

THE **HARMONY**  
OF **COLOUR** SERIES

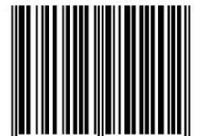
# TEDDIES AND TOYS

RELAX AND UNWIND WITH  
ADULT COLOURING

BOOK EIGHTY

AUST \$12.95 NZ \$12.95 INC GST

ISBN 978-1-925951-20-2



9 781925 951202 >

nuclear  
BOOKS

THE **HARMONY**  
OF **COLOUR** SERIES

# TEDDIES AND TOYS

Stressed out at work? Are the pressures of the world getting you down? We guarantee relaxation with these complex Zen and anti-stress colouring pages for adults.

*Harmony of Colour: Teddies and Toys* offers detailed images and patterns that are chosen by experts for their soothing properties.

Be aware of the overall harmony of your colouring rather than focusing on each element individually. Try to balance the colours so that they are a reflection of your emotions of the moment. If the colours of your page are in harmony, then your mind will follow!

Now... grab your pencils or textas and de-stress...



Find Harmony of Colour on Facebook:

[www.facebook.com/harmonyofcolour](http://www.facebook.com/harmonyofcolour)

Follow us on Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



PO Box 230  
Double Bay NSW 1360  
Australia  
+612 9363 1464

Creative Director: Luke Shaddock  
Managing Director: Michael Downs

All images: Shutterstock



“There is nothing like staying  
at home for real comfort.”

— Jane Austen —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“A bear teaches us that if the heart is true, it doesn't matter much if an ear drops off.”

— Helen Exley —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The very essence of playfulness is an openness to anything that may happen, the feeling that whatever happens, it’s okay... you’re either free to play, or you’re not.”

— John Cleese —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Age simply doesn’t enter into it! The older the friend, the more he is valued, particularly when he shows so visibly the characteristics that we all look for in friends. You have only to look at a genuine teddy’s face to see at once the loyalty, common sense, and above all, dependability behind it.”

— Peter Bull —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“A hug is like a  
boomerang - you get  
it back right away.”

— Bil Keane —



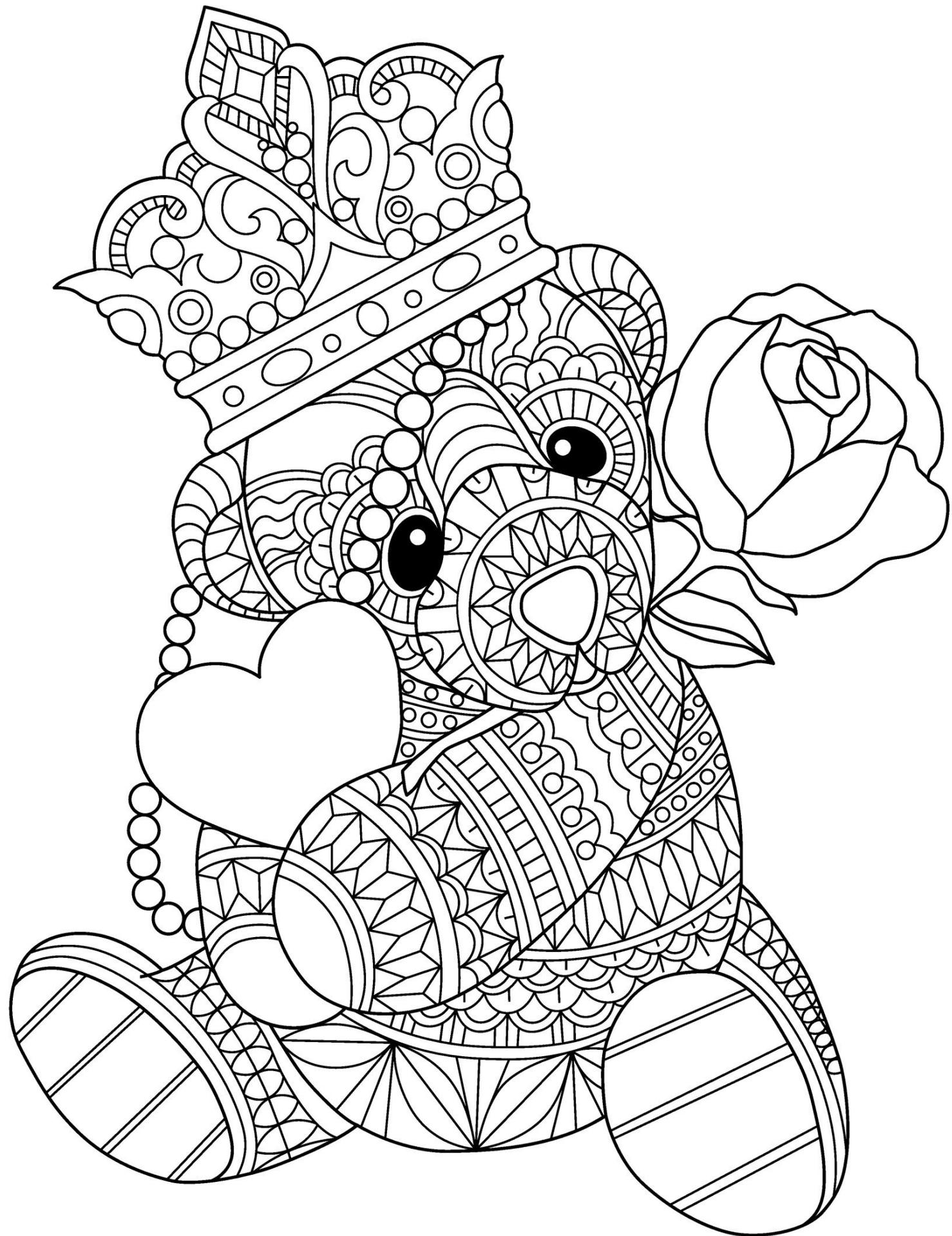
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“A child who does not  
play is not a child, but  
the man who doesn’t  
play has lost forever the  
child who lived in him  
and who he will miss  
terribly.”

— Pablo Neruda —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The best gift you can  
give is a hug: one  
size fits all and no one  
ever minds if  
you return it.”

— Marge Piercy —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“He is happiest, be he  
king or peasant, who finds  
peace in his home.”

— Johann Wolfgang von Goethe —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The debt we owe to the play  
of imagination is incalculable.”

— Carl Jung —



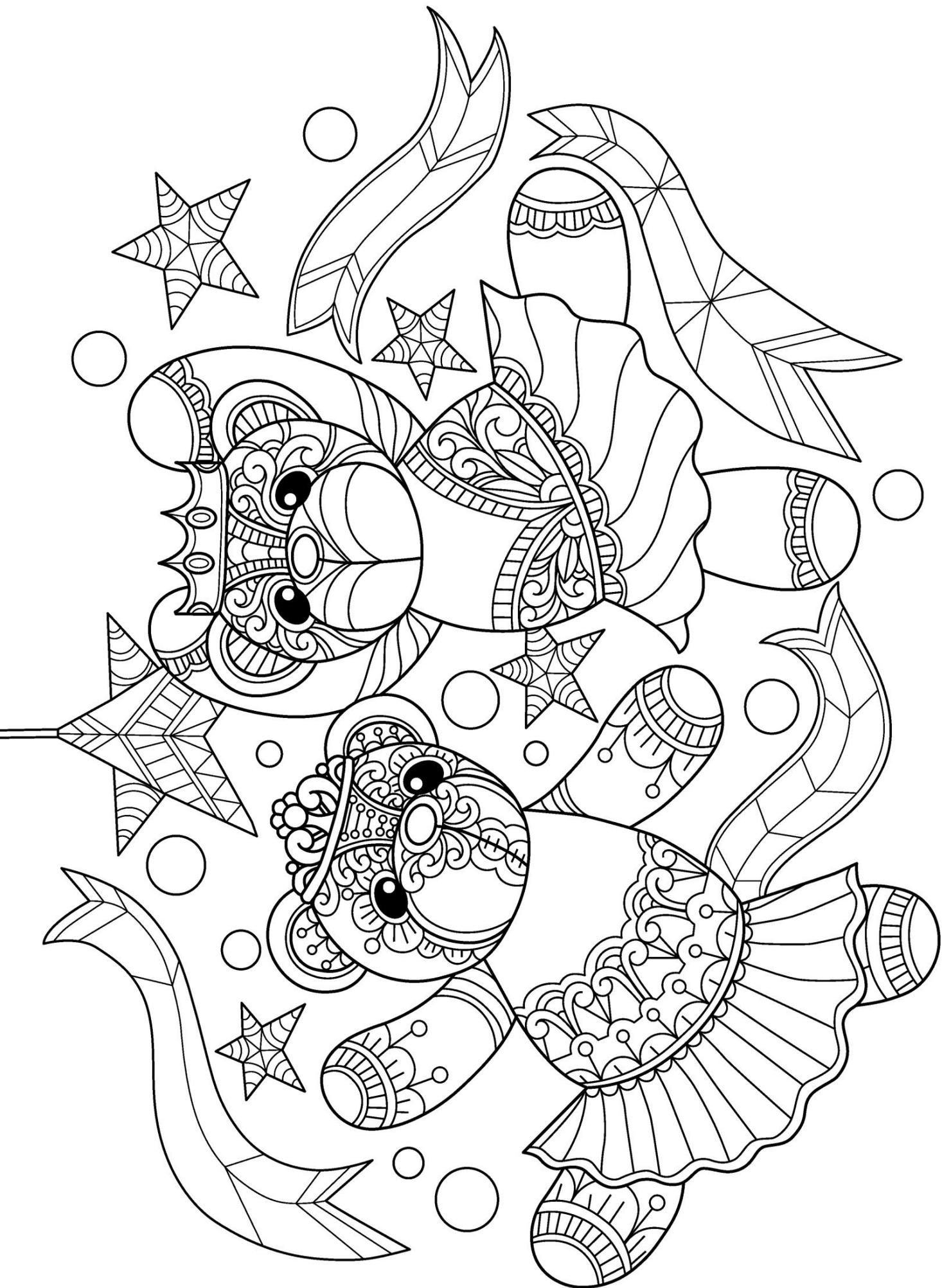
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Where we love is  
home - home that our  
feet may leave, but  
not our hearts.”

— Oliver Wendell Holmes Sr. —



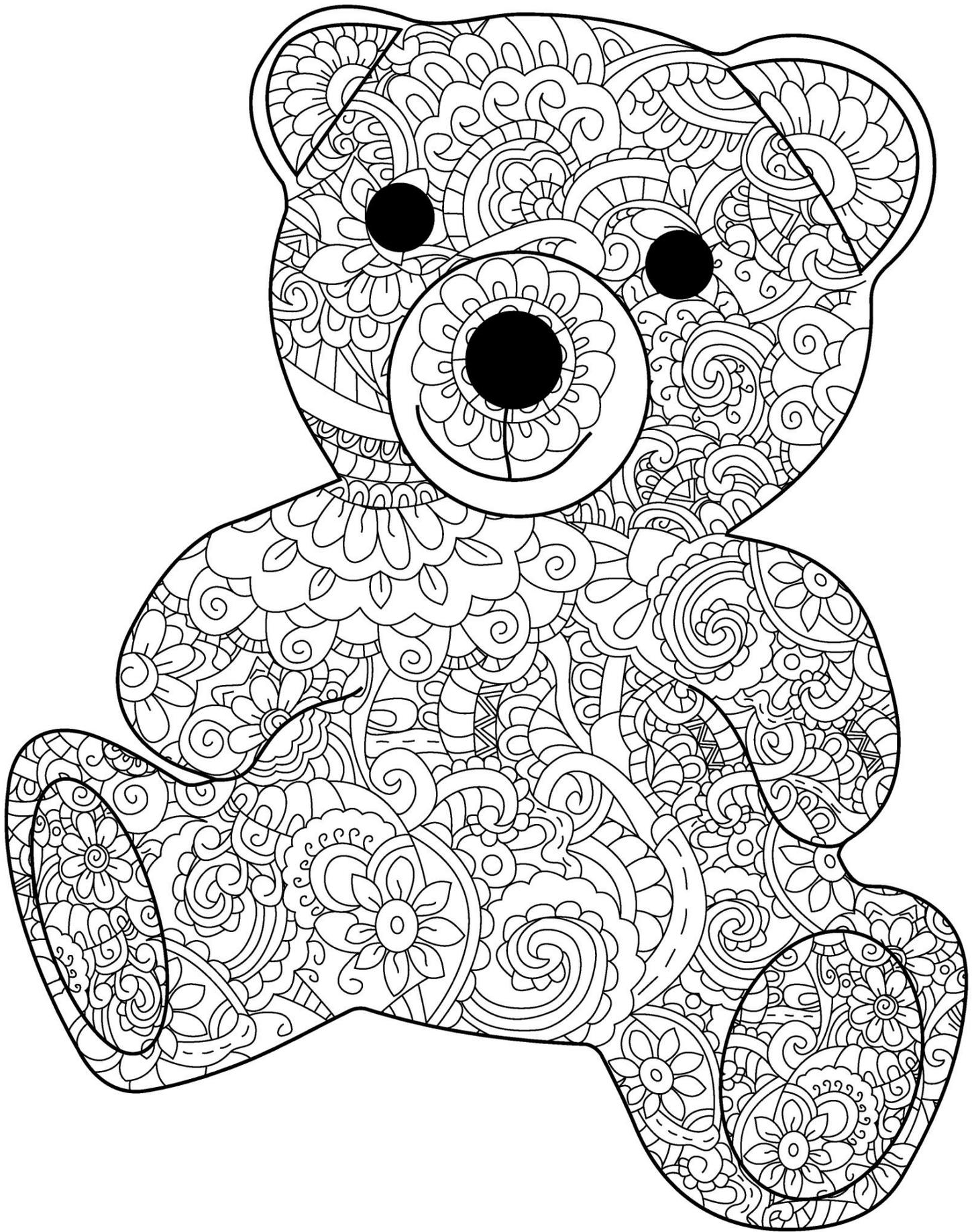
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Work consists of whatever a  
body is obliged to do. Play  
consists of whatever a body  
is not obliged to do.”

— Mark Twain —



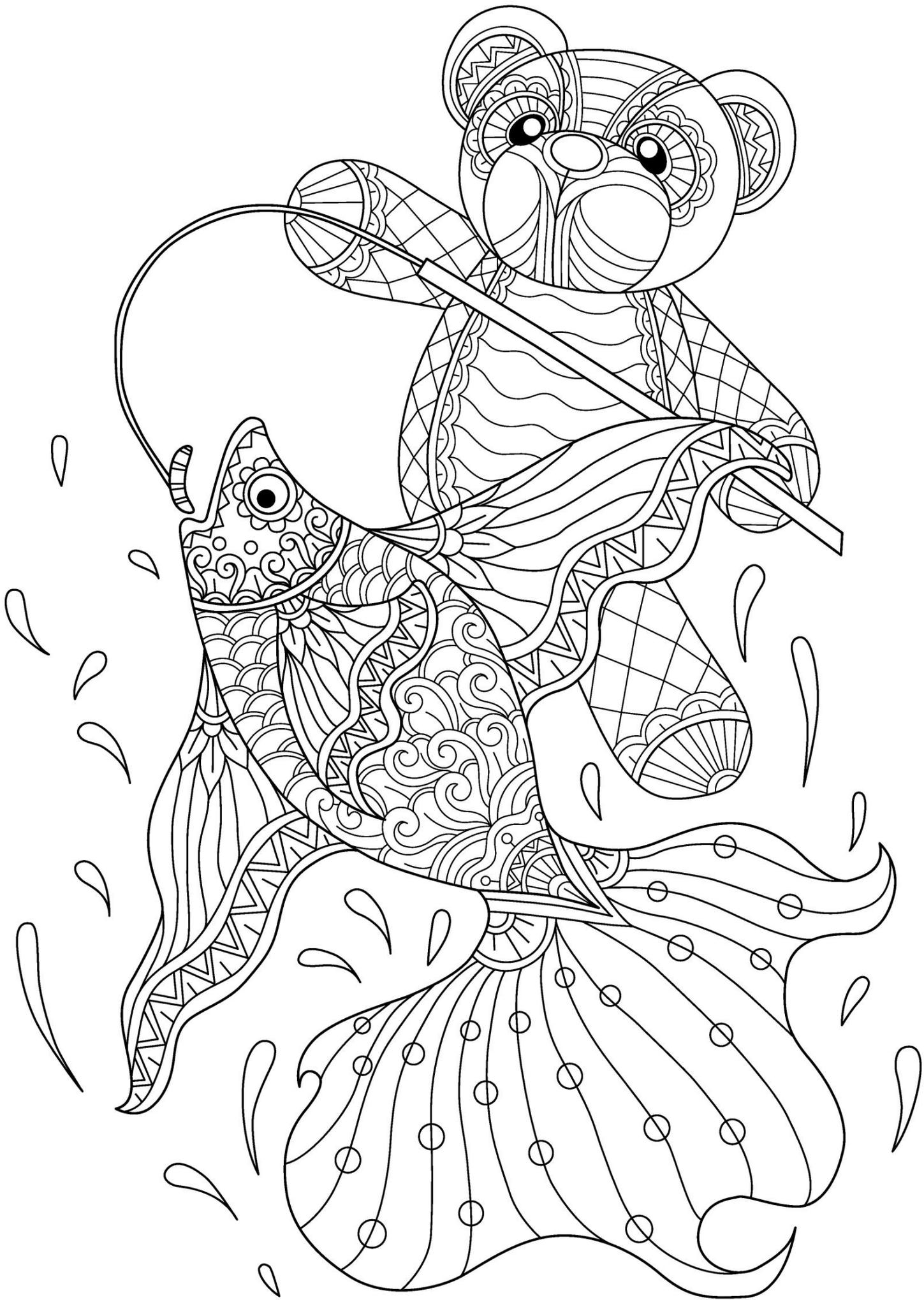
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The power of  
finding beauty in  
the humblest things  
makes home happy  
and life lovely.”

— Louisa May Alcott —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Love begins by taking  
care of the closest ones  
- the ones at home.”

— Mother Teresa —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The ache for home lives  
in all of us, the safe place  
where we can go  
as we are and not  
be questioned.”

— Maya Angelou —



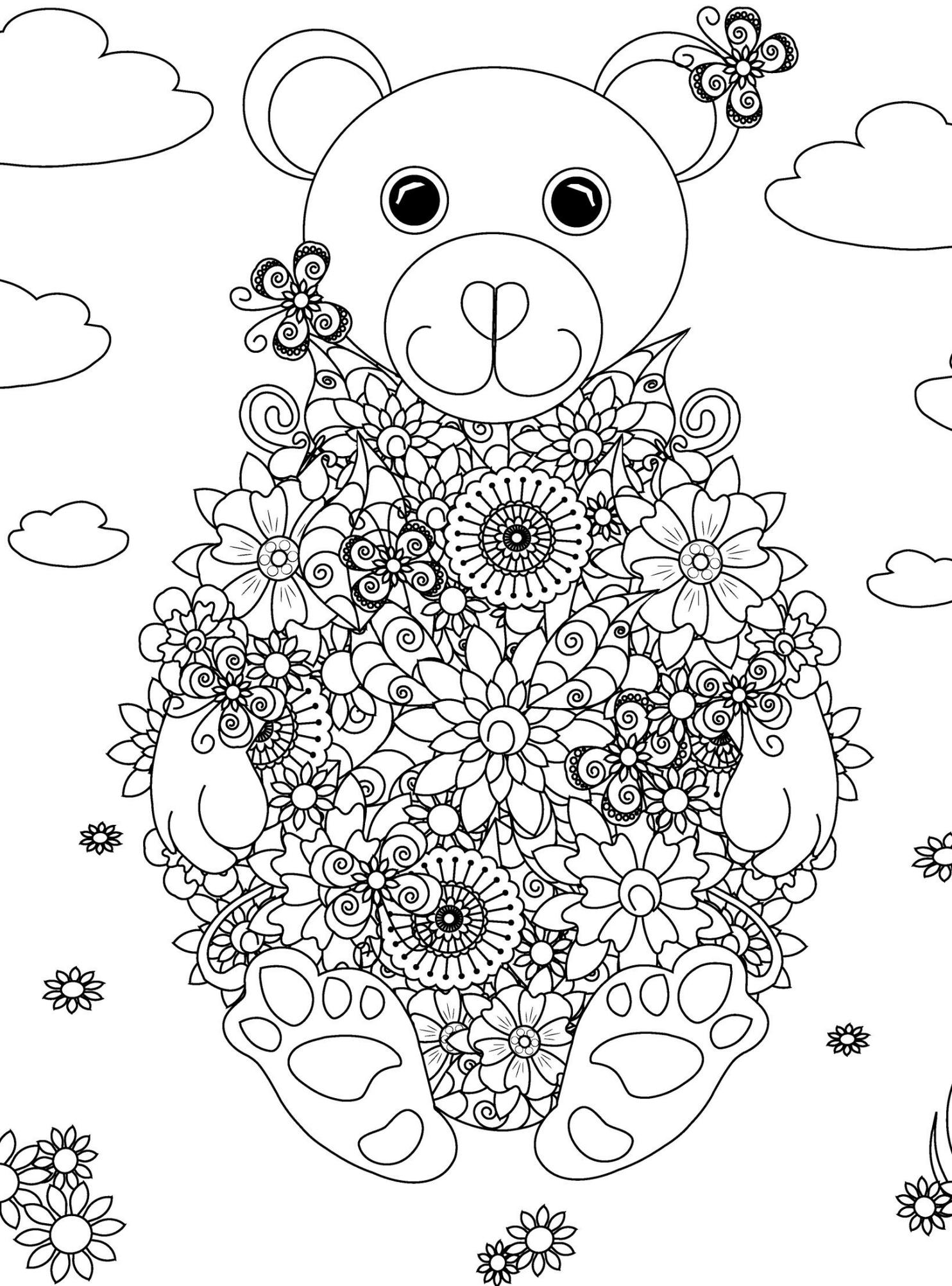
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“A person might be able to  
play without being creative,  
but he sure can't be creative  
without playing.”

— Kurt Hanks —



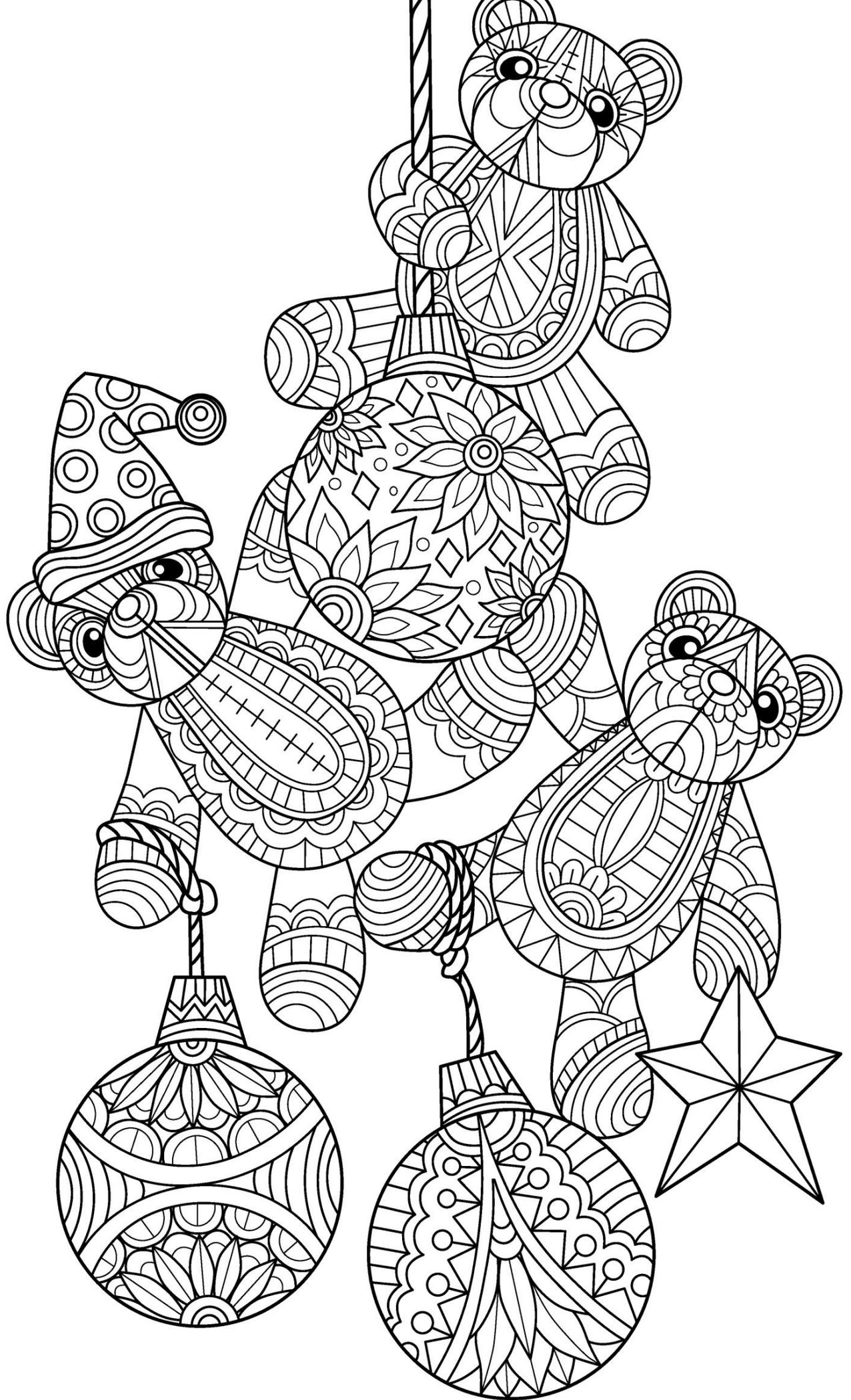
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Play is the exultation  
of the possible.”

— Martin Buber —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Every house where love abides  
and friendship is a guest,  
is surely home,  
and home sweet home  
for there the heart can rest.”

— Henry Van Dyke —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“In every real man a child is  
hidden that wants to play.”

— Friedrich Nietzsche —



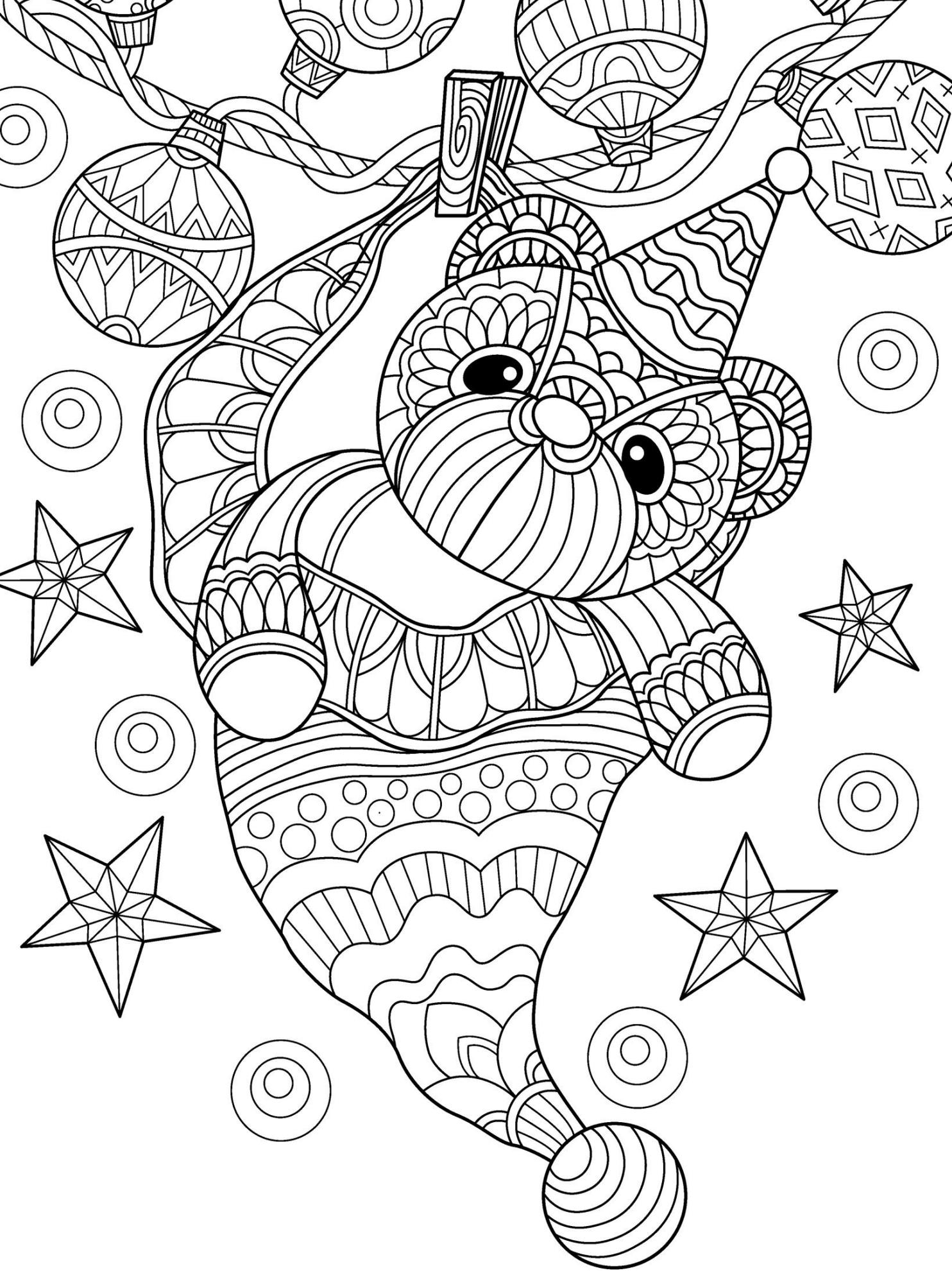
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“A house is not a home  
unless it contains food  
and fire for the mind as  
well as the body.”

— Benjamin Franklin —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Home is where the heart can  
laugh without shyness.”

— Vernon Baker —



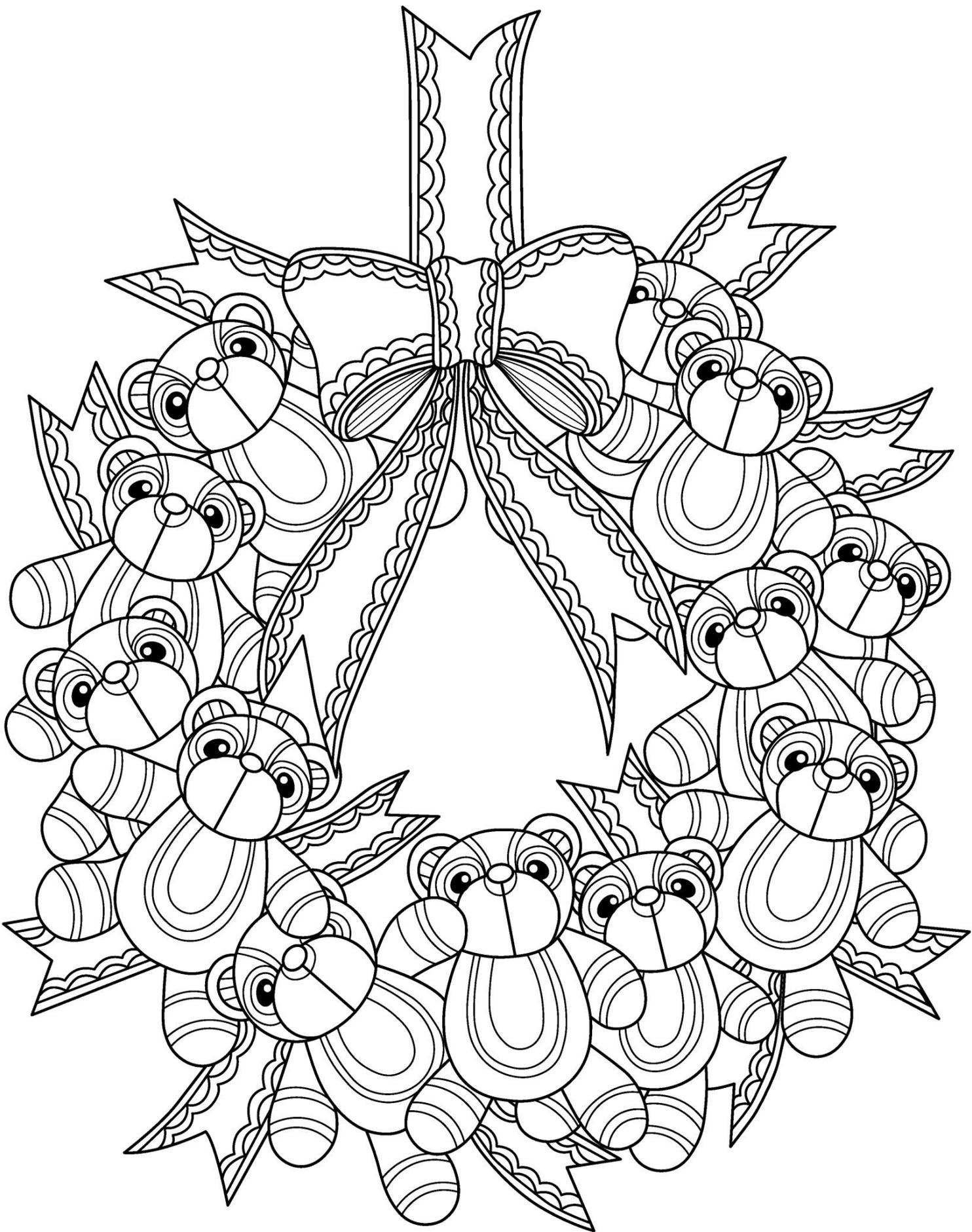
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Life is a challenge, meet it!  
Life is a dream, realise it!  
Life is a game, play it!  
Life is love, enjoy it!”

— Sathya Sai Baba —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The ornament of a  
house is the friends  
who frequent it.”

— Ralph Waldo Emerson —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The supreme  
accomplishment is to  
blur the line between  
work and play.”

— Arnold J. Toynbee —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The playing adult steps  
sideward into another  
reality; the playing child  
advances forward to new  
stages of mastery.”

— Erik Erikson —



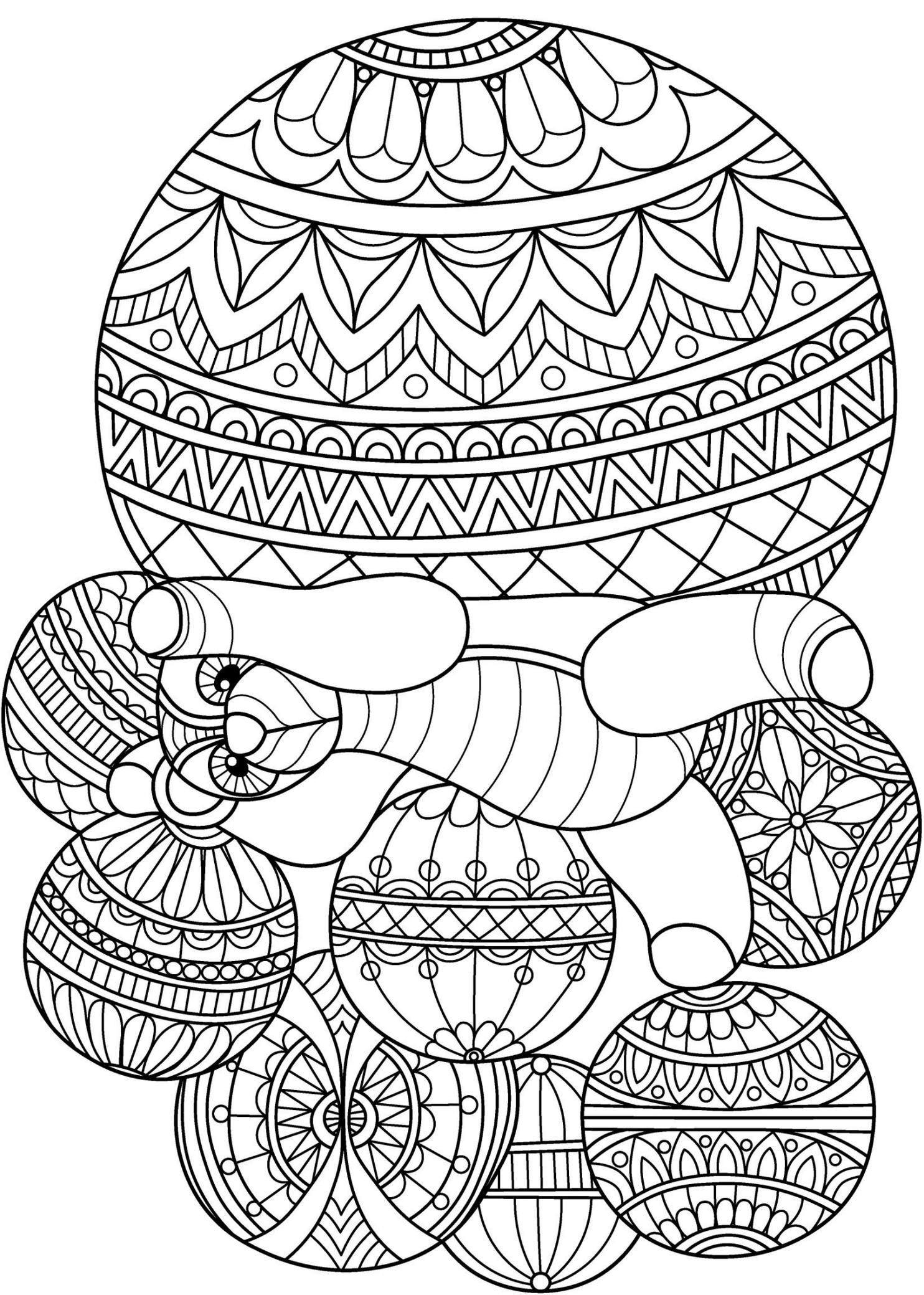
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“A comfortable house is a  
great source of happiness.  
It ranks immediately  
after health and a  
good conscience.”

— Sydney Smith —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](http://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Work and play are words  
used to describe the  
same thing under  
differing conditions.”

— Mark Twain —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The more one does  
and sees and feels,  
the more one is able  
to do, and the more  
genuine may be  
one’s appreciation of  
fundamental things  
like home, and love,  
and understanding  
companionship.”

— Amelia Earhart —



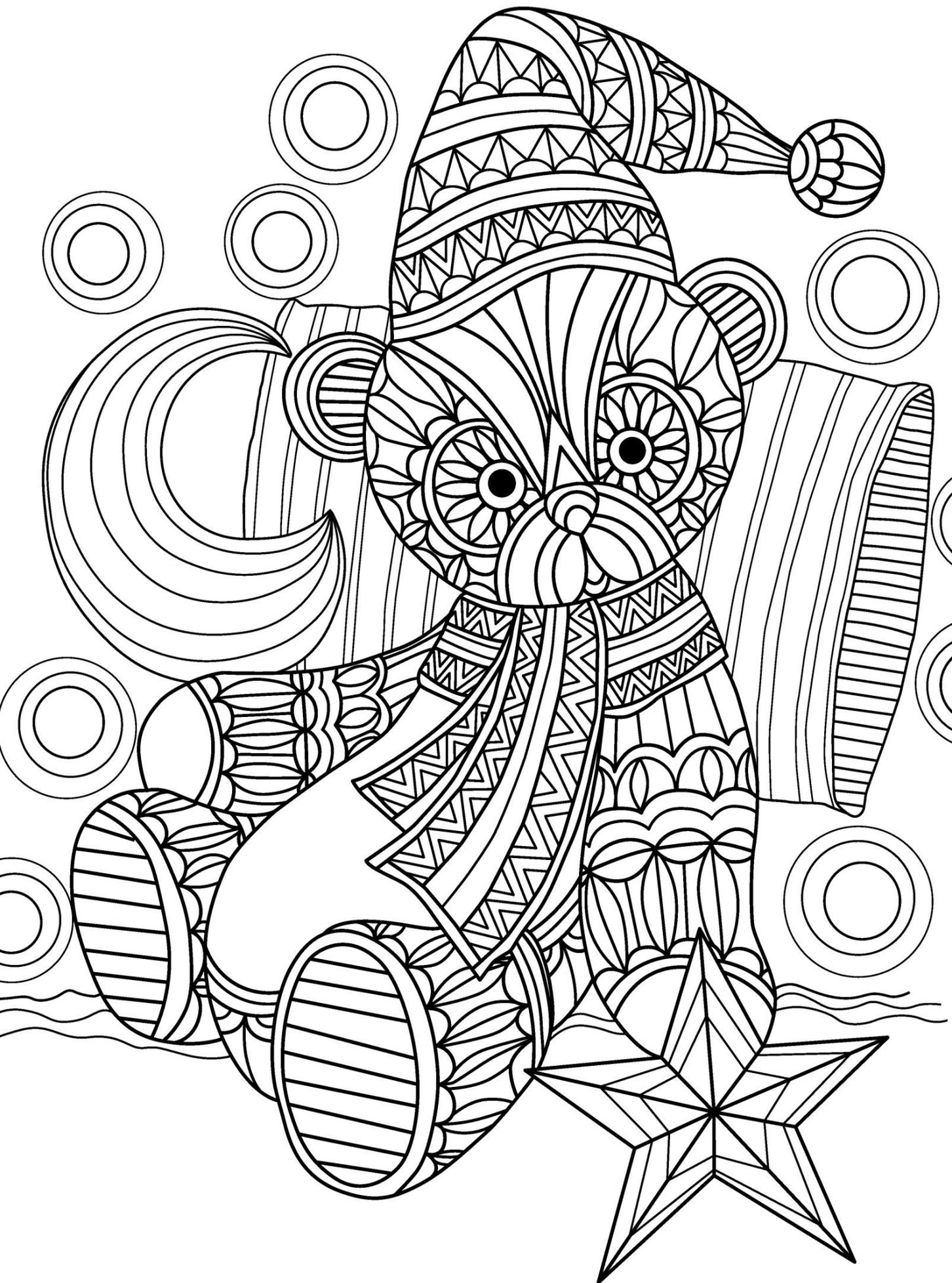
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



# WHAT IS AVAXHOME?

# AVAXHOME-

the biggest Internet portal,  
providing you various content:  
brand new books, trending movies,  
fresh magazines, hot games,  
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

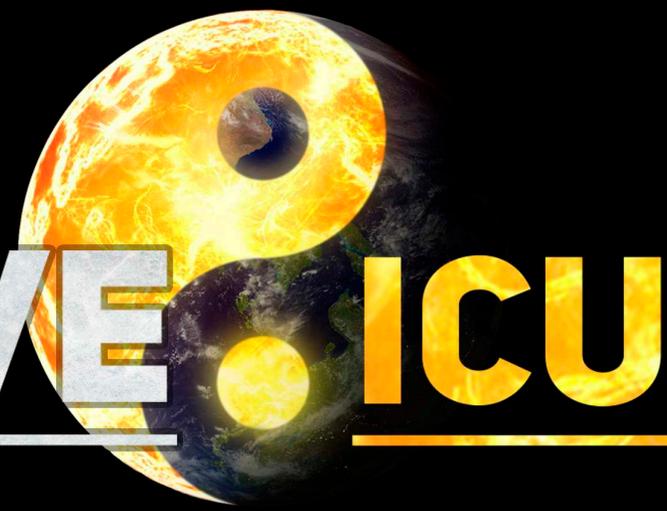
Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site



**AVXLIVE** **ICU**

AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>

“Play is a uniquely  
adaptive act, not  
subordinate to some other  
adaptive act, but with a  
special function of its own  
in human experience.”

— Johan Huizinga —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Peace, like charity,  
begins at home.”

— Franklin D. Roosevelt —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“We don’t stop playing  
because we grow old;  
we grow old because  
we stop playing.”

— George Bernard Shaw —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“It is easy to work  
when the soul is at play.”

— Emily Dickinson —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Imagination is more  
important than  
knowledge.”

— Albert Einstein —



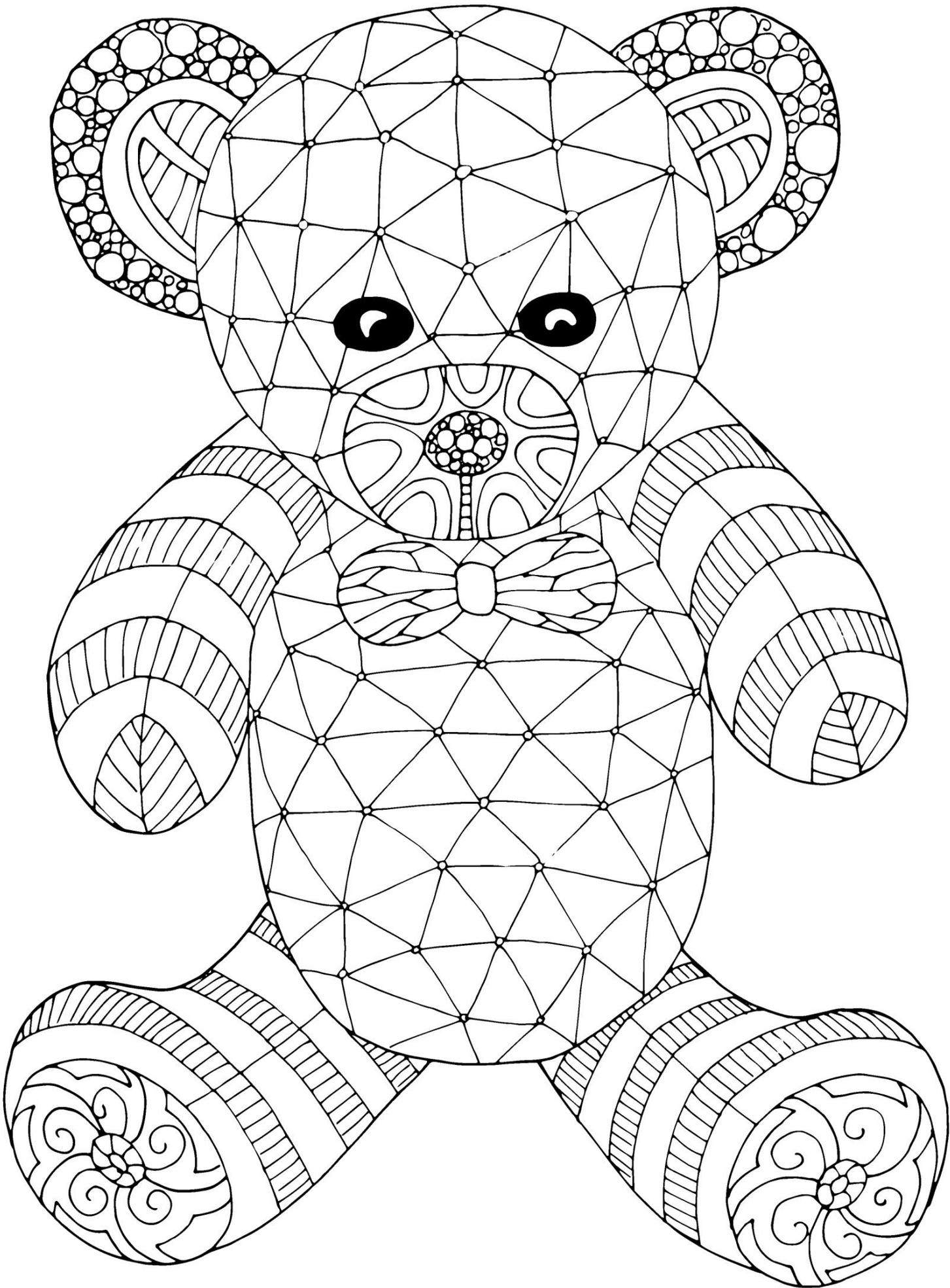
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Be glad of life because it gives you the chance to love, to work, to play, and to look up at the stars.”

— Henry Van Dyke —



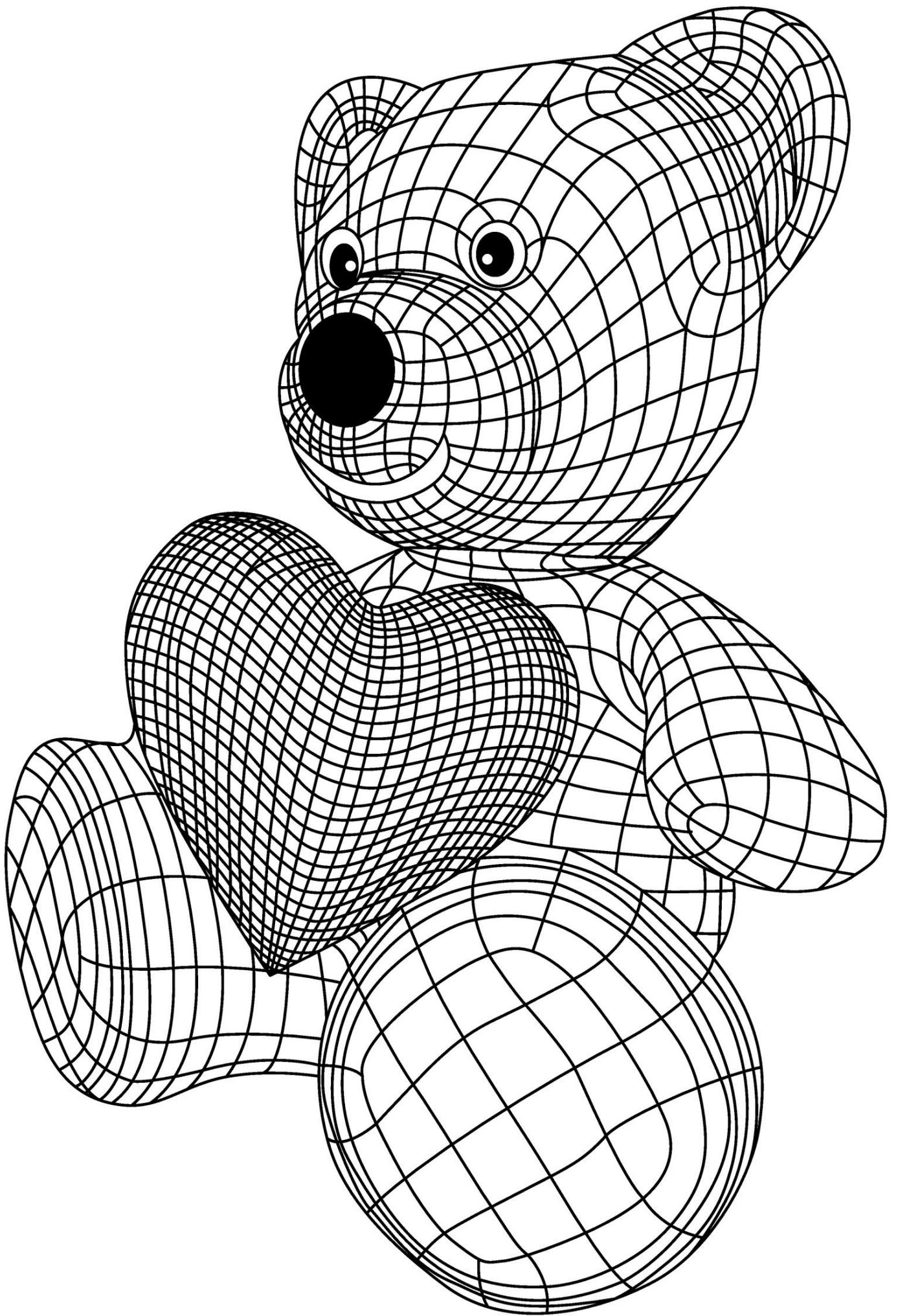
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“In our play we reveal what  
kind of people we are.”

— Ovid —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The creative mind  
plays with the  
object it loves.”

— Carl Jung —



Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Man is most nearly  
himself when he  
achieves the seriousness  
of a child at play.”

— Heraclitus



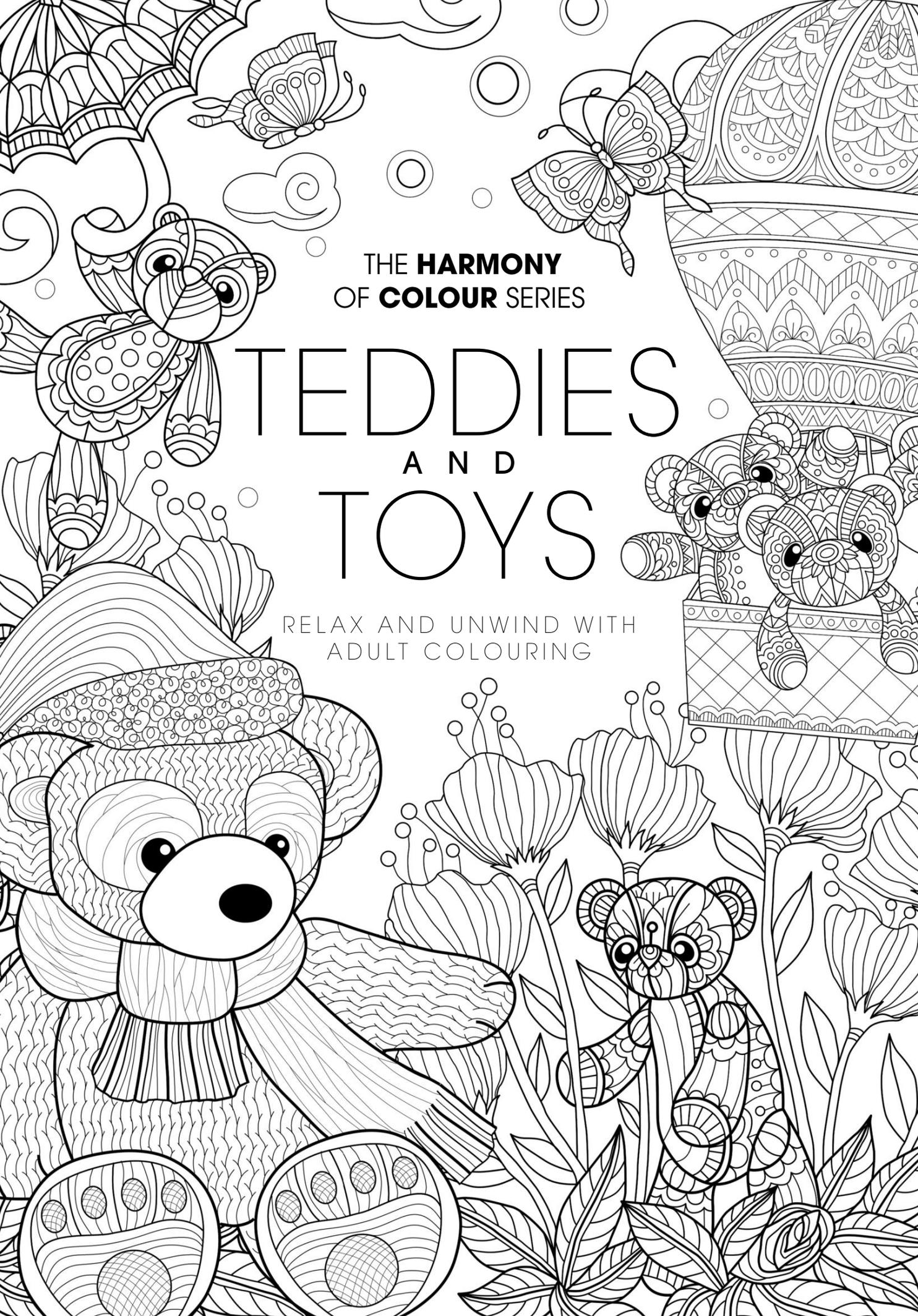
Share your creation with the  
Harmony of Colour community!

Facebook:

[www.facebook.com/harmonyofcolour](https://www.facebook.com/harmonyofcolour)

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



THE **HARMONY**  
OF **COLOUR** SERIES

# TEDDIES AND TOYS

RELAX AND UNWIND WITH  
ADULT COLOURING

# THE ENTIRE HARMONY OF COLOUR COLLECTION



AVAILABLE NOW AT  
**NUCLEAR.COM.AU/SHOP**

BOOK EIGHTY ONE COMING AUGUST 2021