

A colorful illustration of Peppa Pig sitting on a pink mat in a garden. She is wearing a red dress and has her eyes closed in a meditative pose. The garden features two large trees with pink blossoms, green bushes with red roses, and a green lawn with small white and yellow flowers. A small blue bird is perched on a branch of the left tree, and a colorful parrot is on a branch of the right tree. A small purple butterfly is on the mat near Peppa. The background is a clear blue sky.

Peppa PigTM

Practices Mindfulness

Peppa's Calming Colouring Book



Save the Children

PAGE ONE

Peppa and George or friends picking strawberries in a field.

PAGE TWO

Peppa and George or friends making a sandcastle on the beach.

PAGE THREE

Peppa, George, Mummy Pig and Daddy Pig doing yoga together.

PAGE FOUR

Peppa and friends or family doing stretches together.

PAGE FIVE

Mummy Pig and Daddy Pig drinking tea from a teapot.

PAGE SIX

Peppa and George playing badminton.

PAGE SEVEN

Peppa and family or friends swimming at the pool.

PAGE EIGHT

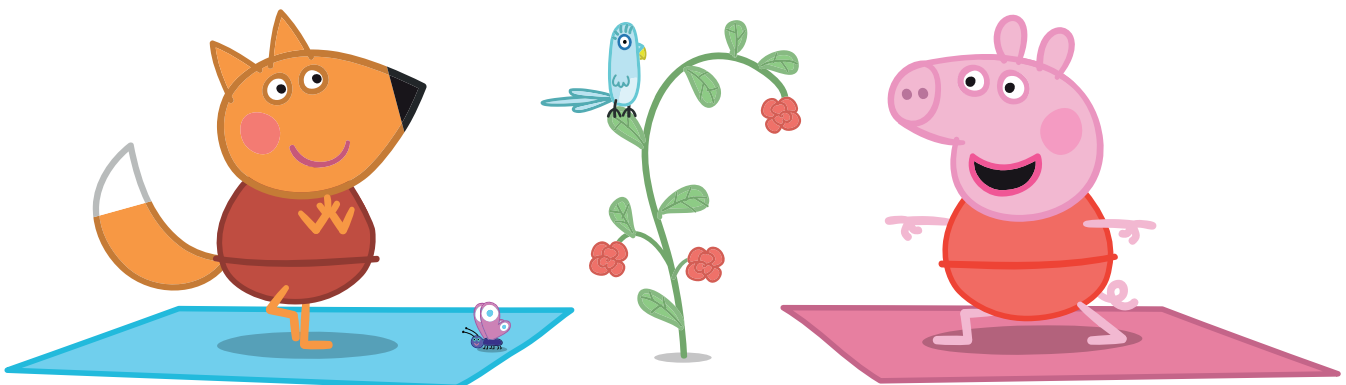
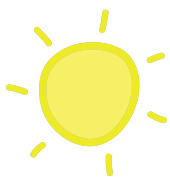
Peppa and friends/family drawing pictures.

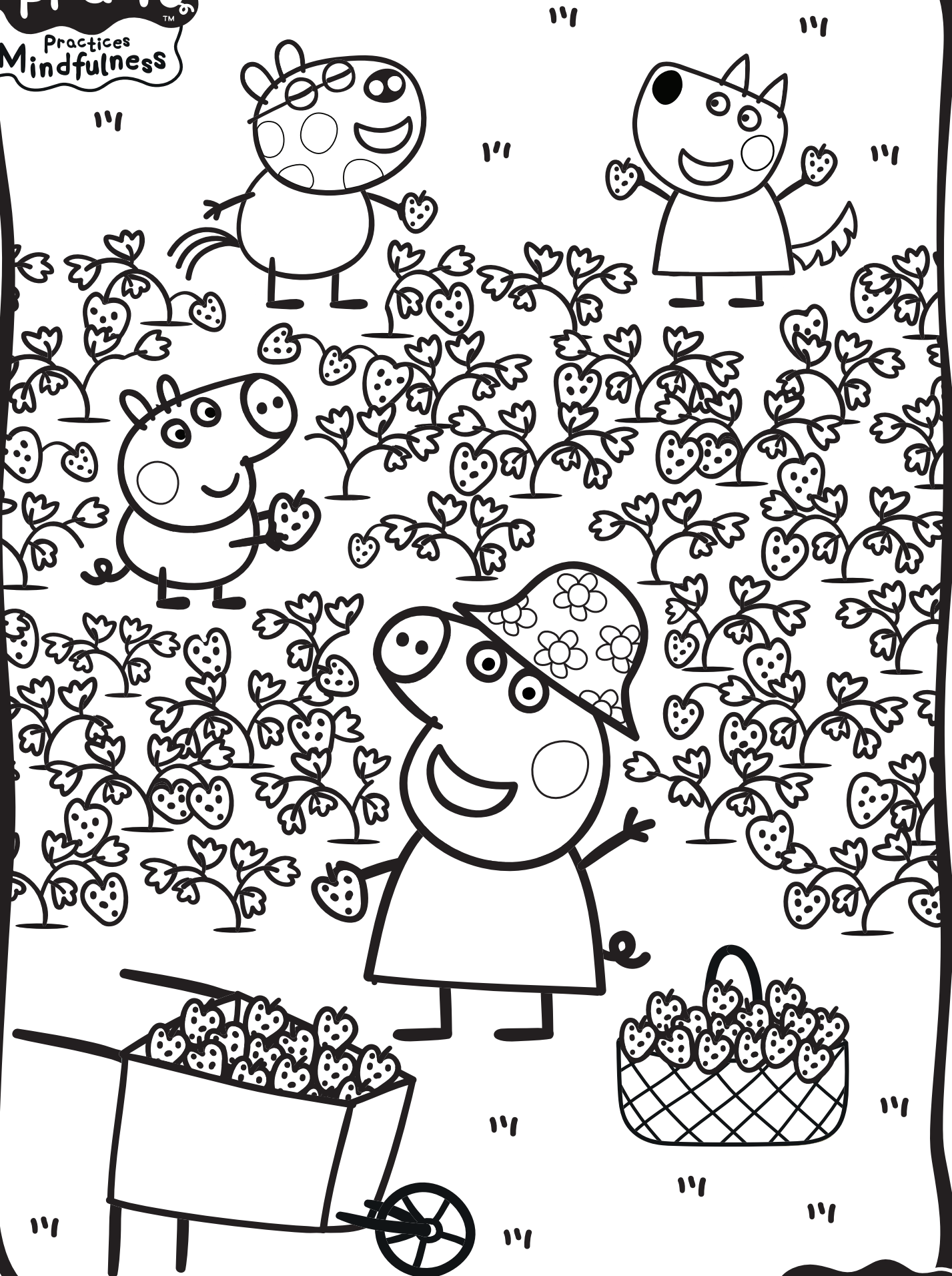
PAGE NINE

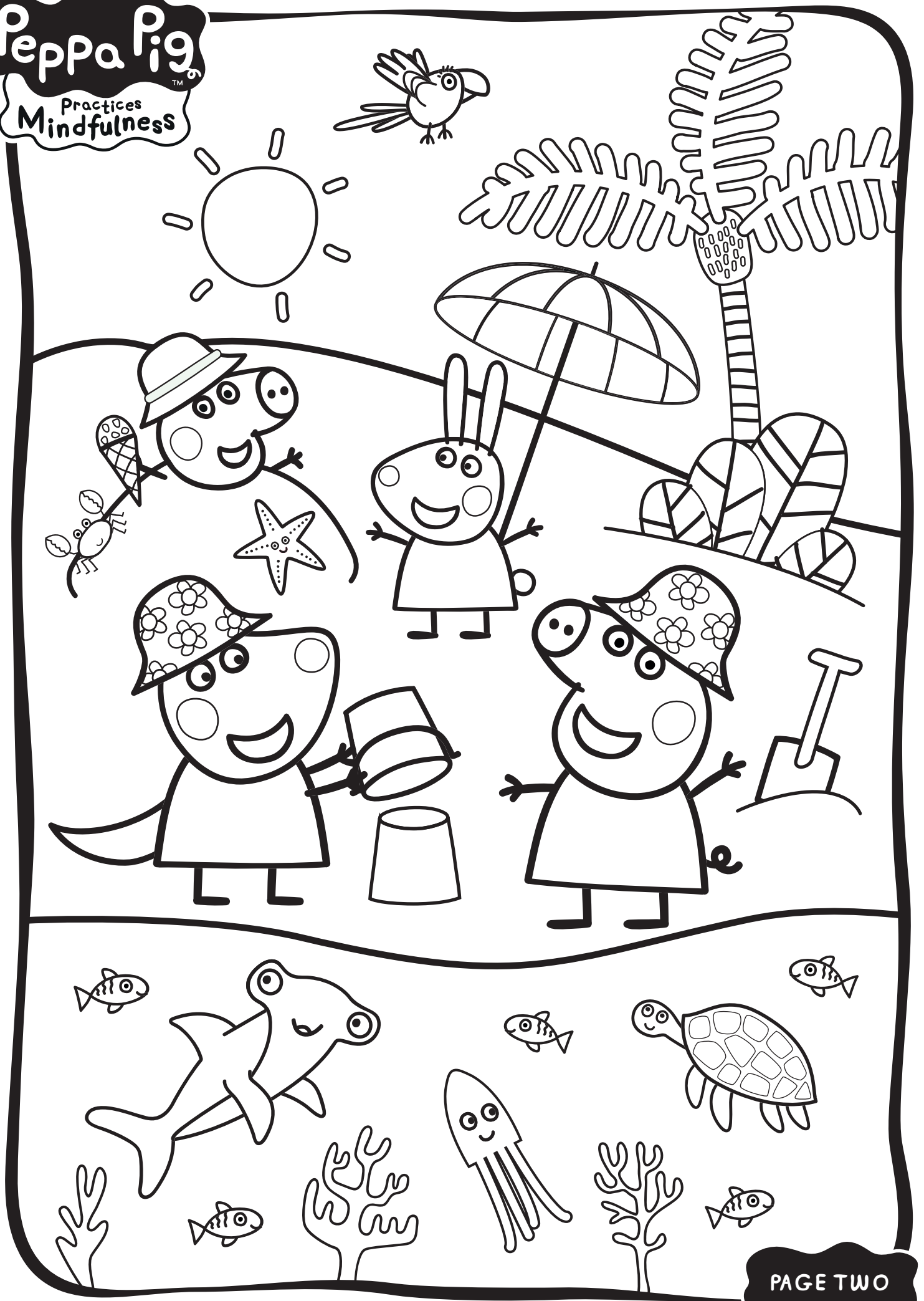
Peppa and family camping or having a picnic.

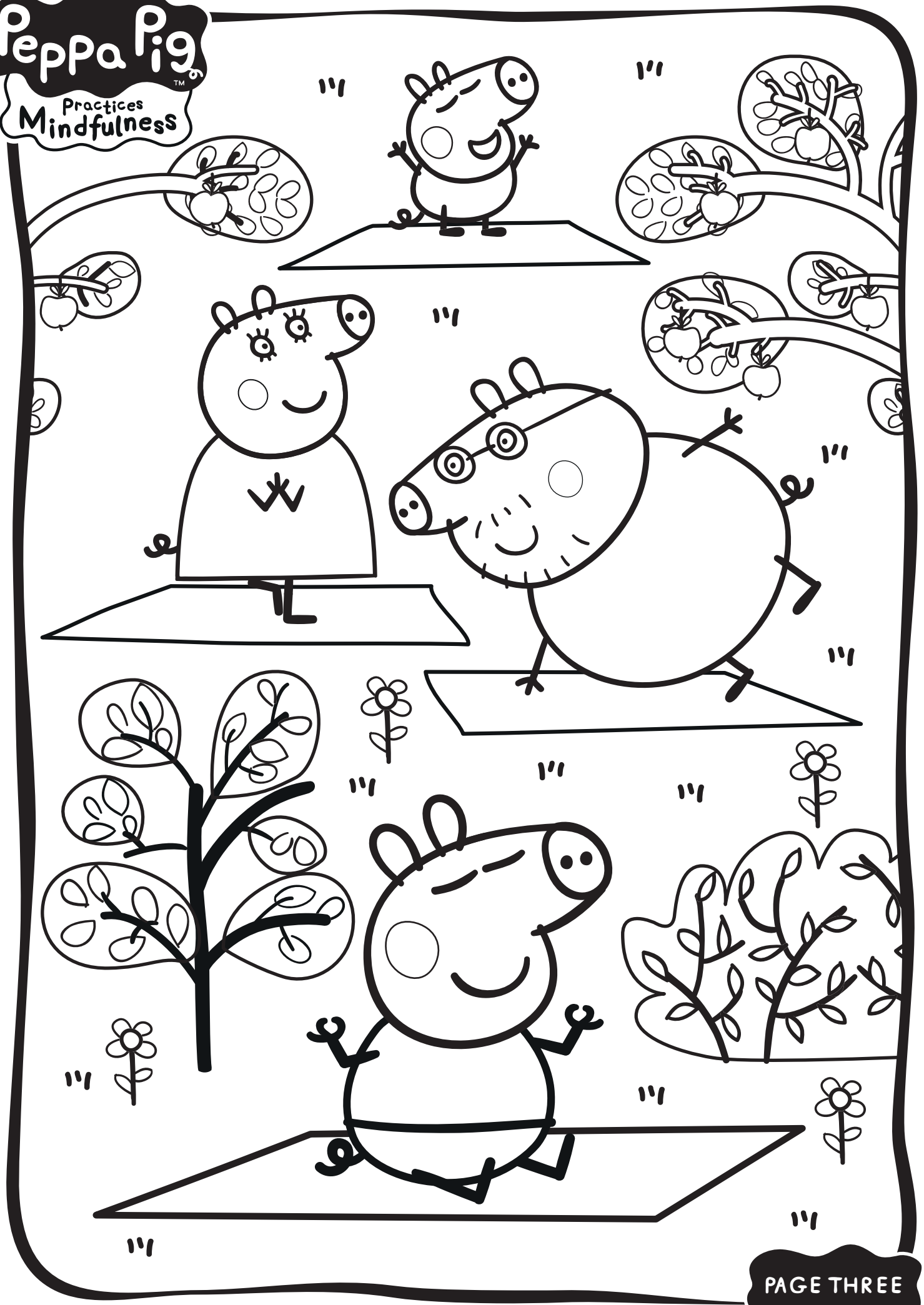
PAGE TEN

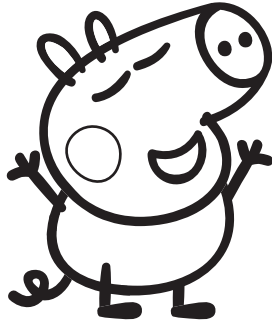
Peppa picking flowers in a garden.







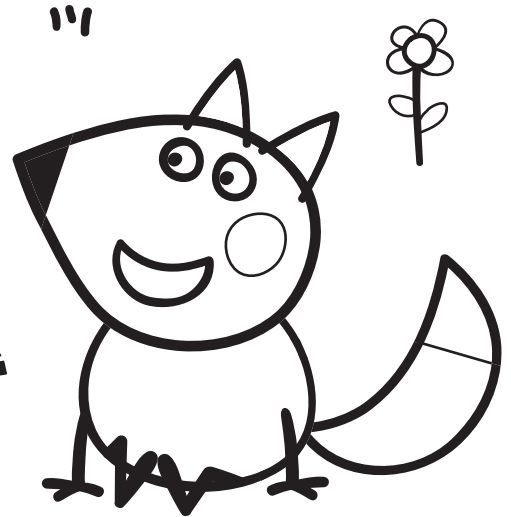




Arms up



Stand on one leg



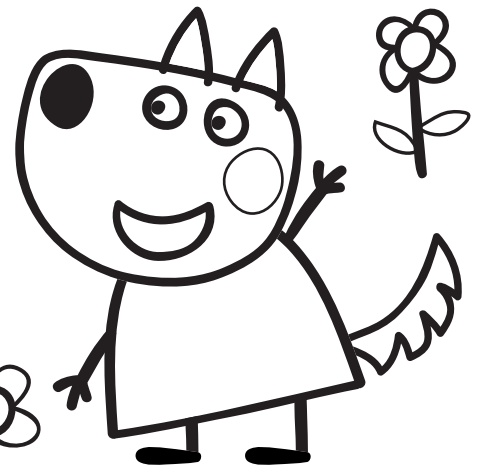
Sit with feet together



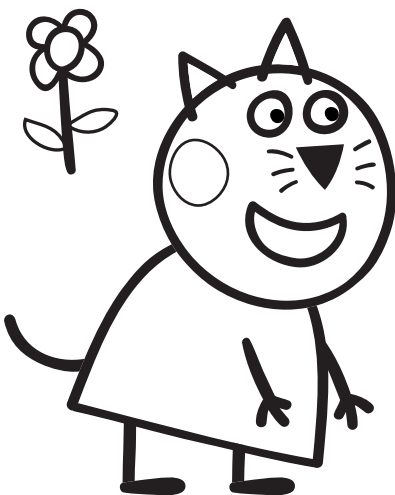
Stand with feet together



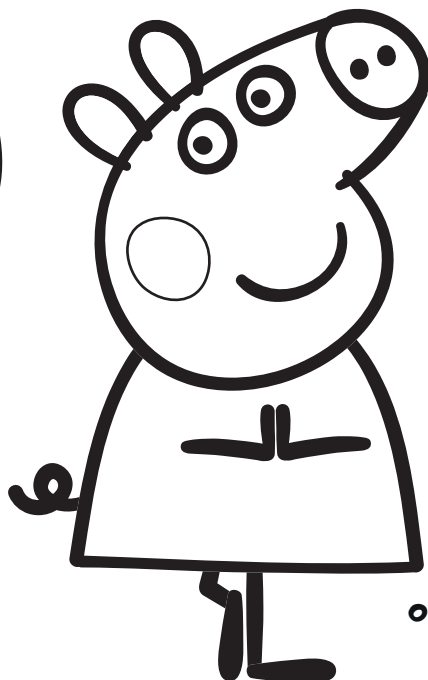
Arms apart



One arm up, one arm down



Touch toes



Foot over knee



Arms back

