

# THE HOUSE OF QUARANTINE

An exclusive  
colouring book  
to keep you  
occupied during  
quarantine!  
by Emily D'Silva

These are strange and unsettling times for everyone across the world. I wanted to create something to bring a bit of joy to people's lives, as well as give you something to do if you're feeling bored and at a loss of what to do at home.

Therefore, I have designed an exclusive quarantine colouring book, drawing inspiration from the home, celebrating the simple pleasures that bring us comfort.

Colouring is said to have many therapeutic benefits, such as the ability to reduce stress and anxiety levels. It encourages the mind to slow down and sustain focus, thereby embracing a meditative sense of tranquility, which is so important to achieve during troubled times.

Simply print the book off and enjoy it at home, whether on your own, with friends and family or your children.

I would love to see your colourful masterpieces, so please feel free to share them on your social feeds tagging me @\_emilydsilva!

Stay strong, stay safe, stay home.

A stylized, handwritten signature of the name 'Emily' in a cursive script, followed by a small 'x' mark.

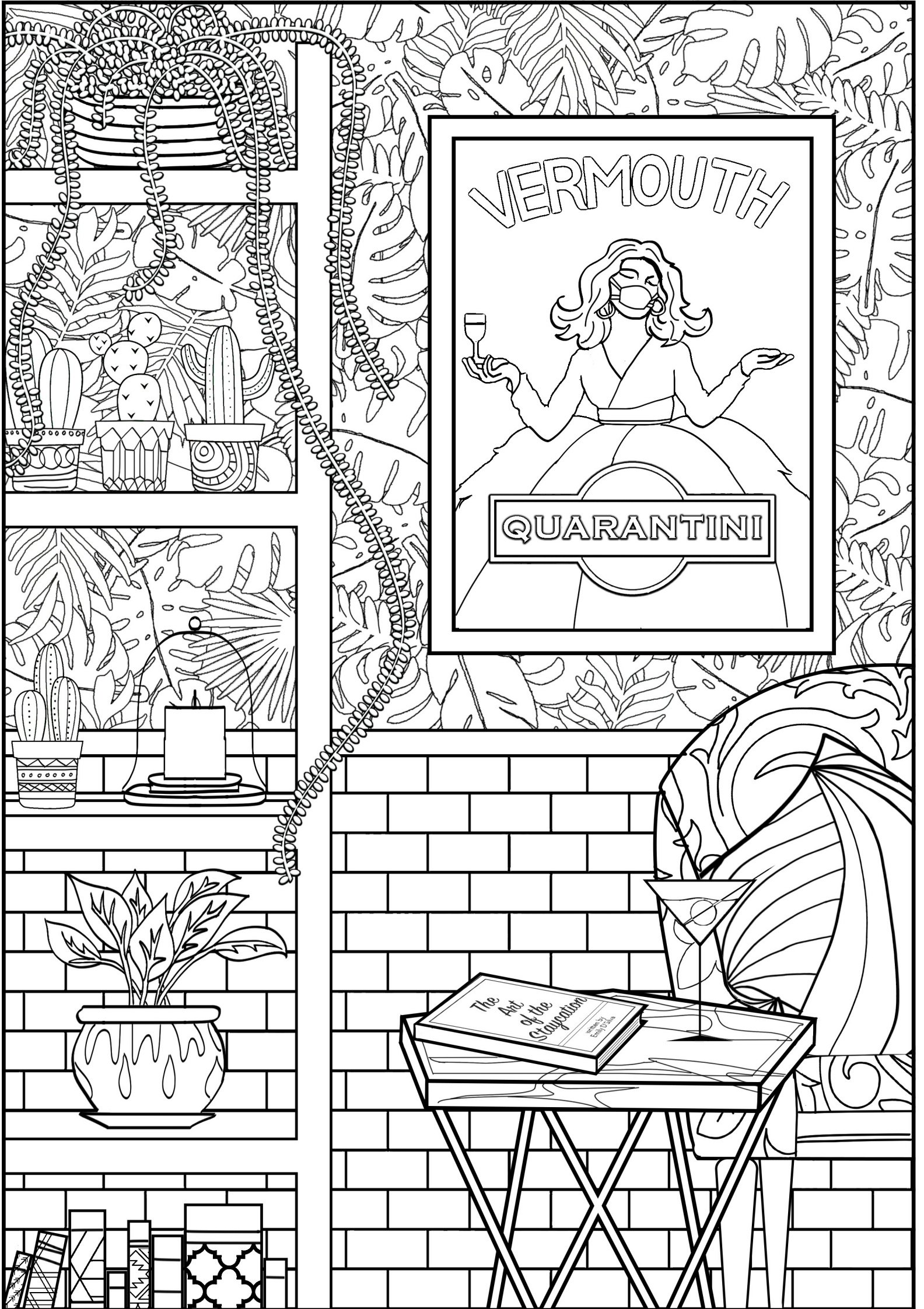


*Staying in*

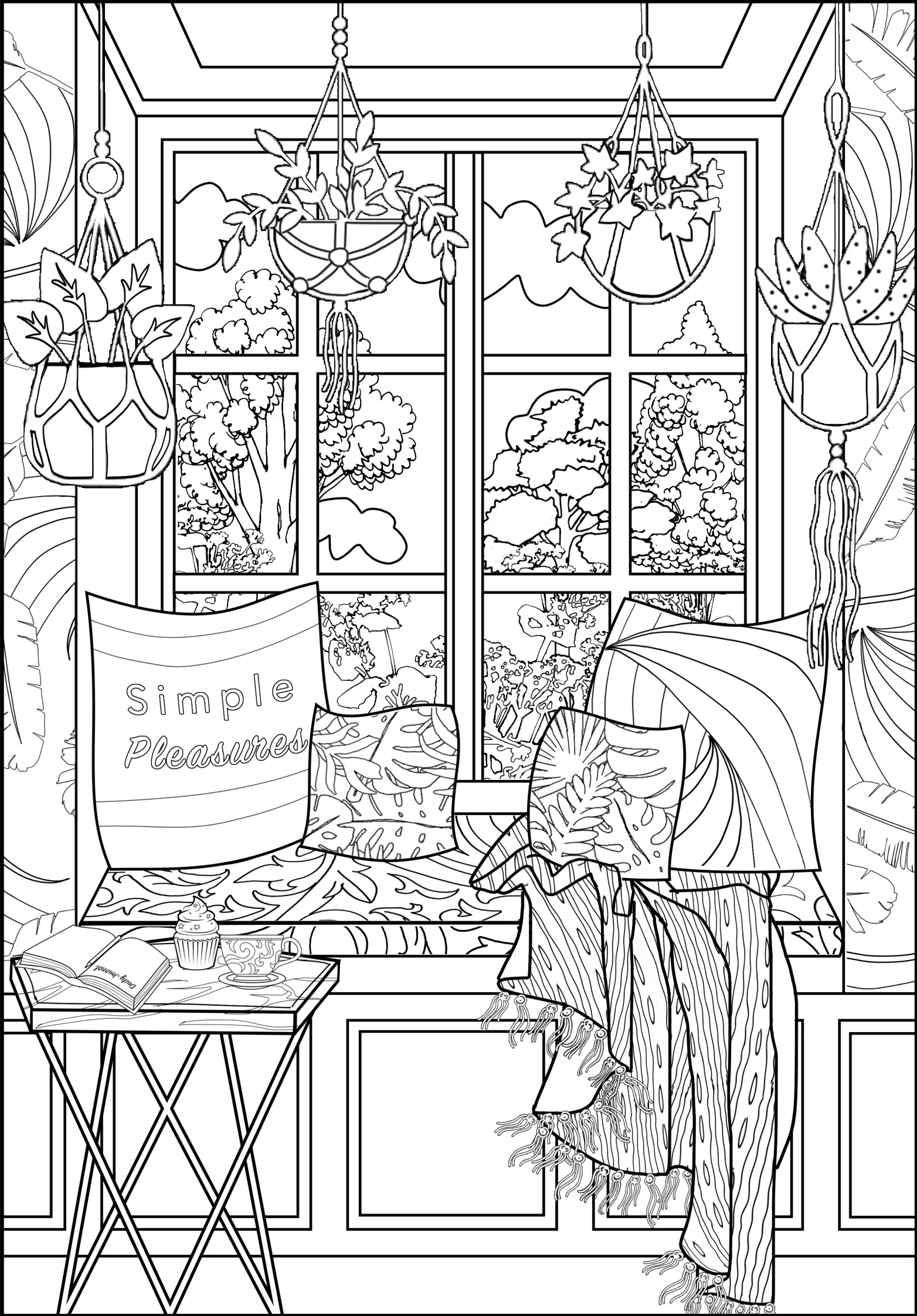
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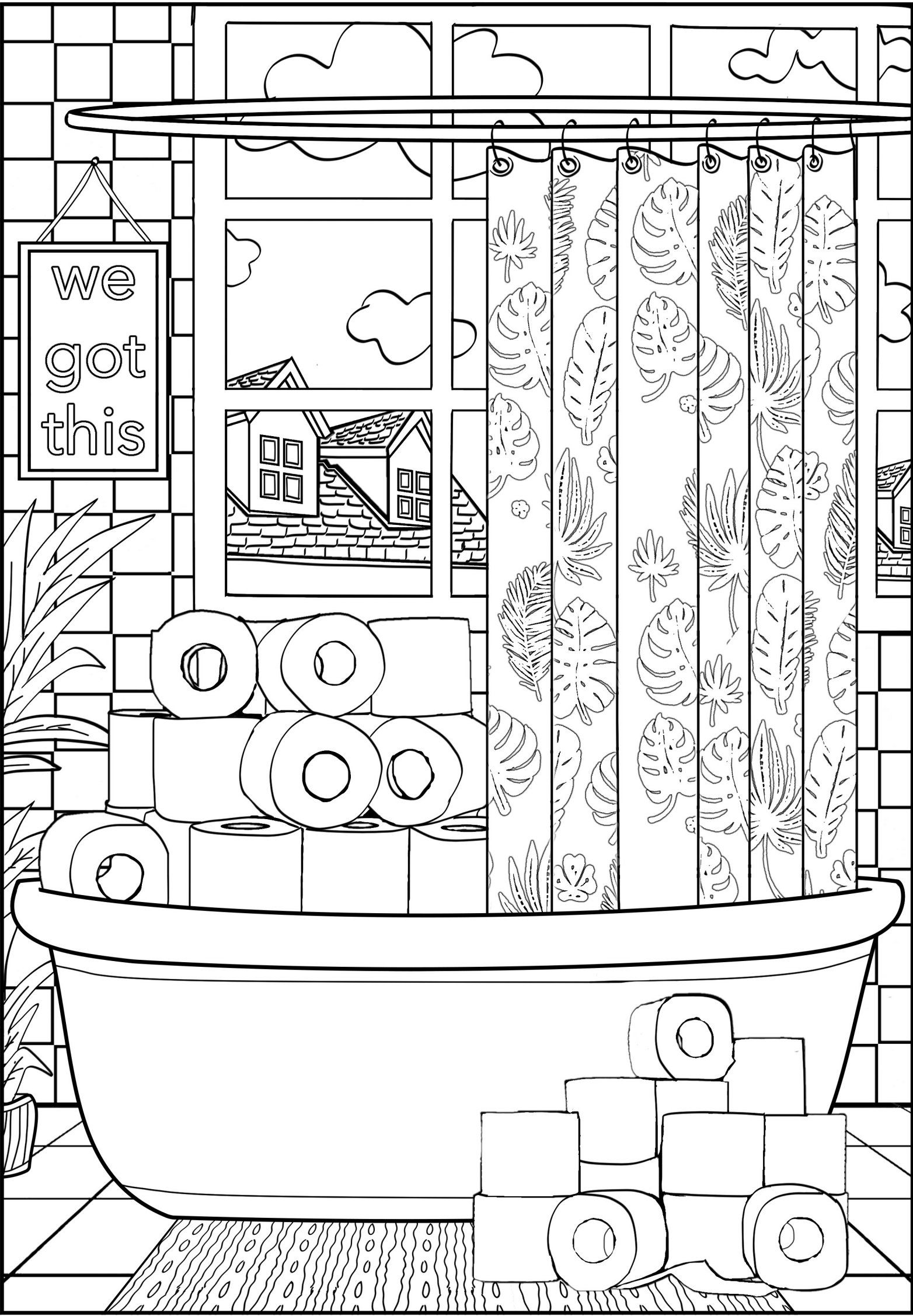
THE  
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GOING  
OUT!





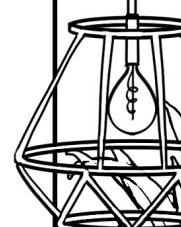
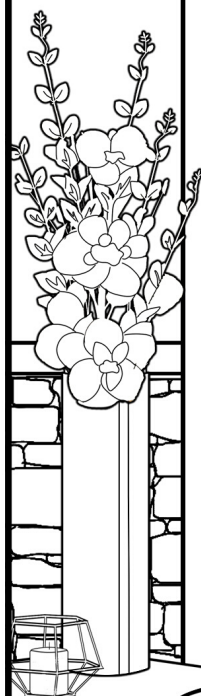
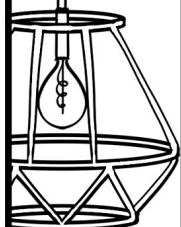




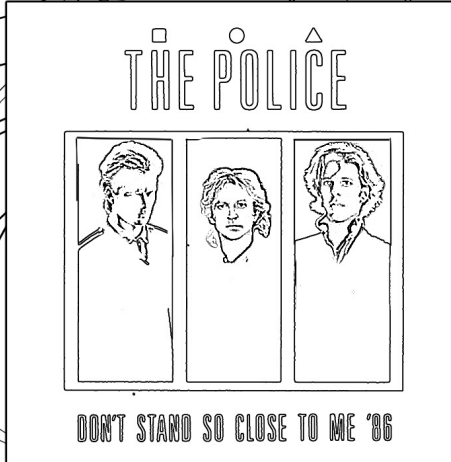
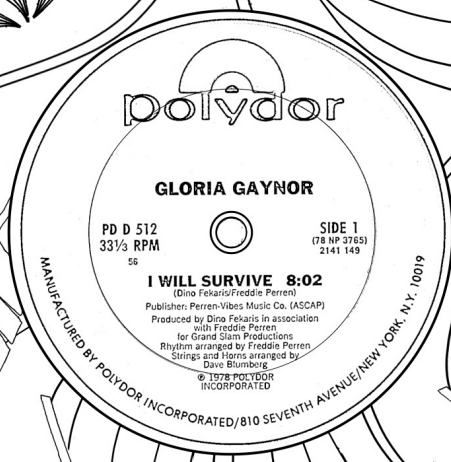
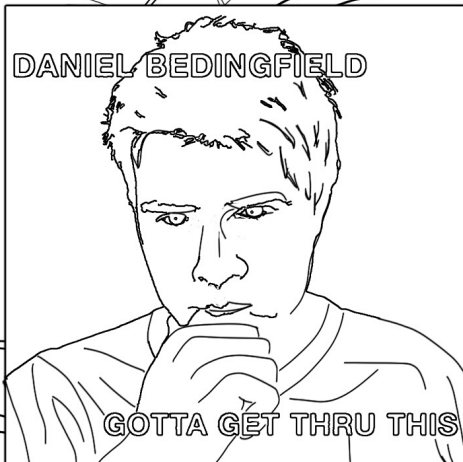
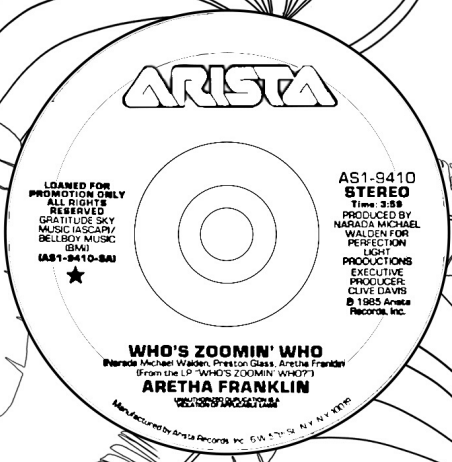




There's  
no place  
*like home*











good food  
good mood

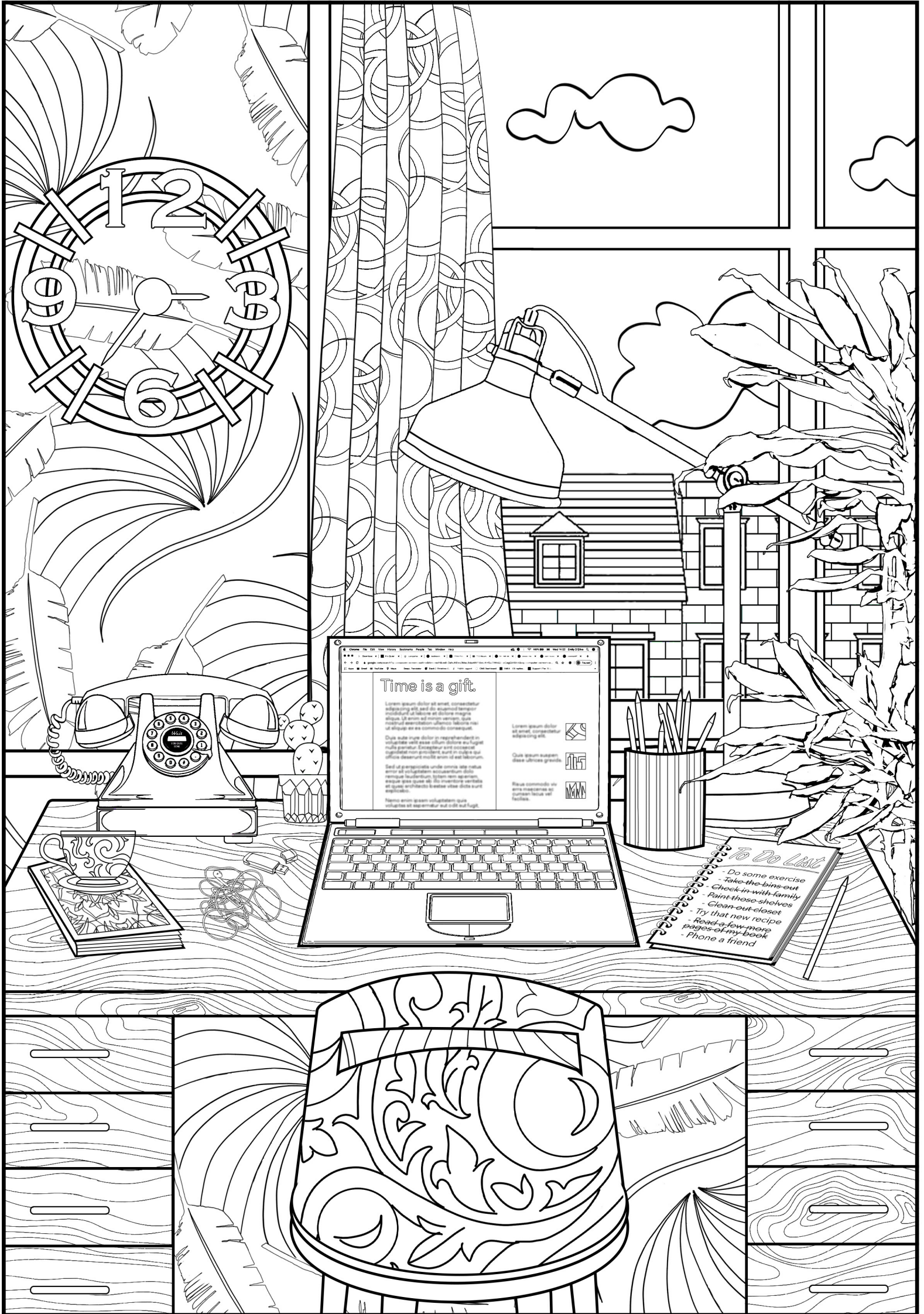
EMILIA  
DA SILVA  
Vinho tinto  
do alentejo,  
frutado, rico,  
encorpado mas  
suave, saporoso,  
com um final  
de prova elegante















WE'RE IN  
THIS TOGETHER