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ACTIVITY JOURNALS FOR YOUNG TEENS

*Thanks for downloading this coloring page!*

## How to Use

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### 1) Inside the folder

- You'll find two PDF files and a png file

### 2) Use the PDFs for printing out on paper (includes US Letter & A4 size)

- Open the PDF file for your chosen paper size using Acrobat Reader (Download for free at: [www.get.adobe.com/reader](http://www.get.adobe.com/reader))
- Click File > Print from the top left menu to send it to your printer

### 3) Use the png file for digital coloring in programs like Procreate on your iPad

- Import the png into Procreate (or other digital app) – It has a transparent background. Lock the layer and create new layers underneath for you to color.

## Terms of Use

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### You're welcome to:

- ✓ You can print the pages as many times as you like
- ✓ You can gift printed copies of the pages to a family member or a friend for them to enjoy for personal use

### It's not cool to:

- ✗ You can't use the digital files or the printed pages for anything except for its intended purpose
- ✗ You're not permitted to sell the design or your finished page
- ✗ Please don't post uncoloured page versions online in any digital form on Instagram, Facebook, Pinterest and other sharing sites

**However please feel free to to post and share your colored page on Instagram and tag me @liza\_lluma as I'd love to see your creation!**

[lizalluma.com](http://lizalluma.com)