

Under the Sea A Seashell Meditation for Children Coloring & Activity Book

1. Although this activity book has been created with children in mind, I don't mind saying that as an adult, I had a pretty nice time with the designs and spaces! The words basically take the participant through several pages of relaxing tasks as the pages are decorated, done with the under water theme. I like how the artist even allows room here and there for the participant to draw in themselves if they were a fish or drawing a picture of swimming into a cave – really different activity book! I used colored pencil and crayon in my book, but for the more experienced, I think the pages may be thick enough for some kinds of paint. In any event, I liked this activity book and would recommend it!

[Available on Amazon](#)

