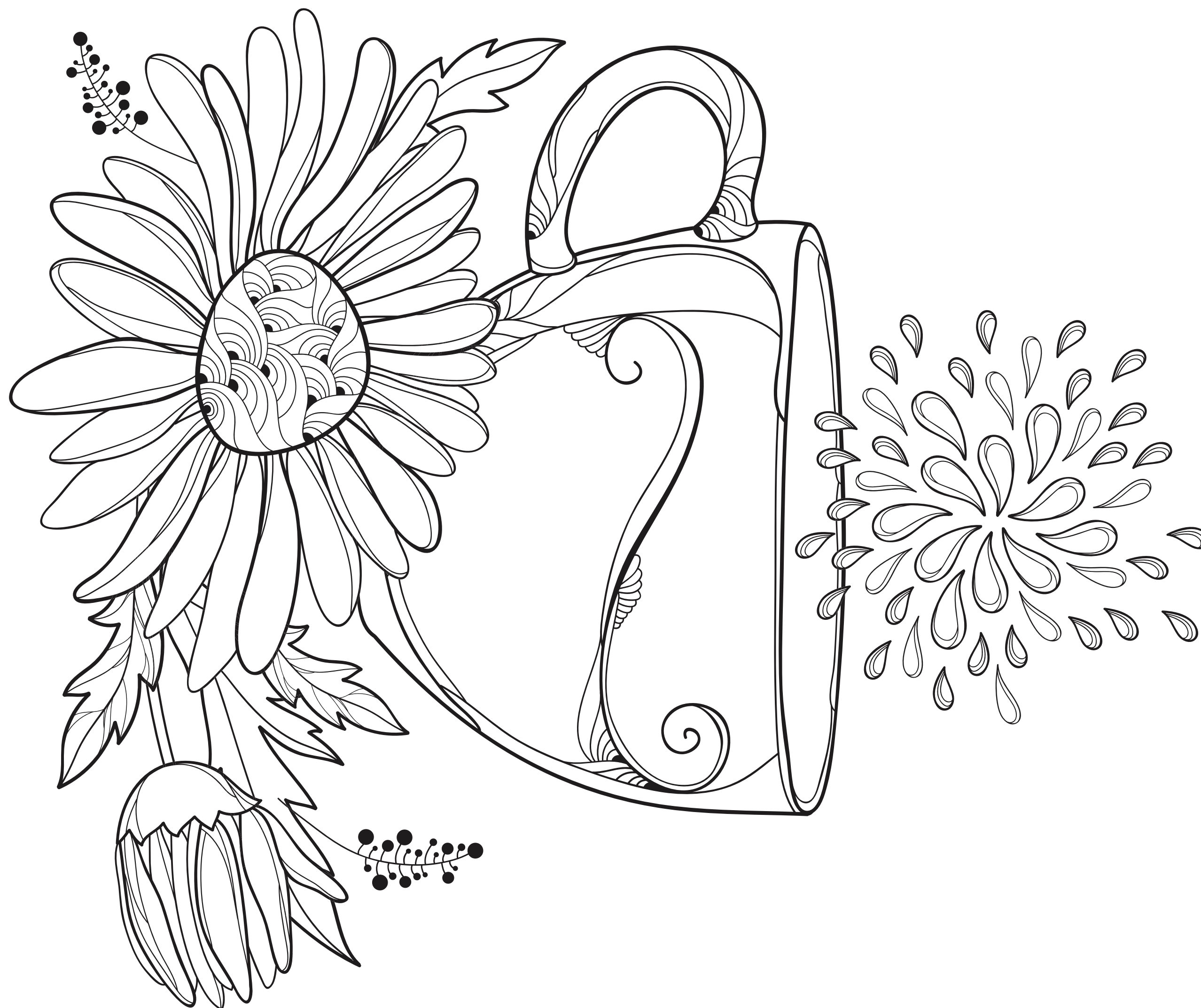
We invite you to download and print the images as many times as you like.

We have included some blank pages, should people feel inspired to draw.

Contact the **FREE NAPA Support Line** to discuss your ideas, ask questions or seek advice on any issue related to activity and engagement.



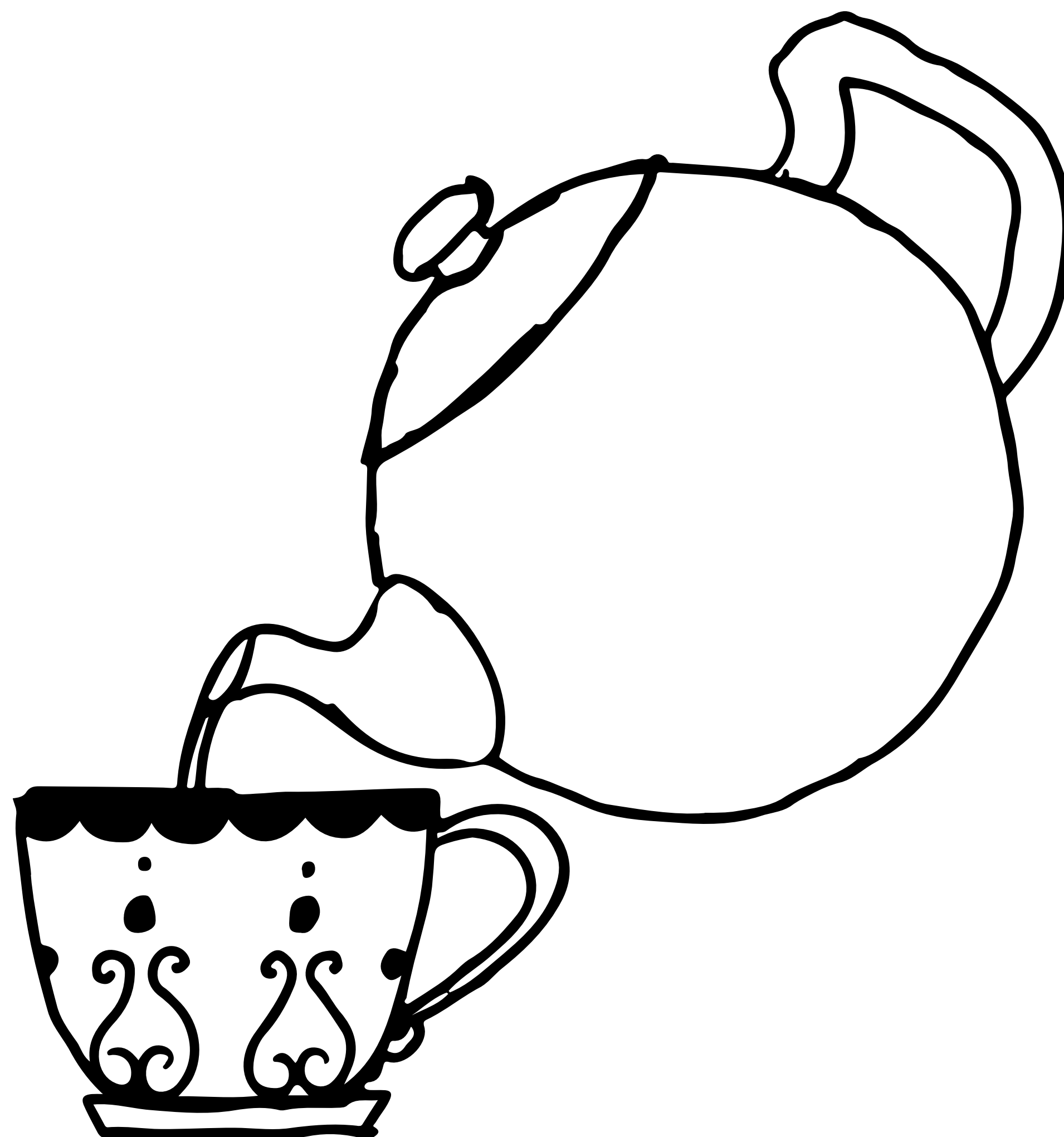


















Prioritising Wellbeing



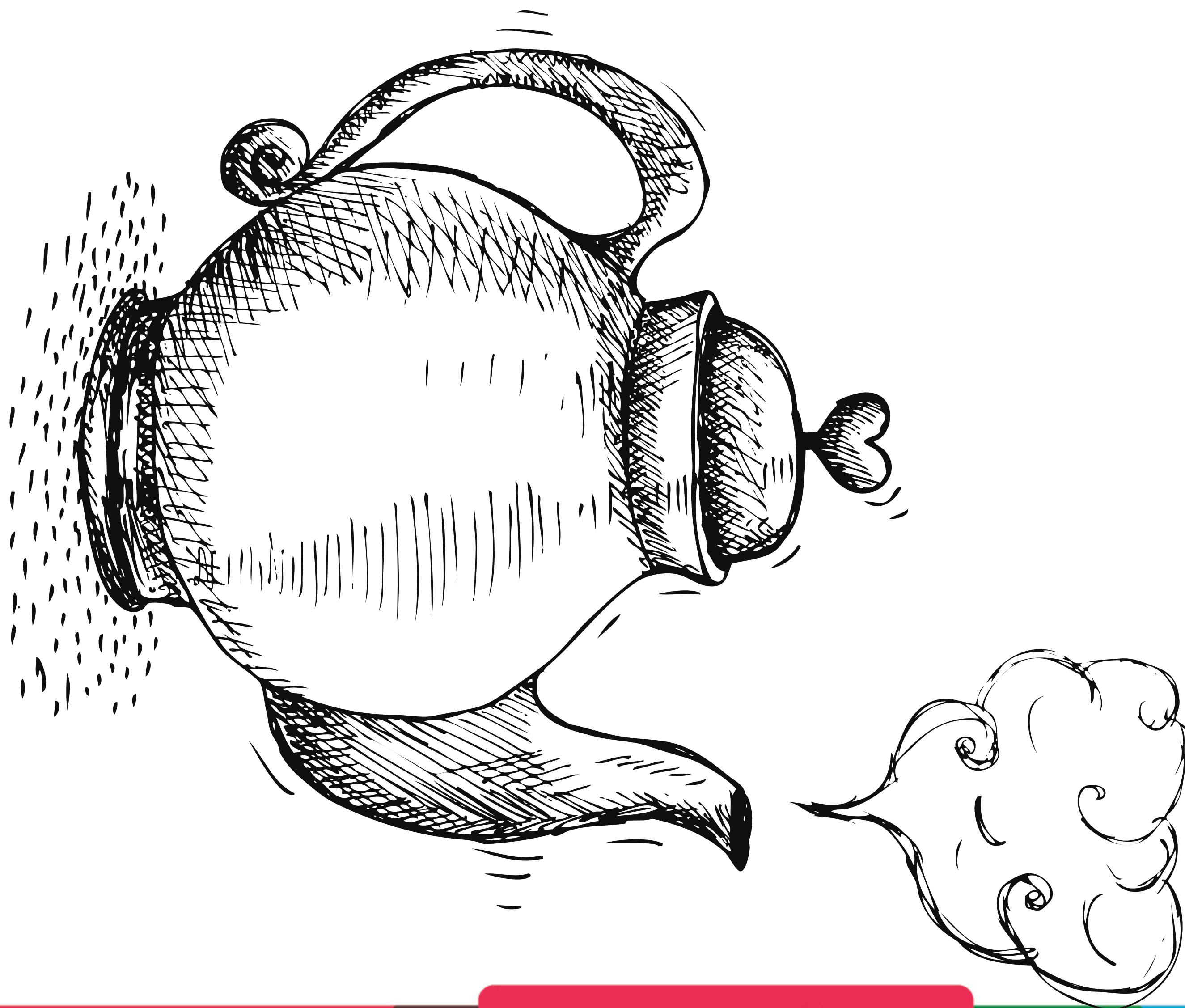




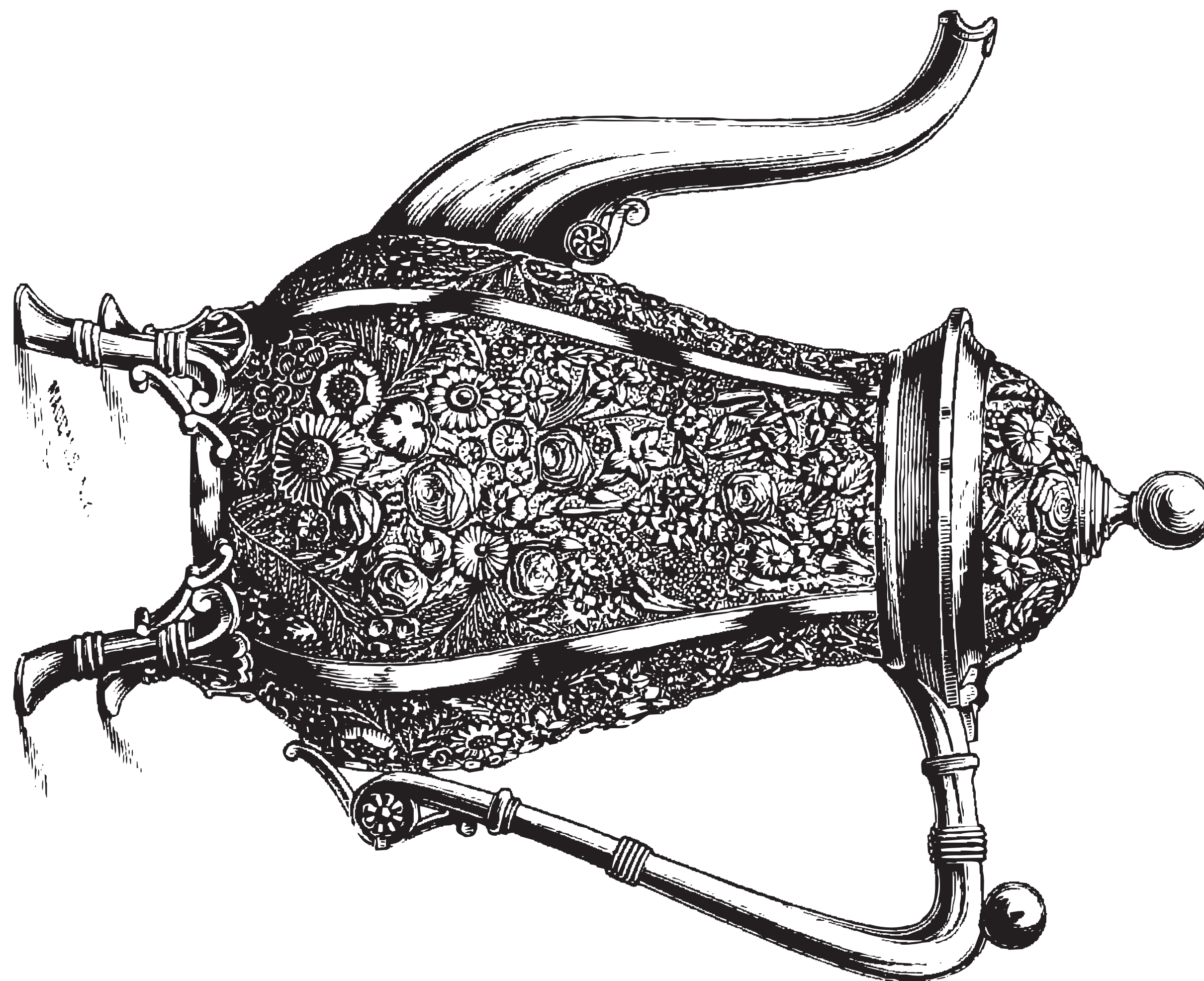




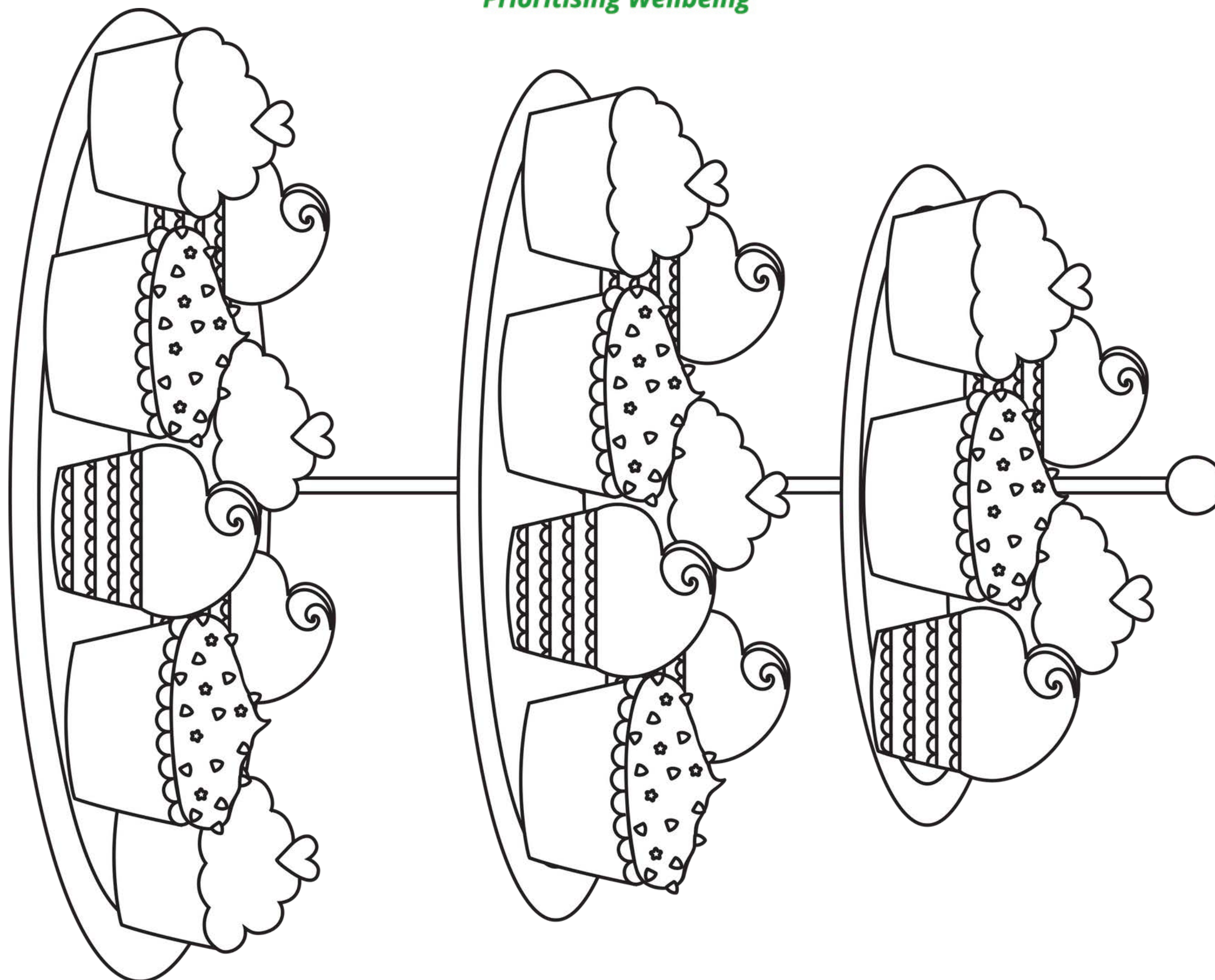












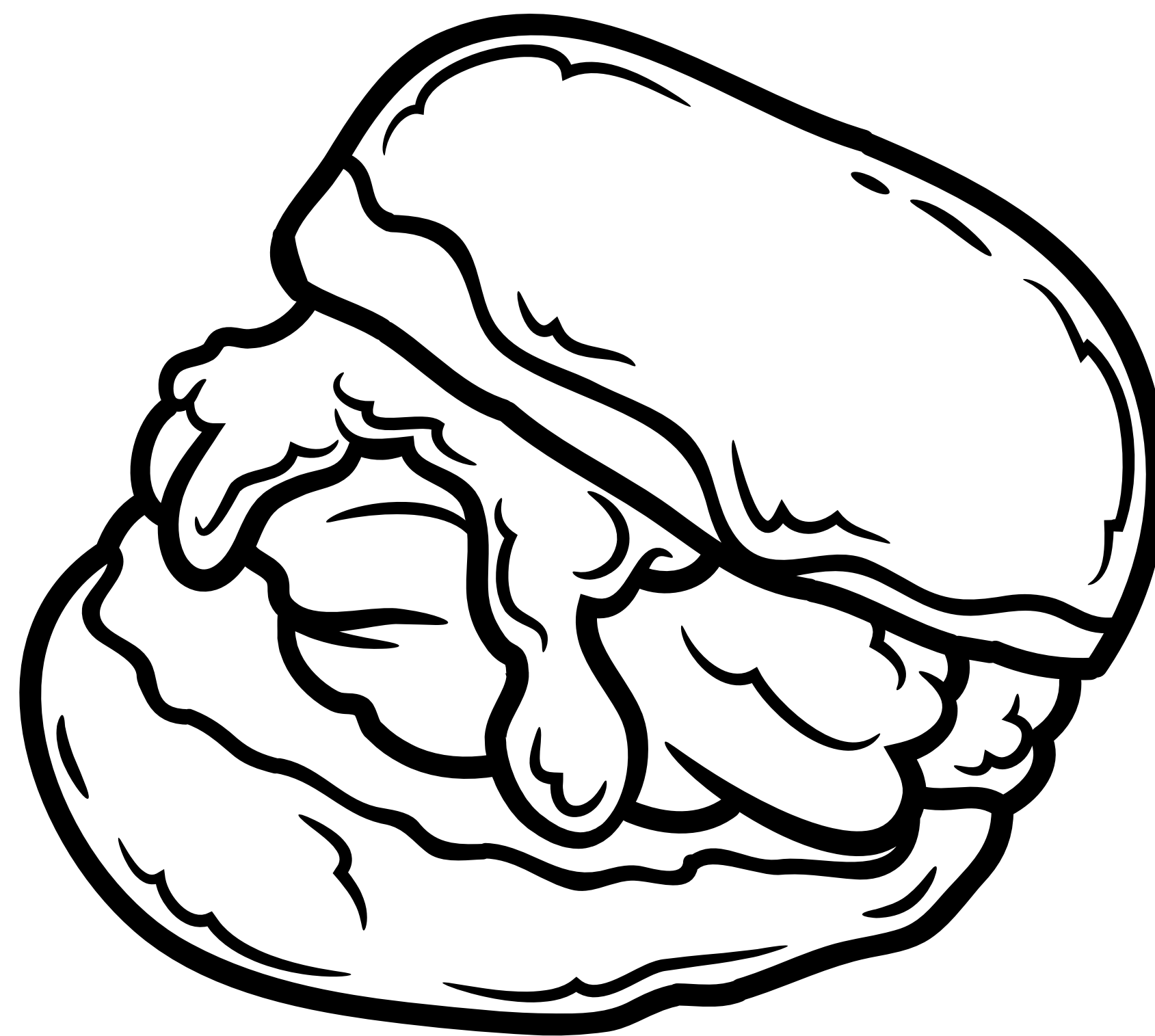




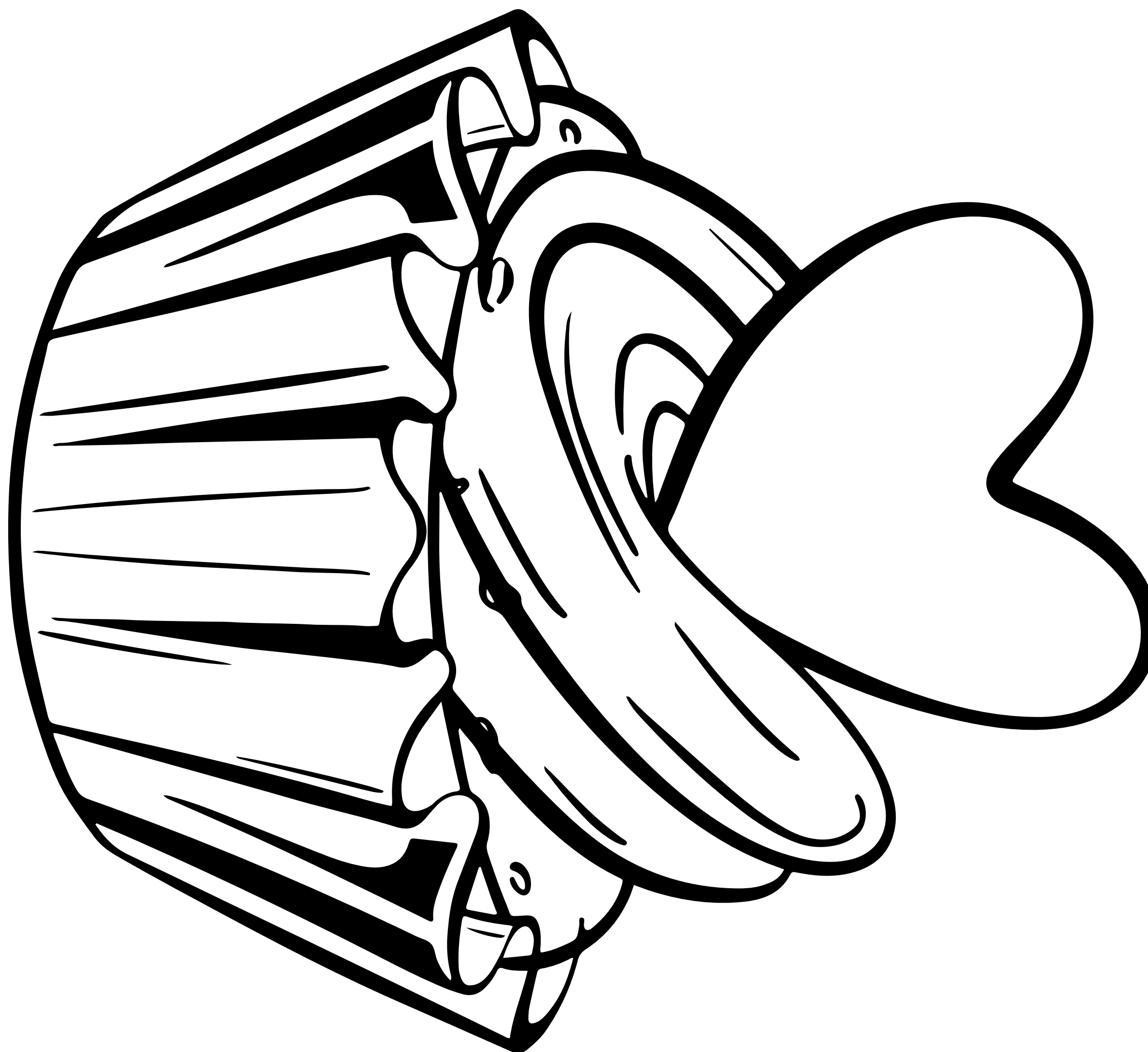








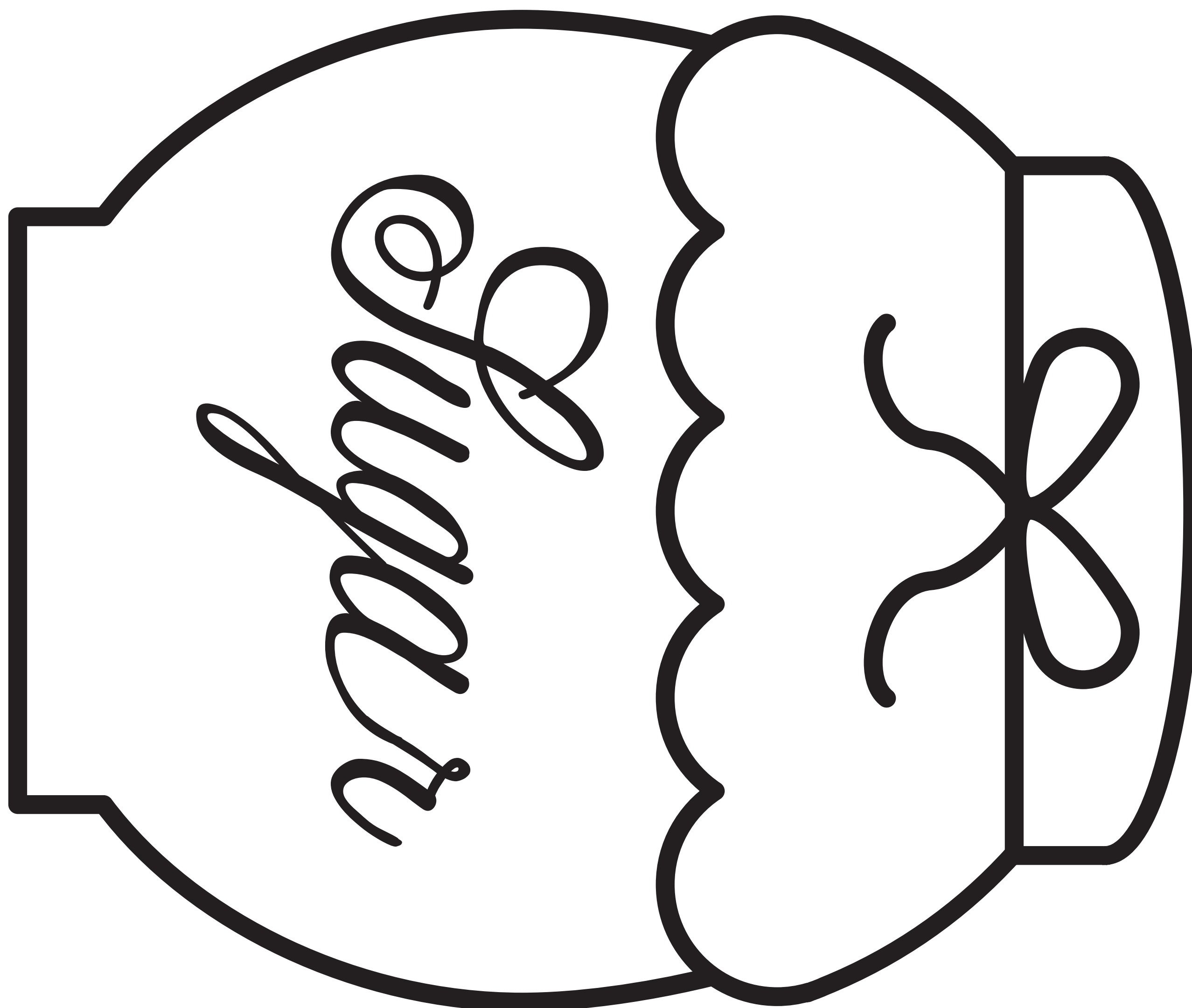




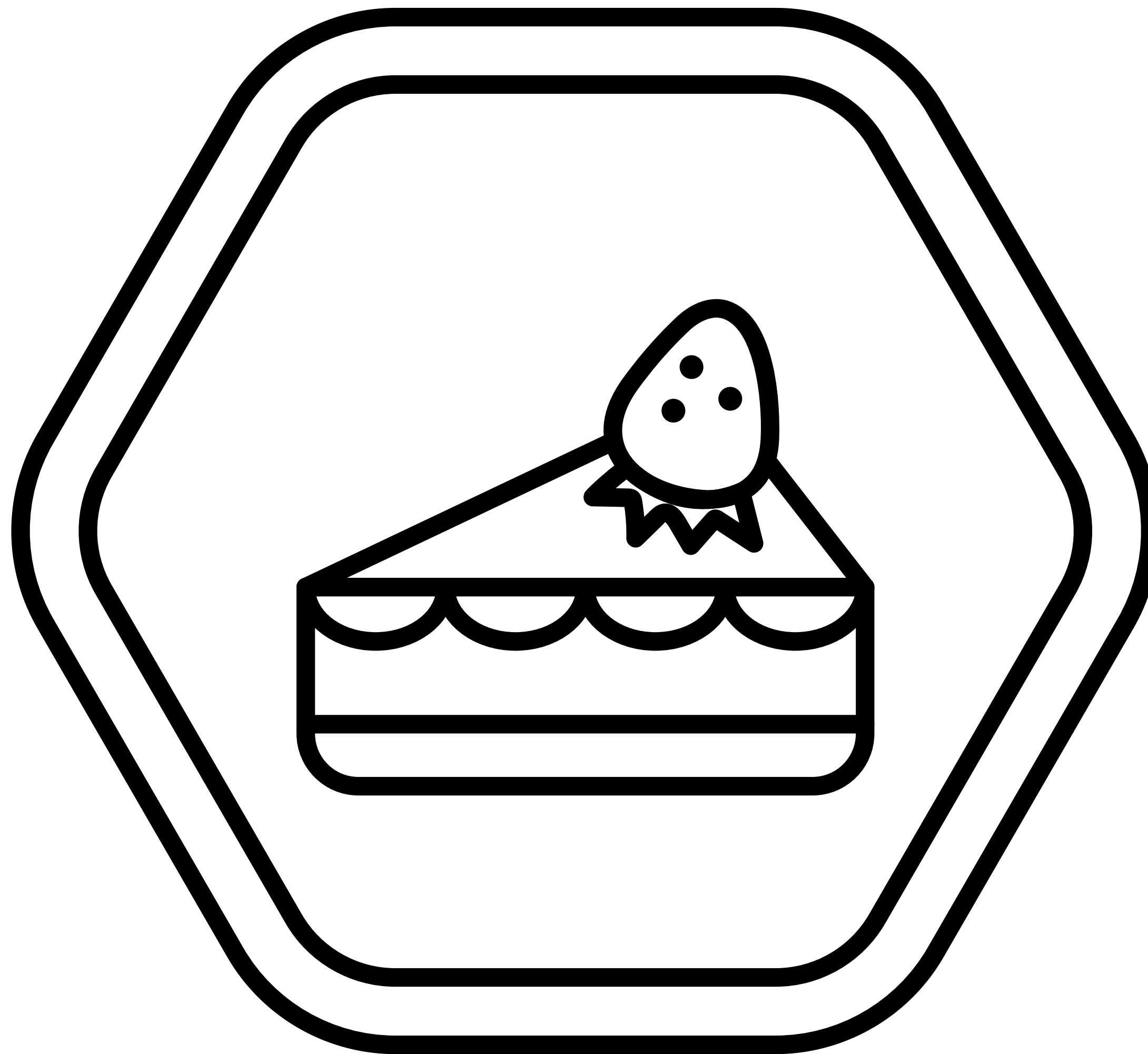








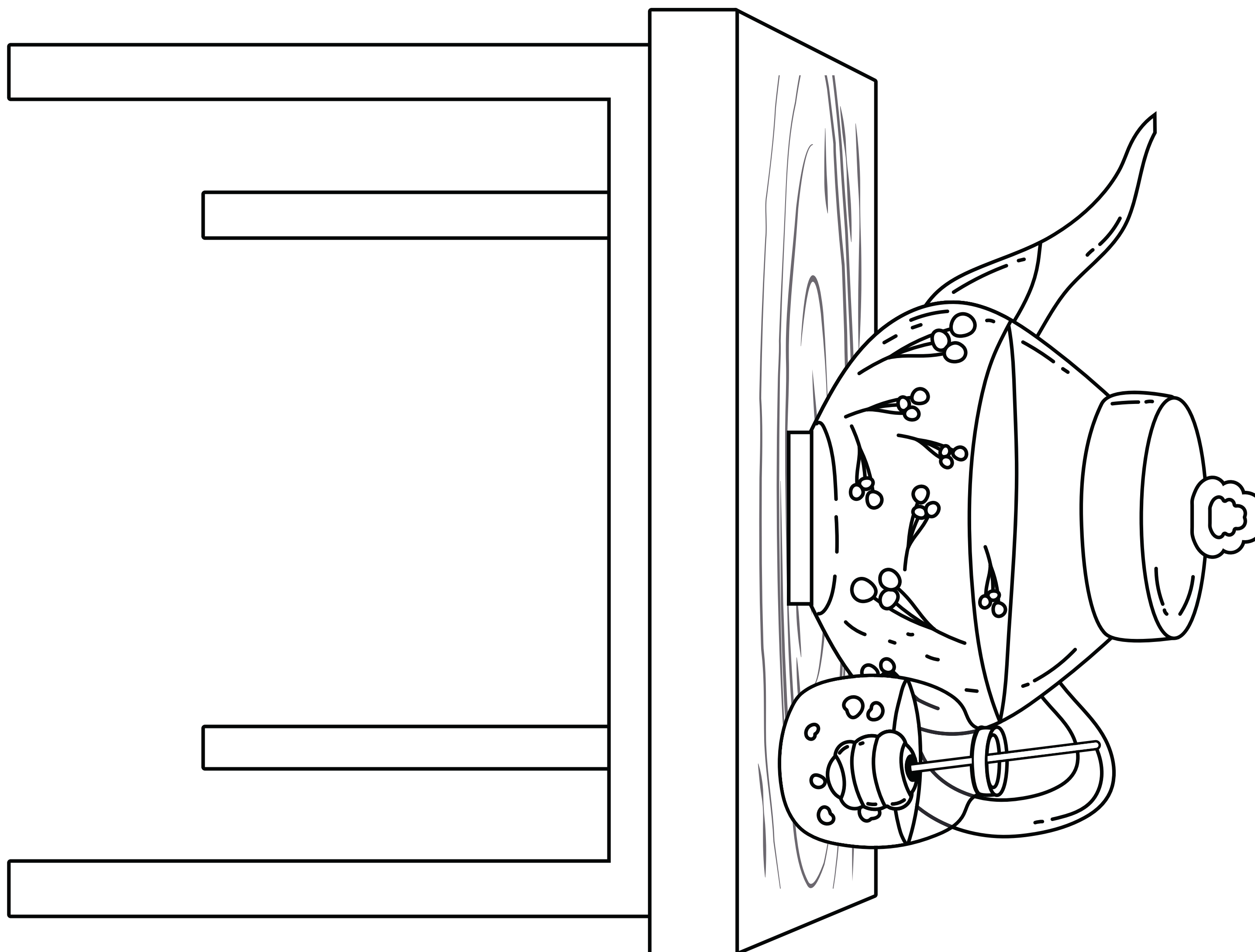








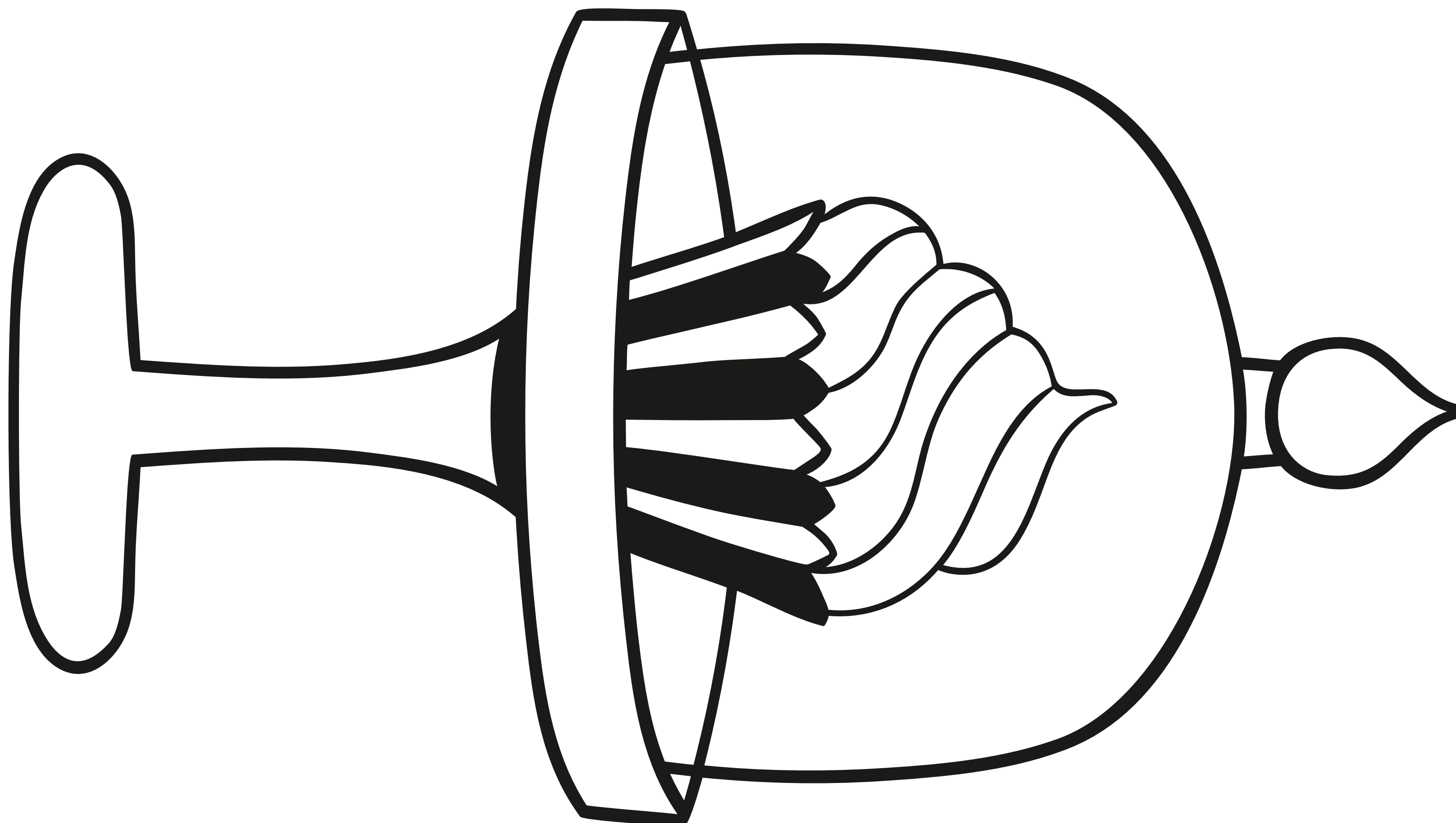










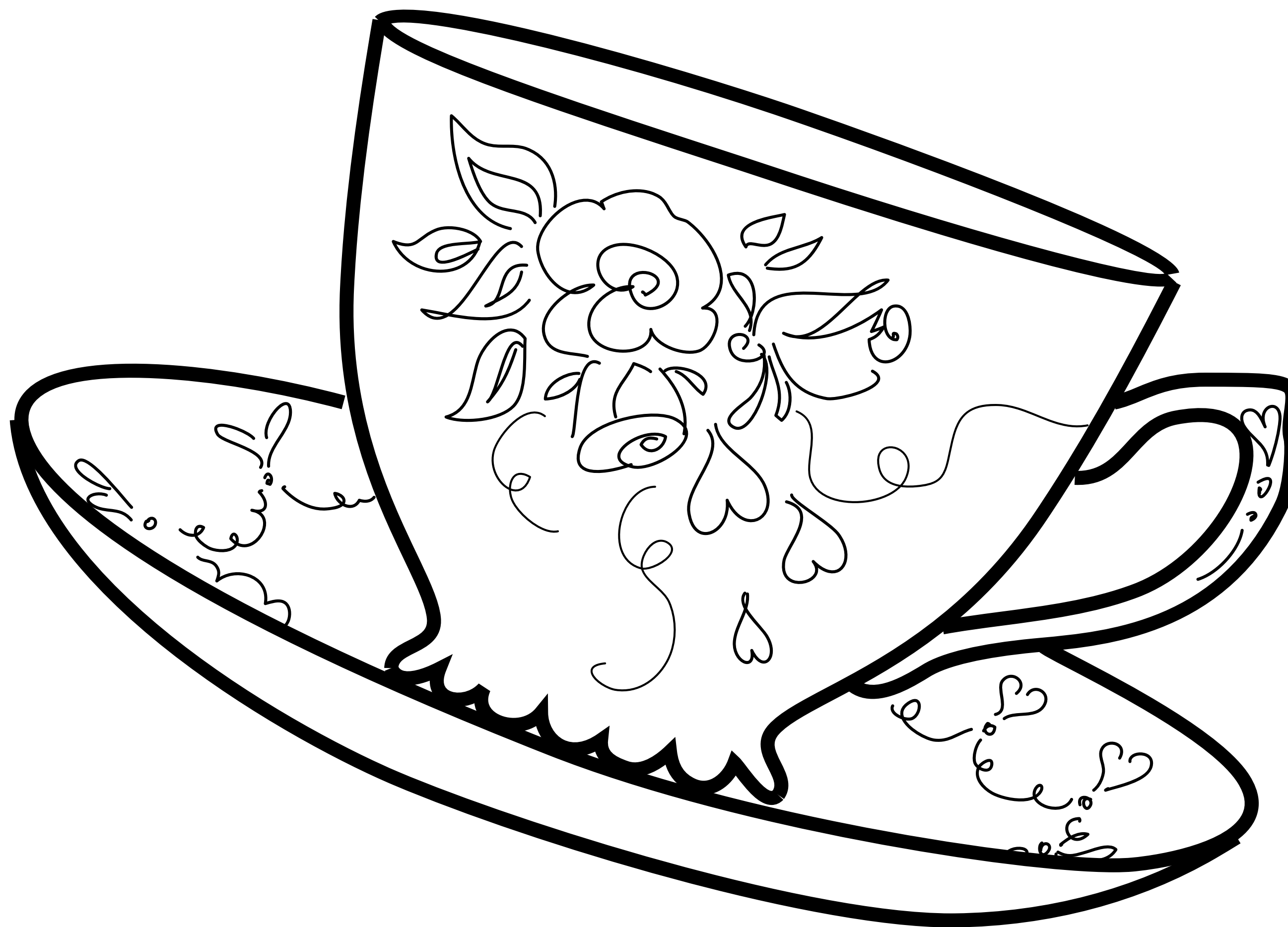






























**We would love to see your completed artwork.  
Send copies to [communications@napa-activities.co.uk](mailto:communications@napa-activities.co.uk)  
We will feature all submissions in NAPA News.**

