PLANTS &
FLOWERS
FREE SAMPLE
COLORING BOOK
SIMPLE | BOLD | EASY

Plants and Flowers Coloring Book:

Simple, Bold, Easy, Relaxing Floral Fun for Seniors & Adults

Free Sample

Images and Text © 2025

Andy Harris

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WELCOME!

Thank you for downloading this free sample!

This free version is for home use so feel free to print off the pages and practic coloring.

Get ready to relax and unwind with the simple beauty of nature! This Plants and Flowers Coloring Book is designed for seniors and adults who love bold, easy-to-color floral designs. Whether you're looking for a soothing creative escape or a fun way to enjoy art without intricate details, this book offers a stress-free coloring experience.

Inside, you'll find a delightful collection of flowers, leaves, and plants—each thoughtfully illustrated with bold lines and open spaces, making it perfect for all skill levels. Use your favorite markers, colored pencils, or crayons to bring these designs to life and create your own garden of colors!

So, grab your coloring tools, settle into a cozy spot, and let your creativity bloom. We hope you enjoy this relaxing journey through nature as much as we enjoyed creating it.

Happy coloring!

Tips for Coloring Success

1. **Plan your colors:** It's important to choose colors that will complement the design. Consider choosing colors that are harmonious and work well together, rather than colors that clash or distract from the overall design.

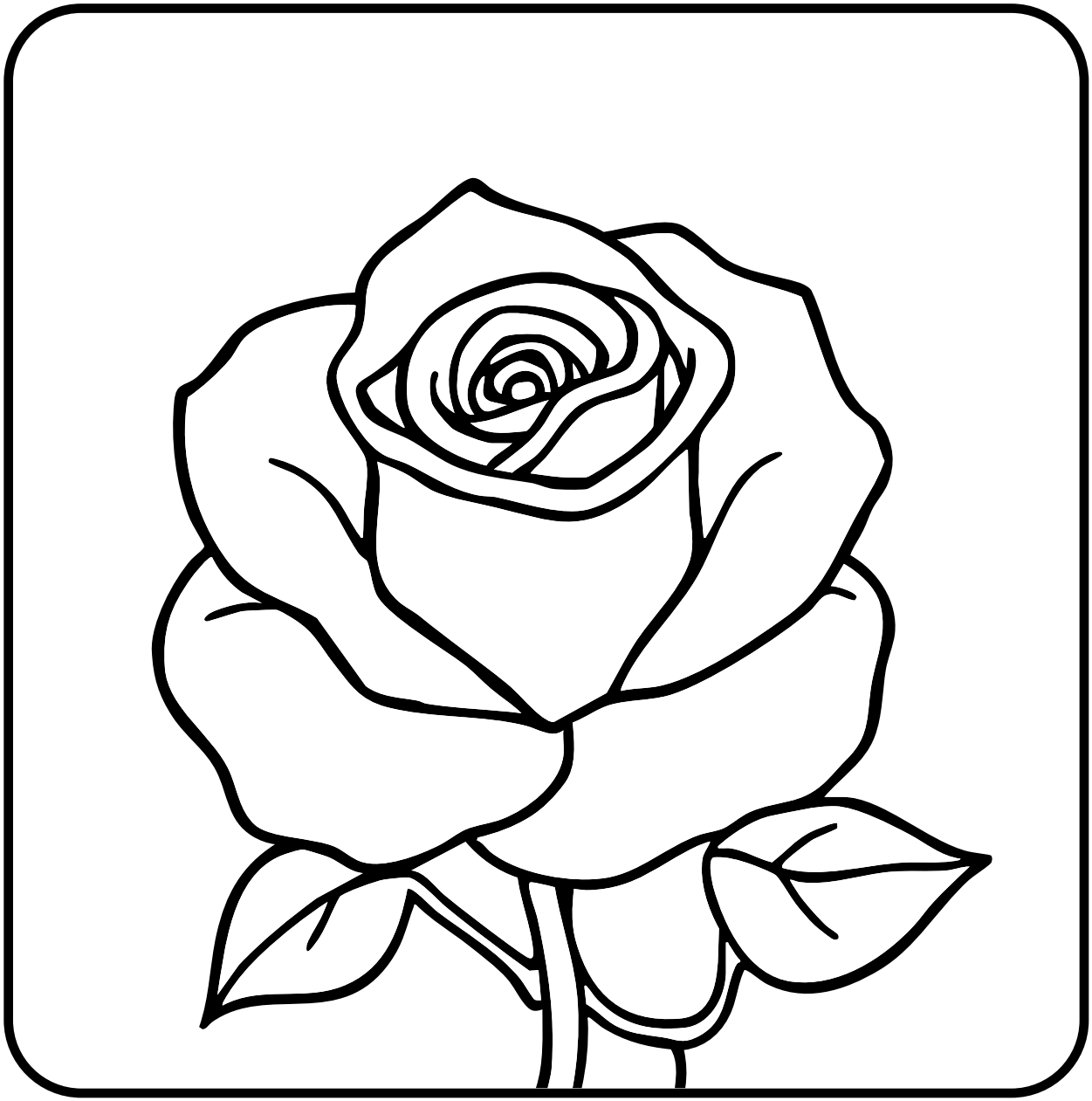
2. **Start with light colors:** If you're working with pencils or markers, it's often easier to start with lighter colors and then layer on darker shades as you go. This will help you avoid smudging or covering up the lighter colors as you work.

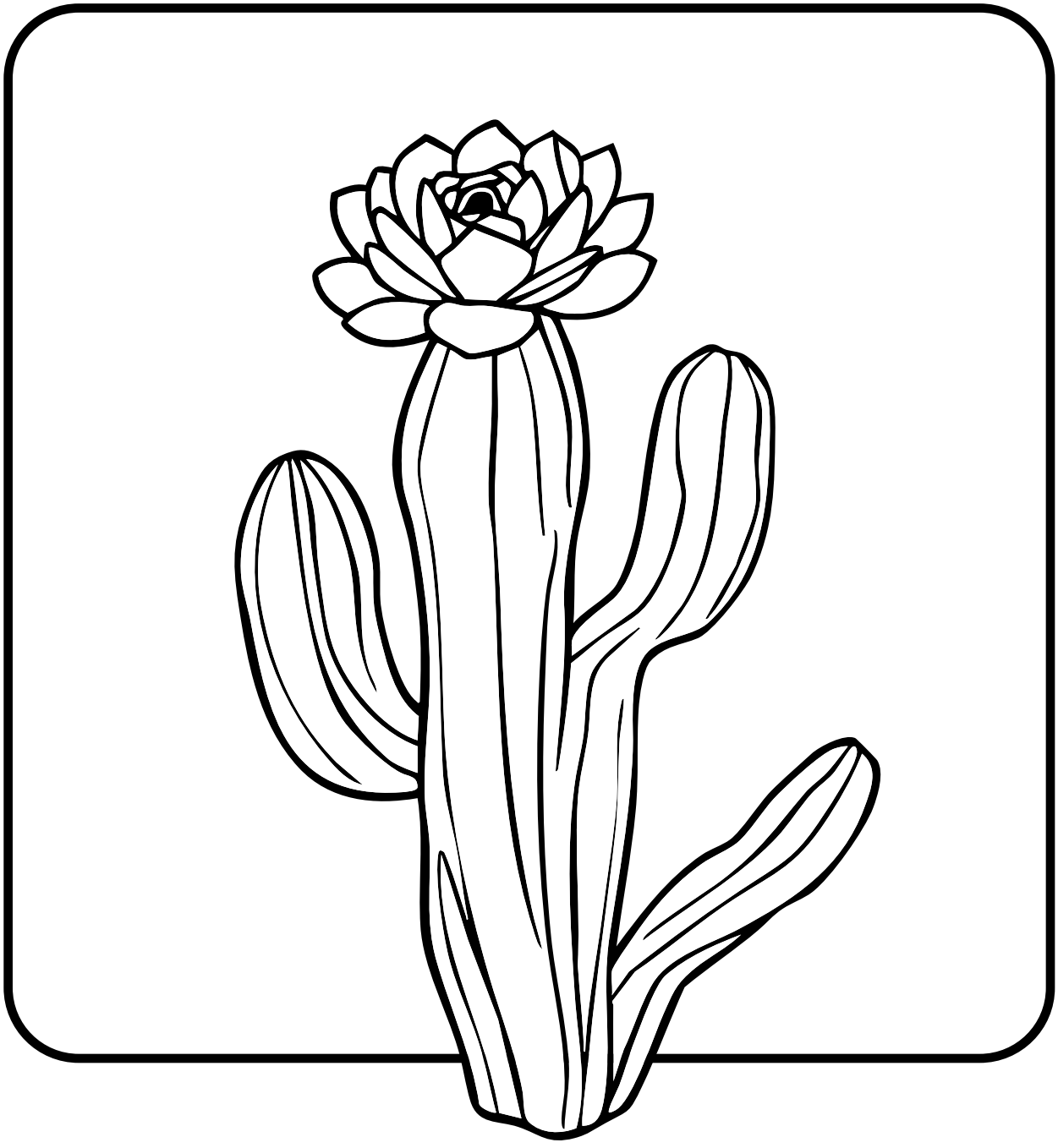
3. **Experiment with coloring techniques:** There are many different coloring techniques you can use to add depth and interest to your design. For example, you can use shading to create a sense of volume and dimension, or you can use layering to create a gradient effect. Experiment with different techniques to find what works best for you.

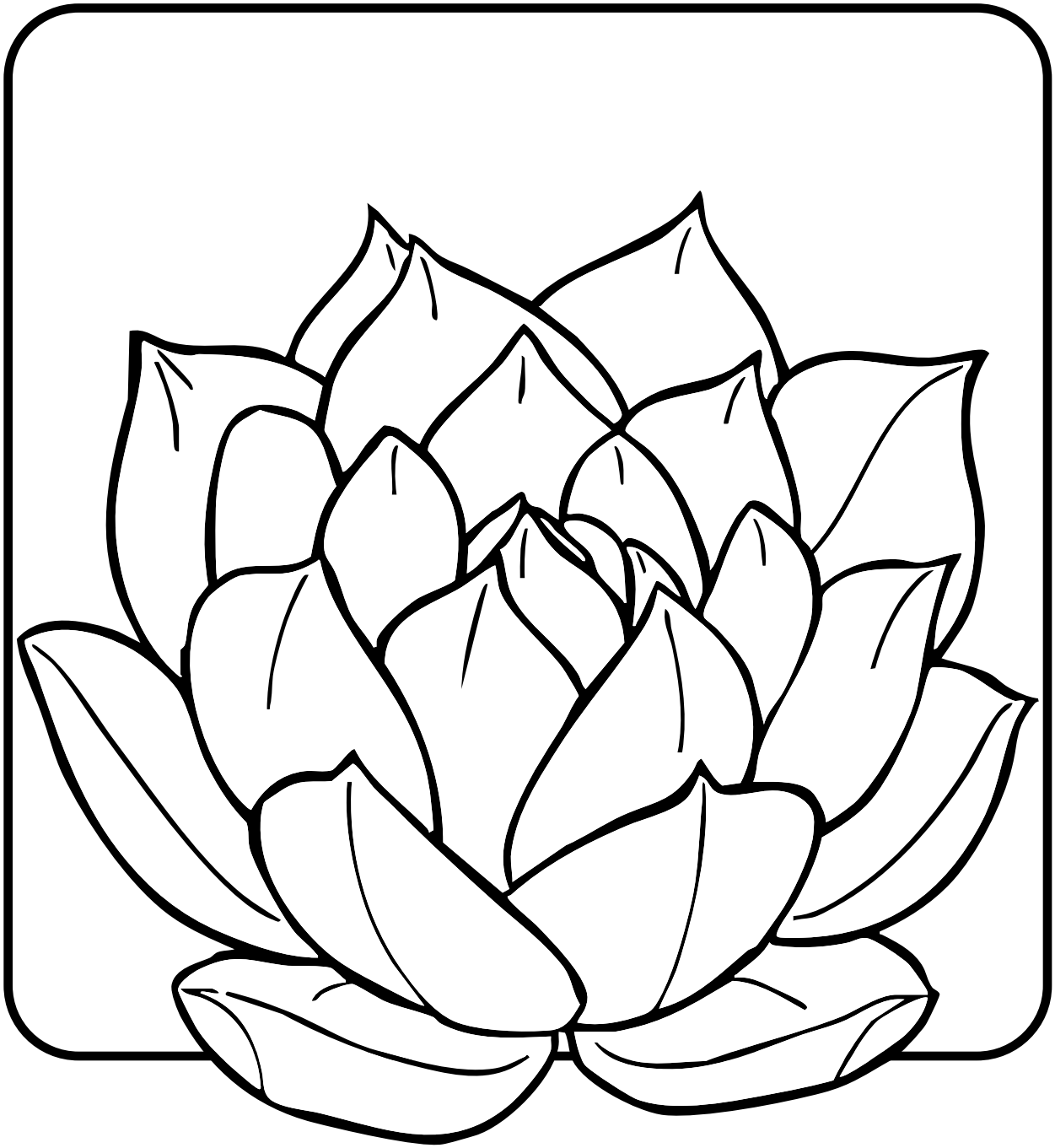
4. **Take breaks:** Coloring these pages can be a relaxing and enjoyable activity, but it's important to take breaks and rest your eyes to avoid strain. Consider setting a timer for yourself and taking a short break every 20-30 minutes to stretch and rest your eyes.

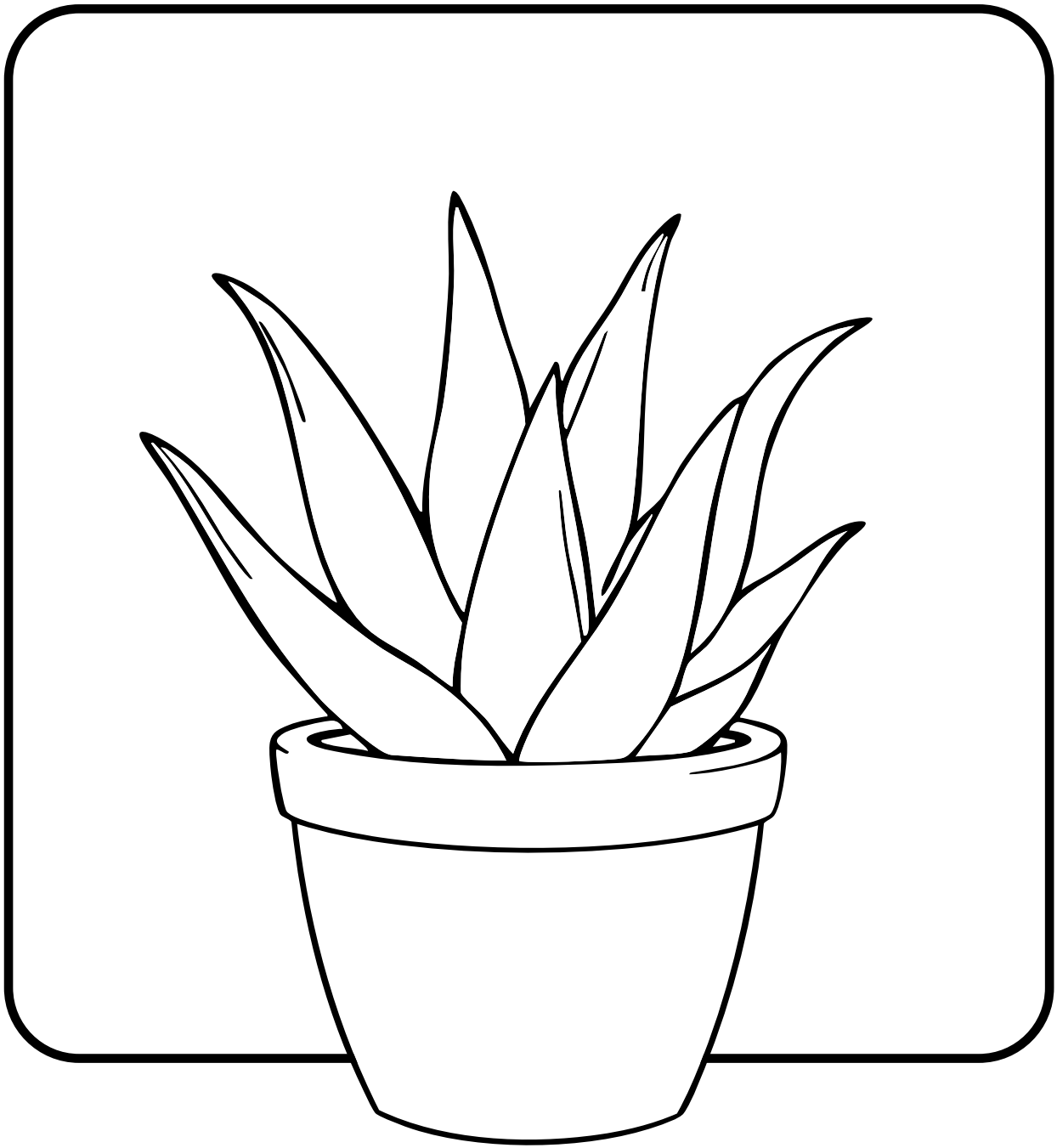
5. **Focus on the process:** Coloring can be a form of mindfulness, so try to focus on the present moment and enjoy the process rather than stressing about the final product. Remember that it's not about perfection, it's about finding enjoyment and relaxation in the activity.

6. **Embrace happy accidents:** You can be as careful as possible and still find yourself making mistakes. It happens even to the great masters. All of these are unique designs, but have many similarities. This gives you freedom to make mistakes and still have others to rely on that look similar.









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