



Dear Parents  
Here are some colouring pages for you to enjoy with your children. Colouring helps us to step away from the frantic pace, disconnect from the digital world and enables us to remain centred and focused on our families. Enjoy these illustrations from Albert.  
Best wishes

*Joanne*

# MORE TIME MOMS<sup>®</sup> COLOURING BOOK

Lots of fun for kids and parents too!

2018 EDITION





*“If your actions inspire others to dream  
more, learn more, do more and become more,  
you are a leader.”*

JOHN QUINCY ADAMS



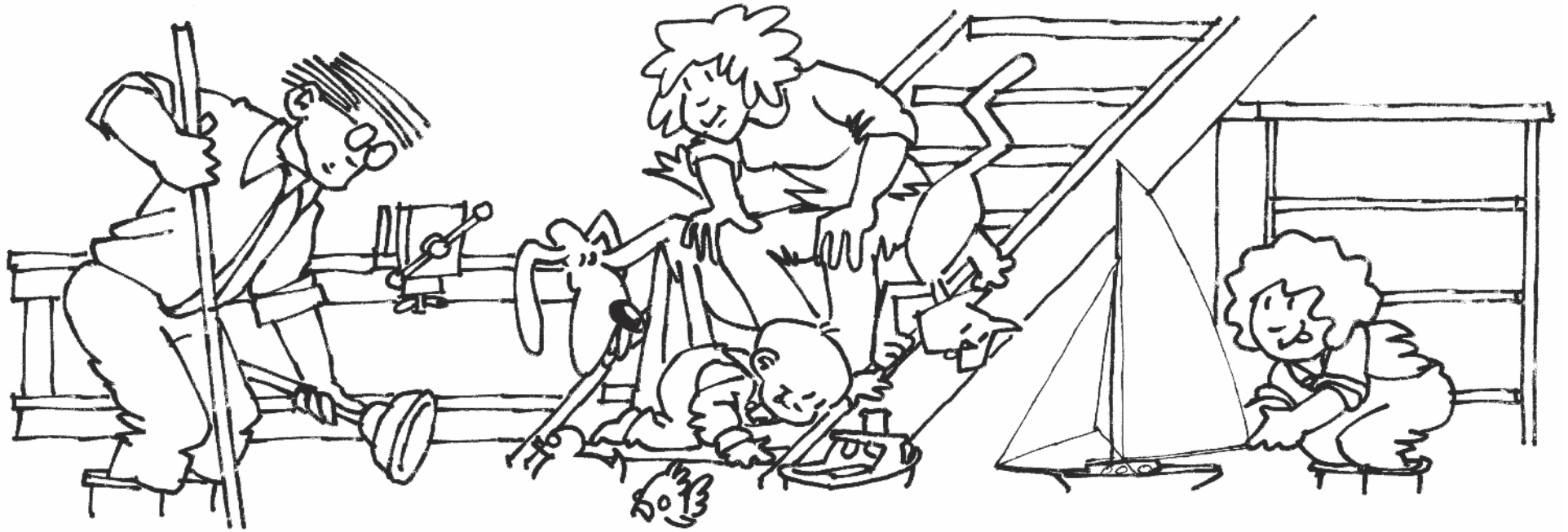
*“we don't stop playing  
because we grow old; we grow old  
because we stop playing.”*

GEORGE BERNARD SHAW



*“Music gives a soul to the universe,  
wings to the mind, flight to the  
imagination and life to everything else.”*

PLATO



*“Obstacles are those frightful things you see when  
you take your eyes off your goal.”*

HENRY FORD



*“The purpose of our lives is to  
be happy.”*

DALAI LAMA



*“The more that you read,  
the more things you will know. The more you read,  
the more places you will go.”*

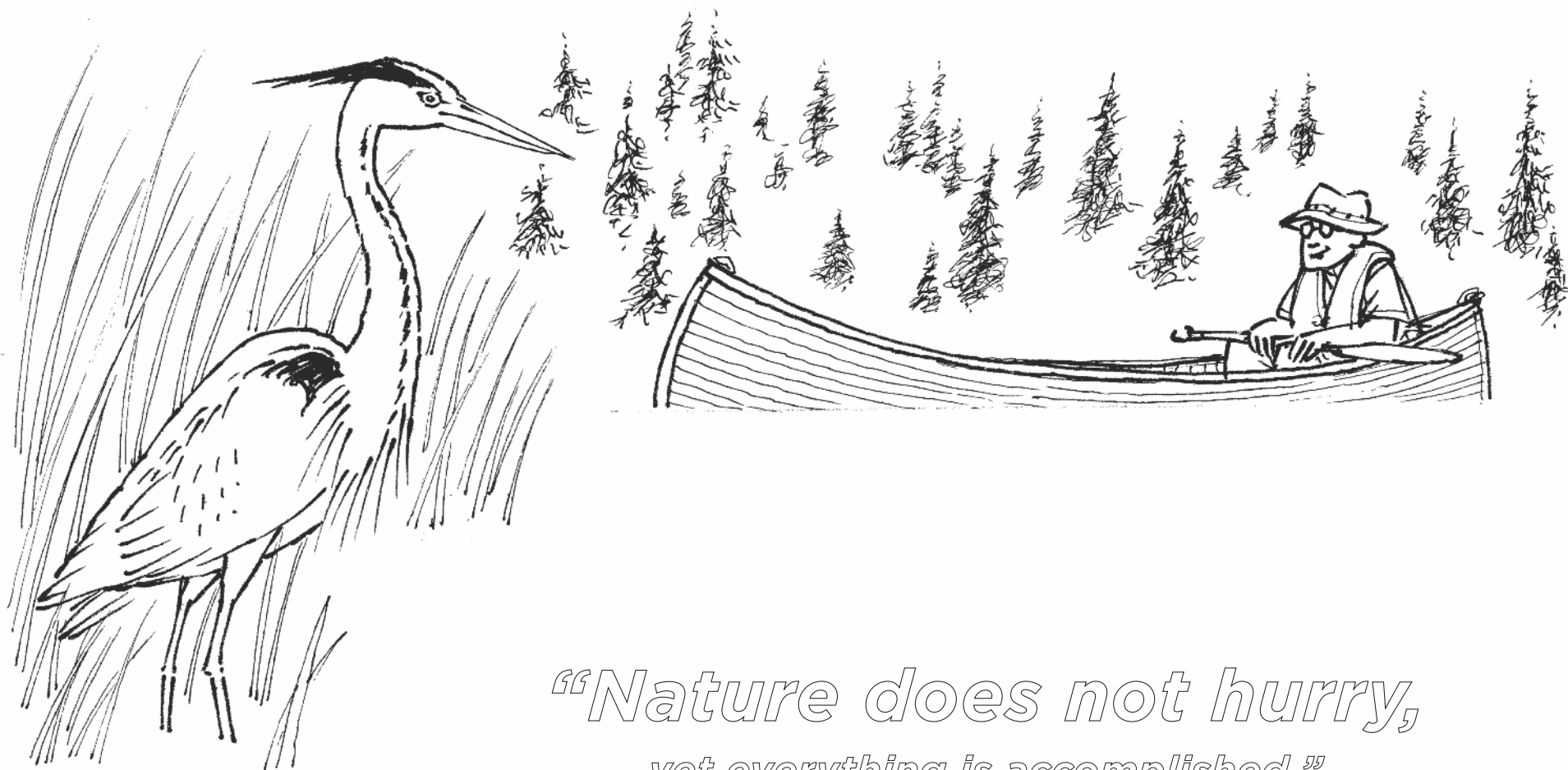
DR. SEUSS



*“This is the power of gathering: it inspires us, delightfully, to be more hopeful, more joyful, more thoughtful in a word, more alive.”*

ALICE WATERS





*“Nature does not hurry,  
yet everything is accomplished.”*

LAO TZU



*“Tell me and I forget. Teach me and I remember.  
Involve me and I learn.”*

BENJAMIN FRANKLIN



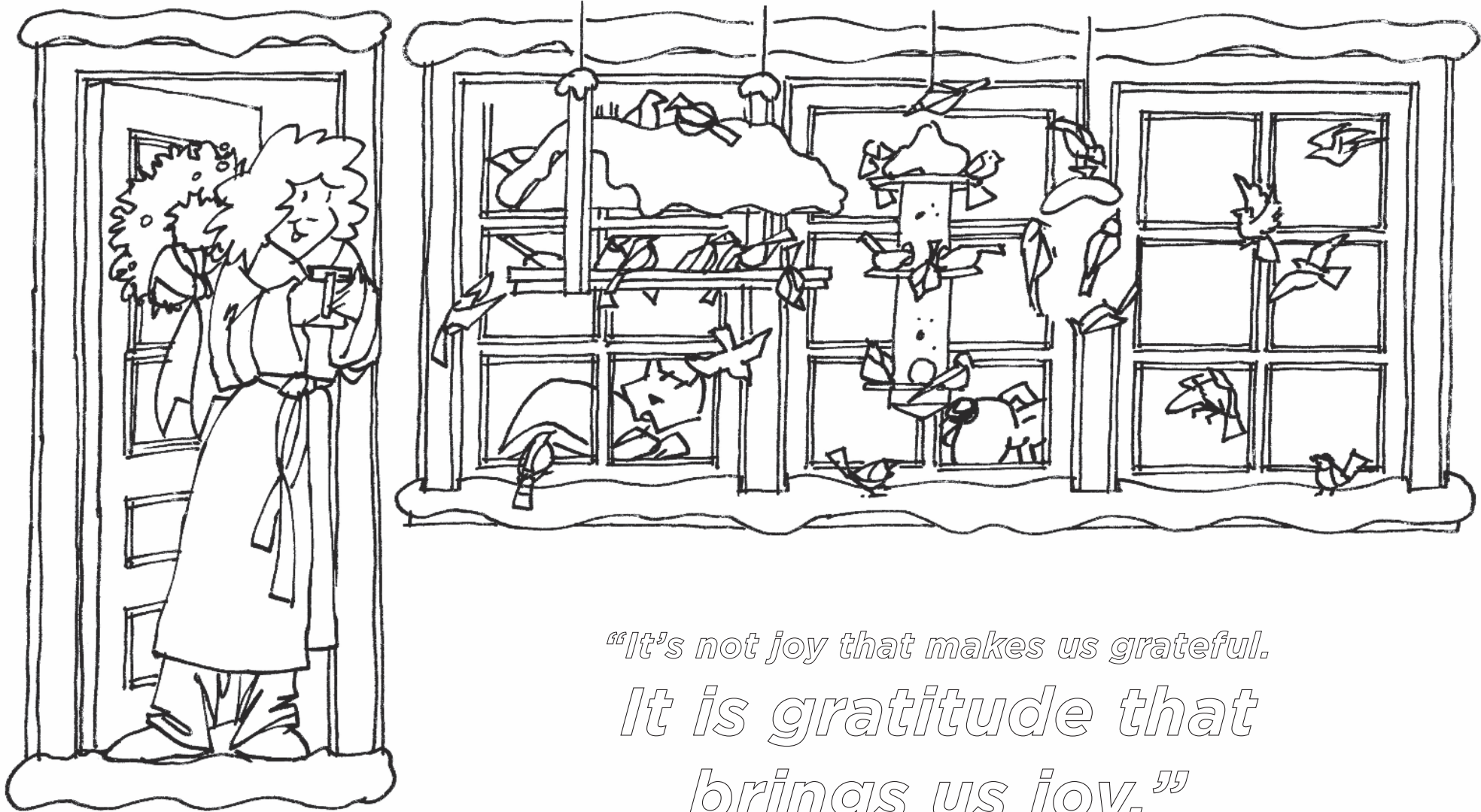
*“There is only one thing **more**  
precious than our time and that is  
who we spend it on.”*

LEO CHRISTOPHER



*“I can do things you cannot,  
you can do things I cannot.  
Together we can do great things .”*

MOTHER TERESA



*“It’s not joy that makes us grateful.  
It is gratitude that  
brings us joy.”*

BROTHER DAVID STEINDL-RAST