

BOTANICAL COLOURING

Mindful colouring from Manchester Museum's botany collection.

Materials: Colouring pencils or pens

You don't have to be an expert artist to colour! If you're looking for an uplifting way to unwind after a stressful day, colouring will do the trick. The Museum's herbarium sheets fade over time so we invite you to let your imagination go and colour in the sheets.

Research suggests that mindful colouring can provide numerous benefits for all ages. Along with the chance to relax and refocus, it can help lift your mood, decrease anxiety and stress, improve focus and in some cases improve sleep. It allows us to switch off and focus on the moment.

The horse chestnut is from Leo Grindon's collection from Chatsworth House. Leopold Hartley Grindon (1818 - 1904) was an educator and botanist.

He was a pioneer in adult education and his collection of plants, related botanical drawings and writings formed an important collection within the herbarium at Manchester Museum.



Original image.

At Manchester Museum we have worked with artist Lucy Burscough to take inspiration from our Botany collection to create some colouring sheets. If you want to try more, you can find them here: mminquarantine.com/resources-for-carers

Leo would have used the horse chestnut in talks and tutorials, encouraging people to take notice of the plants round them.



Aesculus hippocastanum:
green fruit.
Chesham Park
= 1847 -
Str.
June 14/09 R.

The HERBARIUM of the
MANCHESTER MUSEUM.

Aesculus hippocastanum

Loc.
Coll. LEO. GRINDON.
Reg. No. Kk 570.