

COLOURING CORNER

BLUE MONDAY COLOURING

How are you finding 2025 so far? You might be feeling a bit sad that Christmas is over! This Monday (20 January) has a special name – Blue Monday. That’s because some people feel that the third Monday in January is the saddest day of the year. So if you’re feeling blue, why not add a splash of colour to the design below? Colouring can be fantastic for your mental health and might help to make you feel a bit less blue! If you’d like to share your artwork with other readers, email your colouring to: kidsalive@salvationarmy.org.uk.

Make sure you write ‘Blue Monday Colouring’ in the subject box and give us your full name, age and address. Alternatively you can post your colouring to: Your Space, *Kids Alive!* 1 Champion Park, London SE5 8FJ. **One last reminder, if you’re sending by post remember to fill in the details below so we know who you are. We send a gift to everyone whose colouring we publish, so don’t miss out!**



Name:

Age:

Address:

Postcode: