



JADED GREEN

Botanical Reset

An 8-page mindful colouring pack for
The Free Spirit

CREATIVE CALM

Screen-free rituals for deeper rest

WELCOME TO YOUR CREATIVE CALM

Use nightly · Print in black and white · No perfection required

You run on your own rhythm, and nature brings you home. Wander through leaves, ferns and pine trees at your own pace.

Colouring is a simple, screen-free way to give your attention one calm thing to do before bed. There's no skill needed and nothing to get right.

YOUR 10-MINUTE RITUAL

01**SET THE SCENE**

Dim the lights and put your phone in another room.

02**PRESS PLAY**

Put on the *Forest Canopy* sleep story, or sit in quiet.

03**COLOUR FOR 10 MINUTES**

One page at a time. Slow strokes, soft pressure.

04**STOP WHEN YOU'RE SLEEPY**

There is no need to finish a page. Come back to it tomorrow.

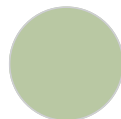
YOUR JADED GREEN PALETTE



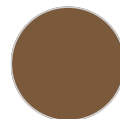
Moss



Fern



Sage



Bark



Jade

FOREST CANOPY



Start wherever your eye lands first. There is no right order.

PARADISE PALMS



Pick just three colours. Fewer choices, quieter mind.

LEAVES OF THE TROPICS



Stay in the lines, or don't. Quiet doesn't need to be perfect.

TWISTING TREE TRUNKS



Use the lightest pressure you can. Soft hands, soft mind.

ALPINE LEAVES



Leave some spaces white. Not everything needs filling in.

TROPICAL FLOW



Follow one line all the way to its end before starting the next.

AUTUMN FOLIAGE



Finish in the centre, like settling into bed.

BEFORE YOU SLEEP

Three prompts, then lights out

One thing I'm letting go of tonight...

Something small that made me smile today...

Tomorrow can wait because...

YOUR SLUMBERCODE · JADED GREEN - THE FREE-SPIRIT

Scan the QR code in your mask box, or visit slumbercode.com,
for more guides, soundscapes and rituals made for *The Free Spirit*.

Share your experiences of our
sleep system
[@slumber_code](https://twitter.com/slumber_code)

YOU'VE FINISHED YOUR COLOURING PACK

Keep the hour before bed on paper.

This guide is one small part of The Slumbercode Library: screen-free sleep tools you can print at home. Here's where *The Free Spirit* goes next.

LOVED COLOURING?



Essential Collection

20 pages of colouring, patterns and creative prompts.

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PICKED FOR YOU



Nightly Reflection

An essential, structured space for processing the day.

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NEXT STEP



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CALM15

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