

THE HOUSE OF QUARANTINE

*Christmas
Edition!*

A Christmas special:
colouring sheets to
entertain you through
a COVID Christmas!

by Emily D'Silva



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 tranquillity, which is important to achieve during difficult times.

I was overwhelmed with the positive response the original House of Quarantine colouring book received, with over 1200 downloads in more than 50 countries around the world! The best thing about it is knowing that I have been able to bring a little joy to those people this year.

So here is a little Christmas Edition for you to enjoy in the holidays! Christmas is very different this year, but that does not mean we cannot still have fun.

Simply print of the sheets and enjoy them at home, whether on your own, with friends and family or your children.

Stay strong, have hope, and have a Merry Christmas!

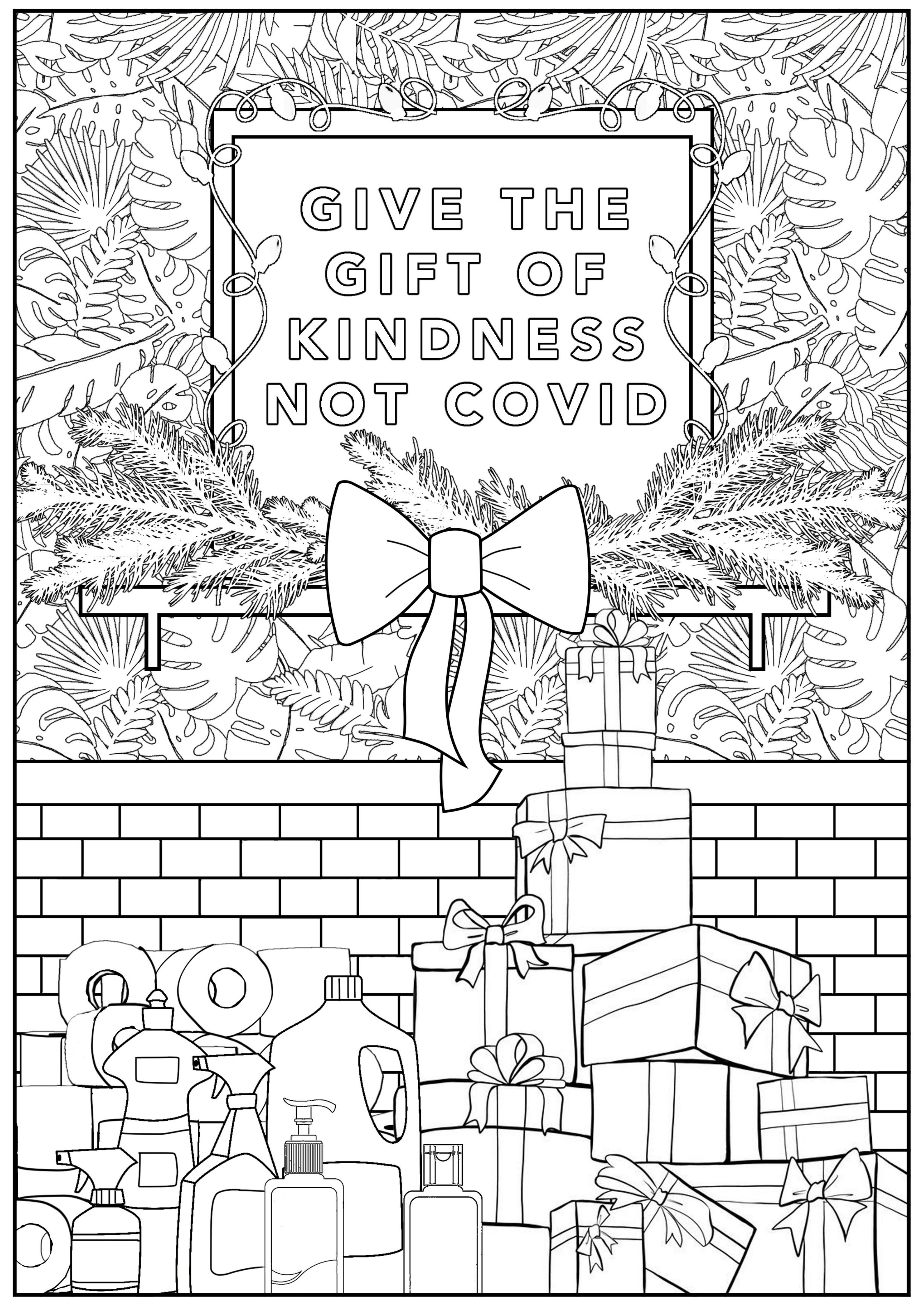
A handwritten signature in black ink that reads "Emily" with a small "x" at the end.

@_emilydsilva



@_emilydsilva

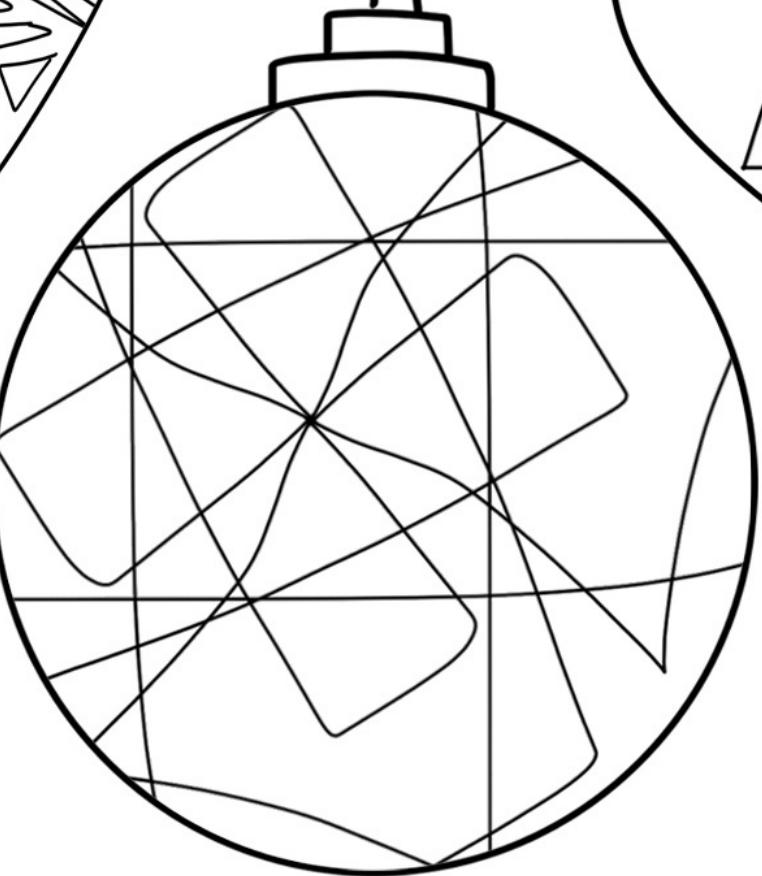
www.emilydsilva.wordpress.com



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