

## Introduction

The idea for this colouring book came from discussions with young people across the country about things that help combat feelings of isolation and loneliness. They wanted to produce something that encapsulated all of these ideas and in a way they could also share with others.

The book itself will take you on a journey across the country and explore these activities and introduce you to local folklore tales and stories from each of the areas.

## Activities represented

Walking outdoors. Being with pets/animals. Exercise. Being around other people and having fun. Playing/listening to music. Looking at artwork/taking part in arts and crafts. Having a nice cup of tea. Cooking and baking.

## Stories represented

North East The Lambton Worm

North West Bands from Liverpool & Manchester music scenes (Beatles/Oasis)

Yorkshire and Humber Denby Dale Pie

East Midlands Robin Hood

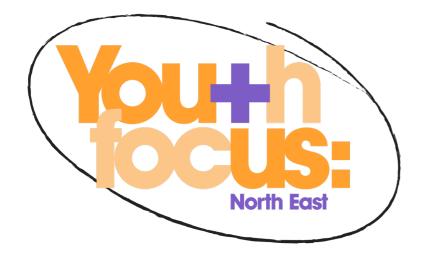
West Midlands Shakespeare, Lady Godiva

East Anglia Beowulf, Black Shuck South West Mermaid of Zennor South East Biddenden Maids

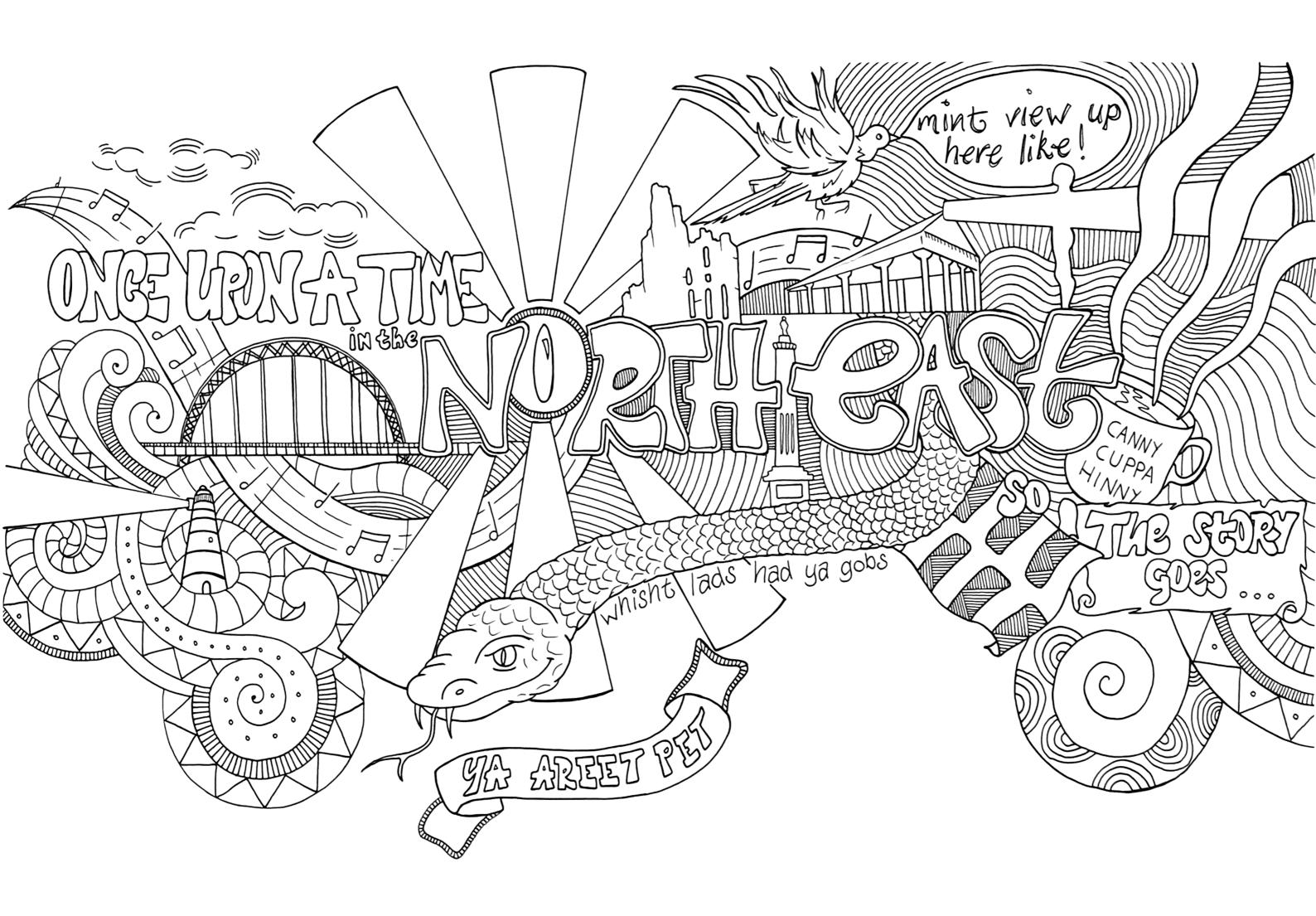
London Sherlock Holmes, Guy Fawkes, Ravens of the Tower of London

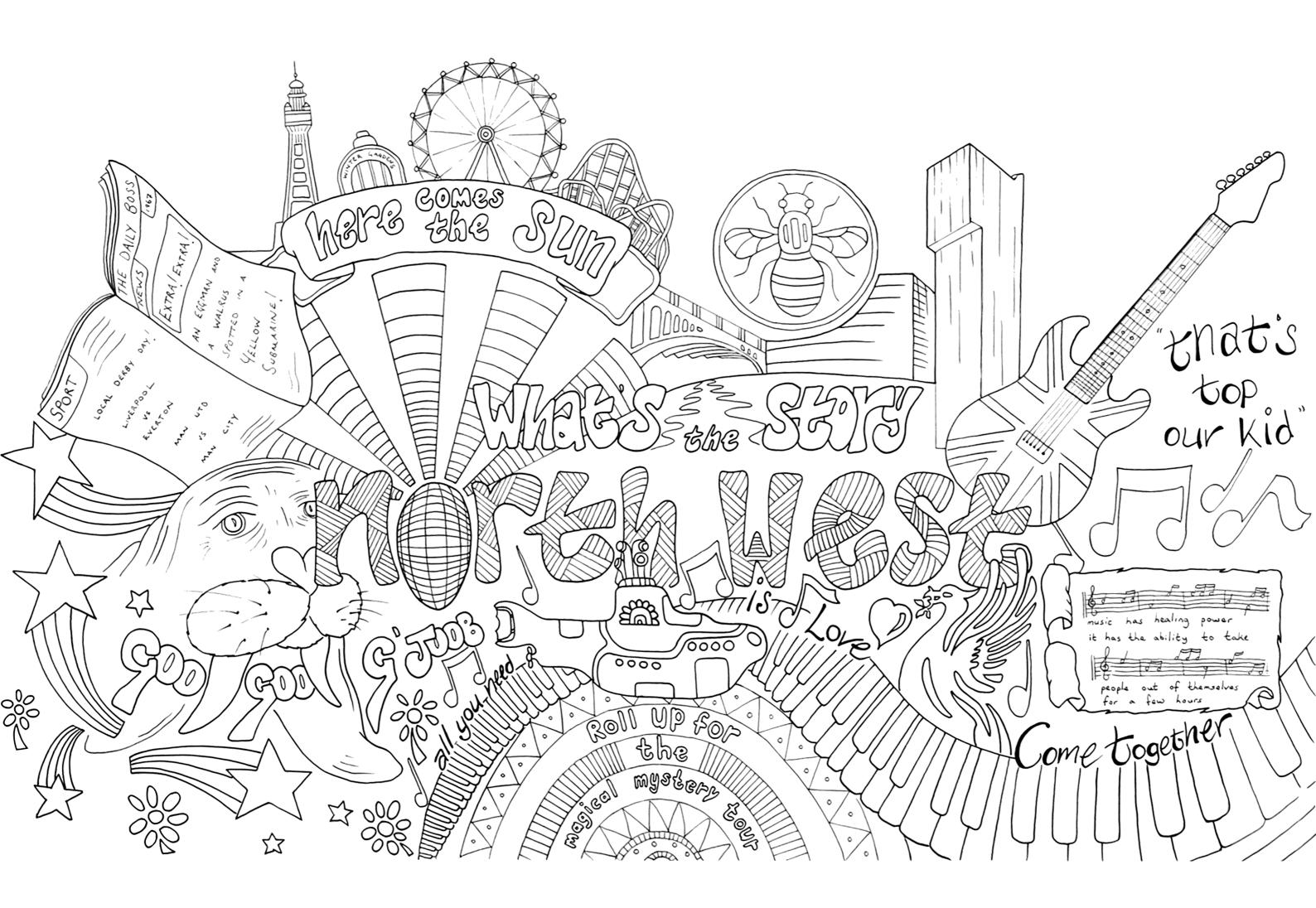
Journeys, activities and stories can create an escapism, allowing the space to use your imagination, connect to and learn about others and things around you. They can also create opportunities for amazing and interesting conversations too. So let this book do just that!

Get your pens and pencils ready, enjoy, relax, explore and don't forget to share your own stories too.



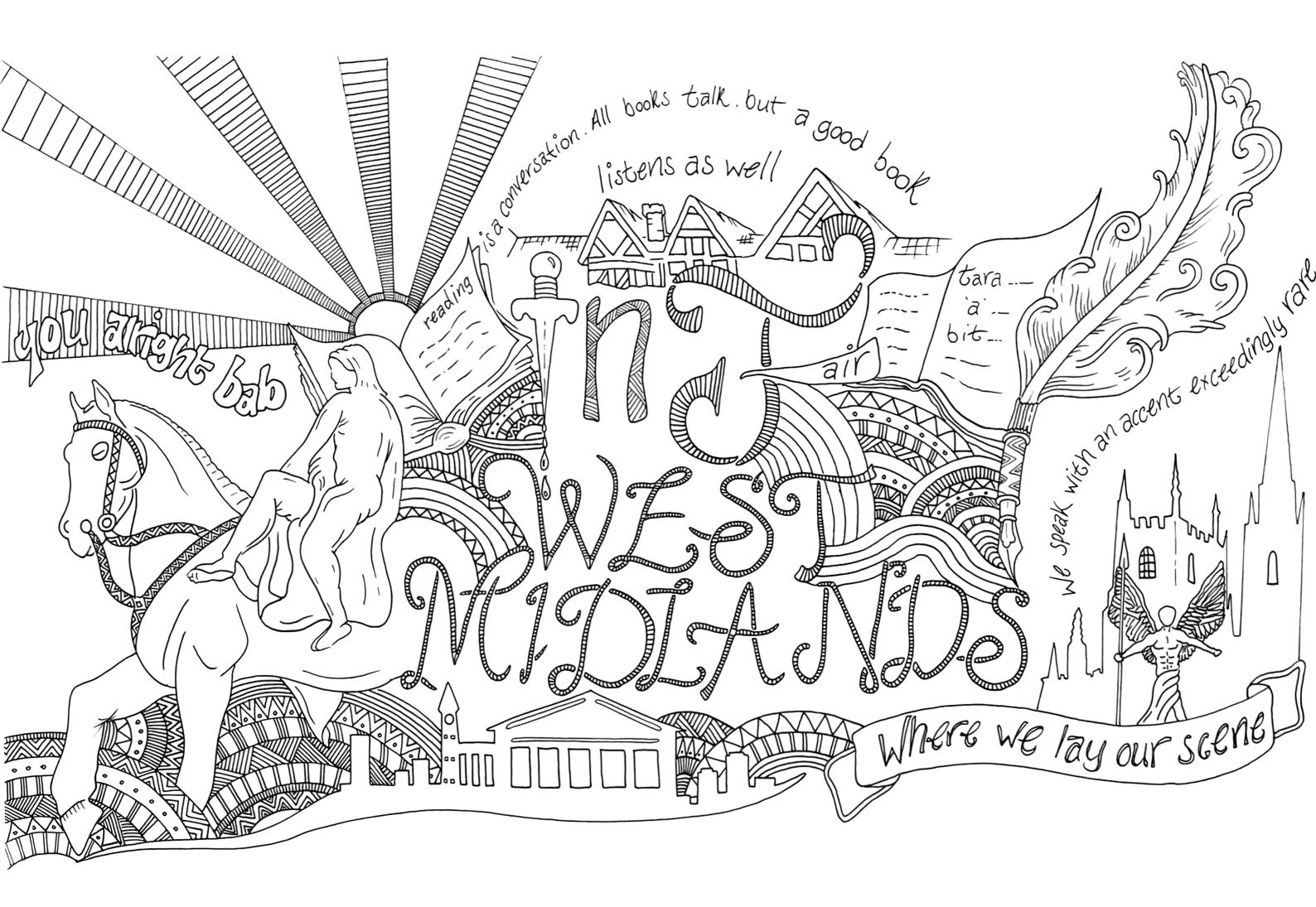








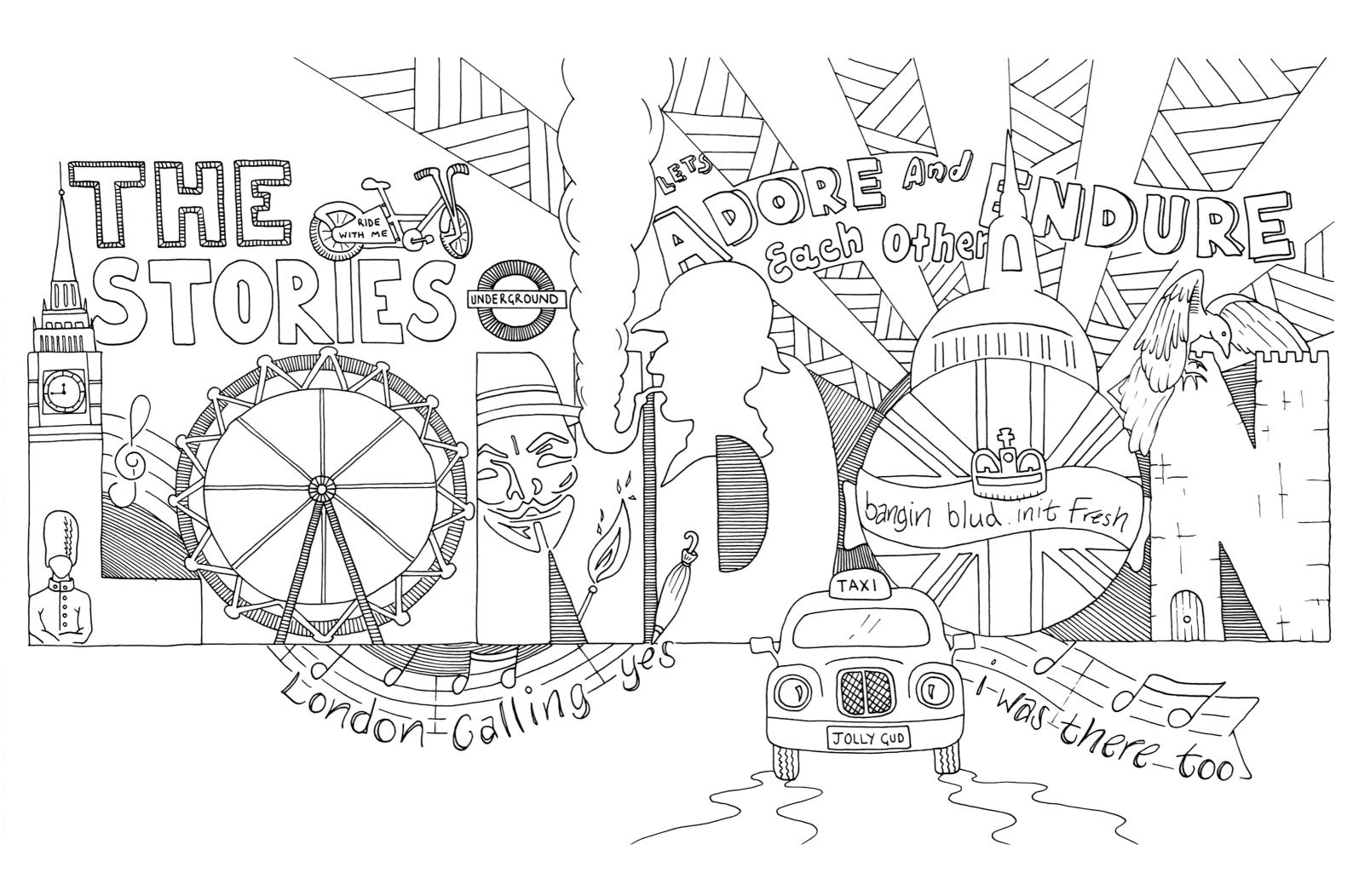
















National Youth Partnership



