

Marine Animal Coloring Series

Each animal in this series carries its own meaning — from the wisdom of the whale to the playfulness of the seal.

We invite you to color all six, exploring the different strengths they represent.

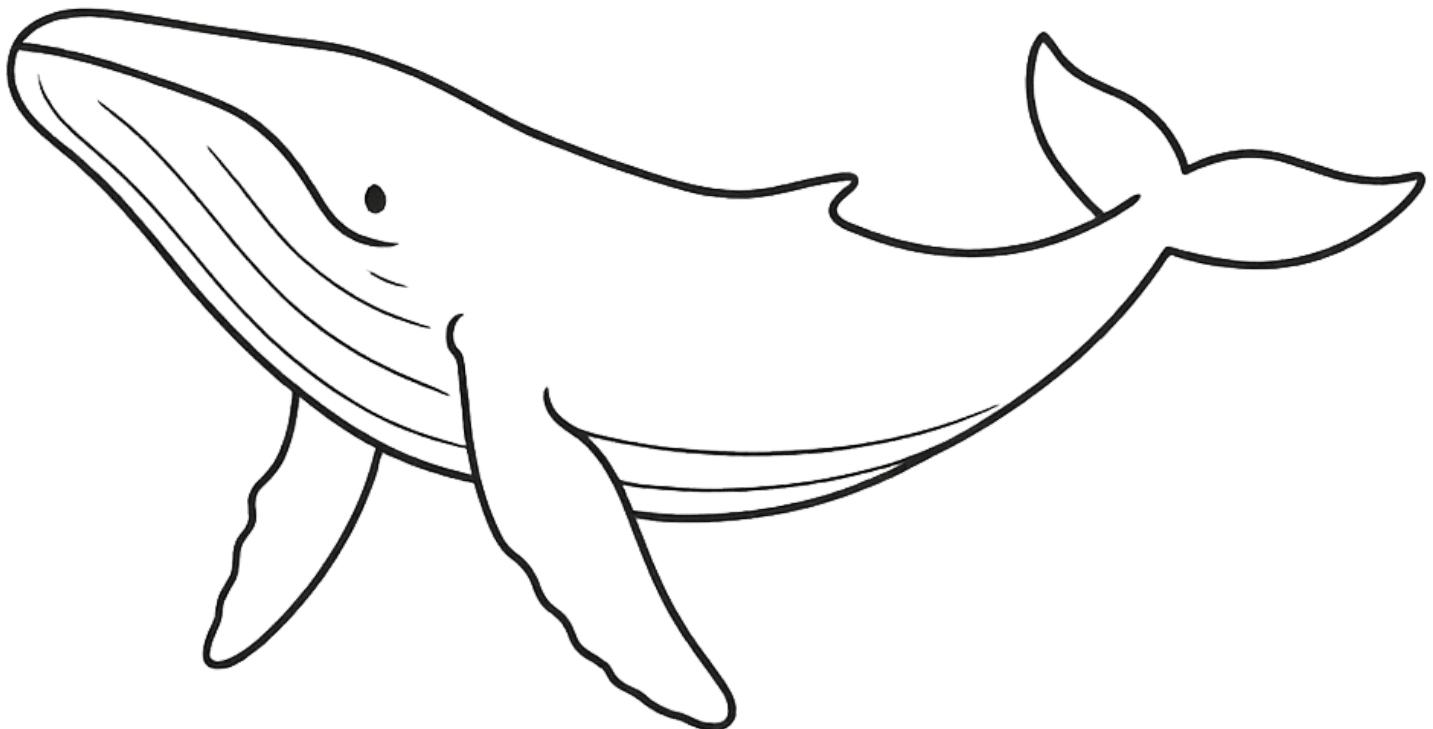
As you color, notice which animal speaks to you most today — and which ones might feel different tomorrow.

There's no right answer, only your journey.

Tidal Resilience Foundation, Inc.

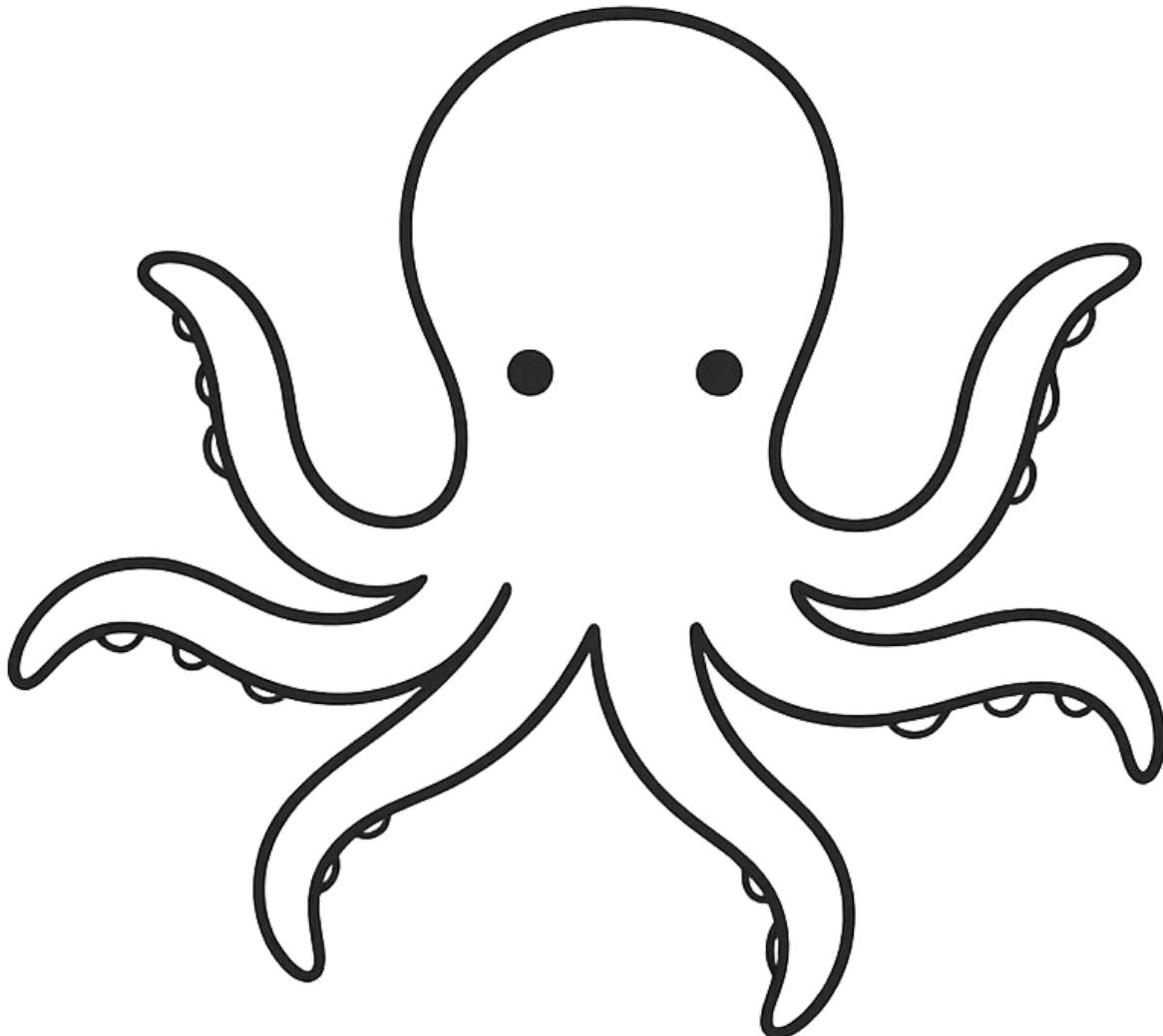
Whale

Wisdom & Depth



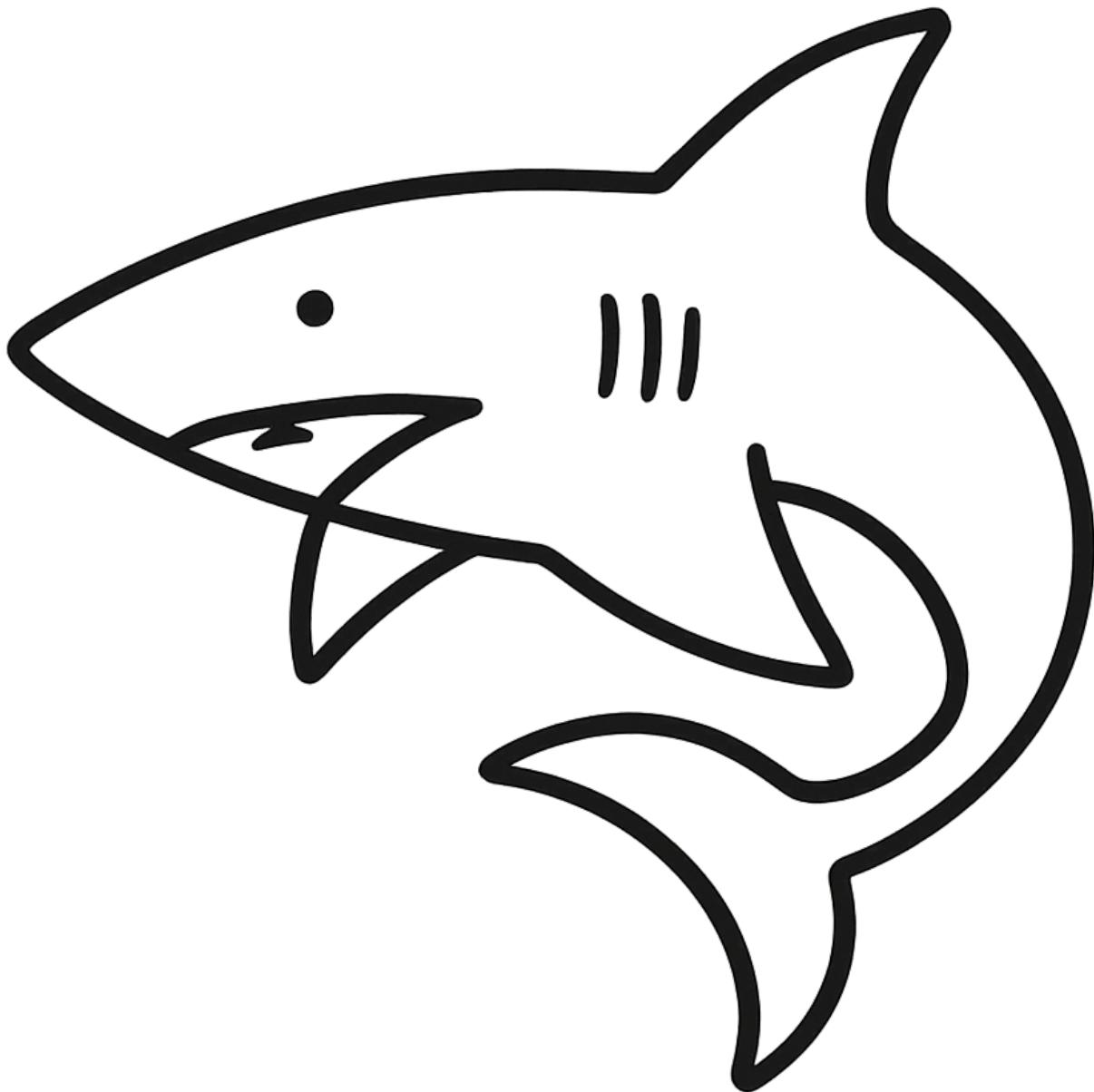
Octopus

Adaptability and Creativity



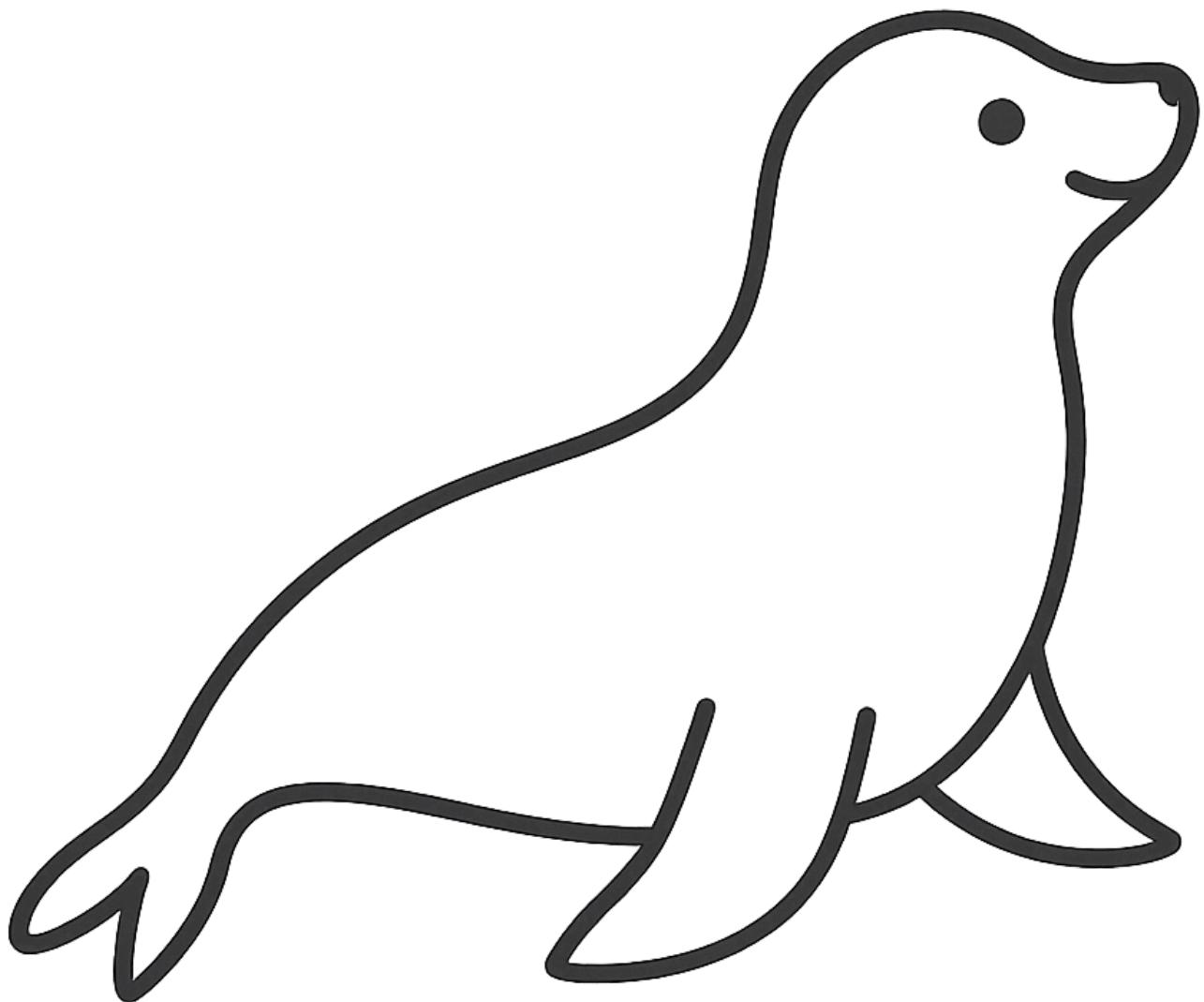
Shark

Determination and Focus



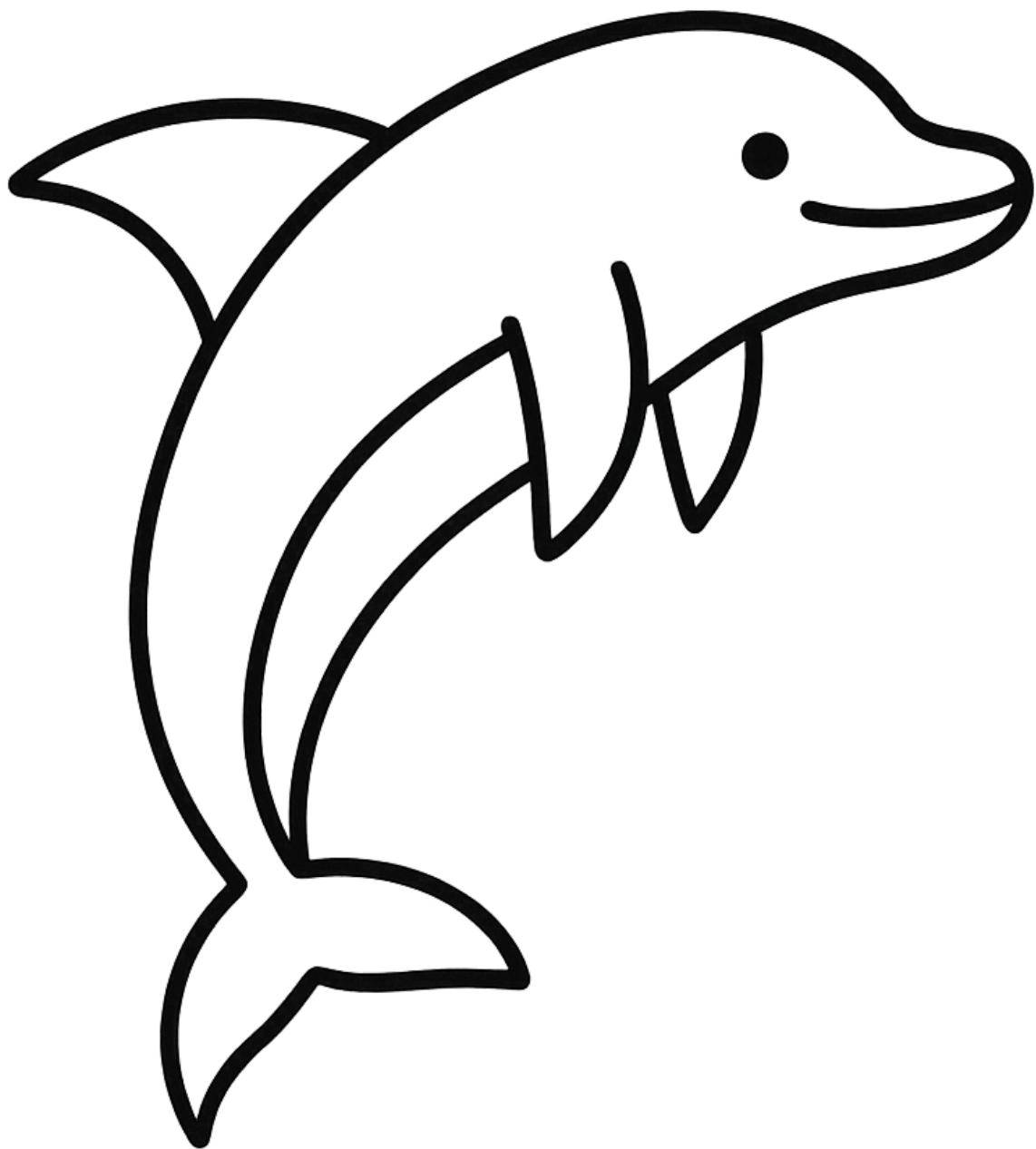
Seal

Playfulness and Joy



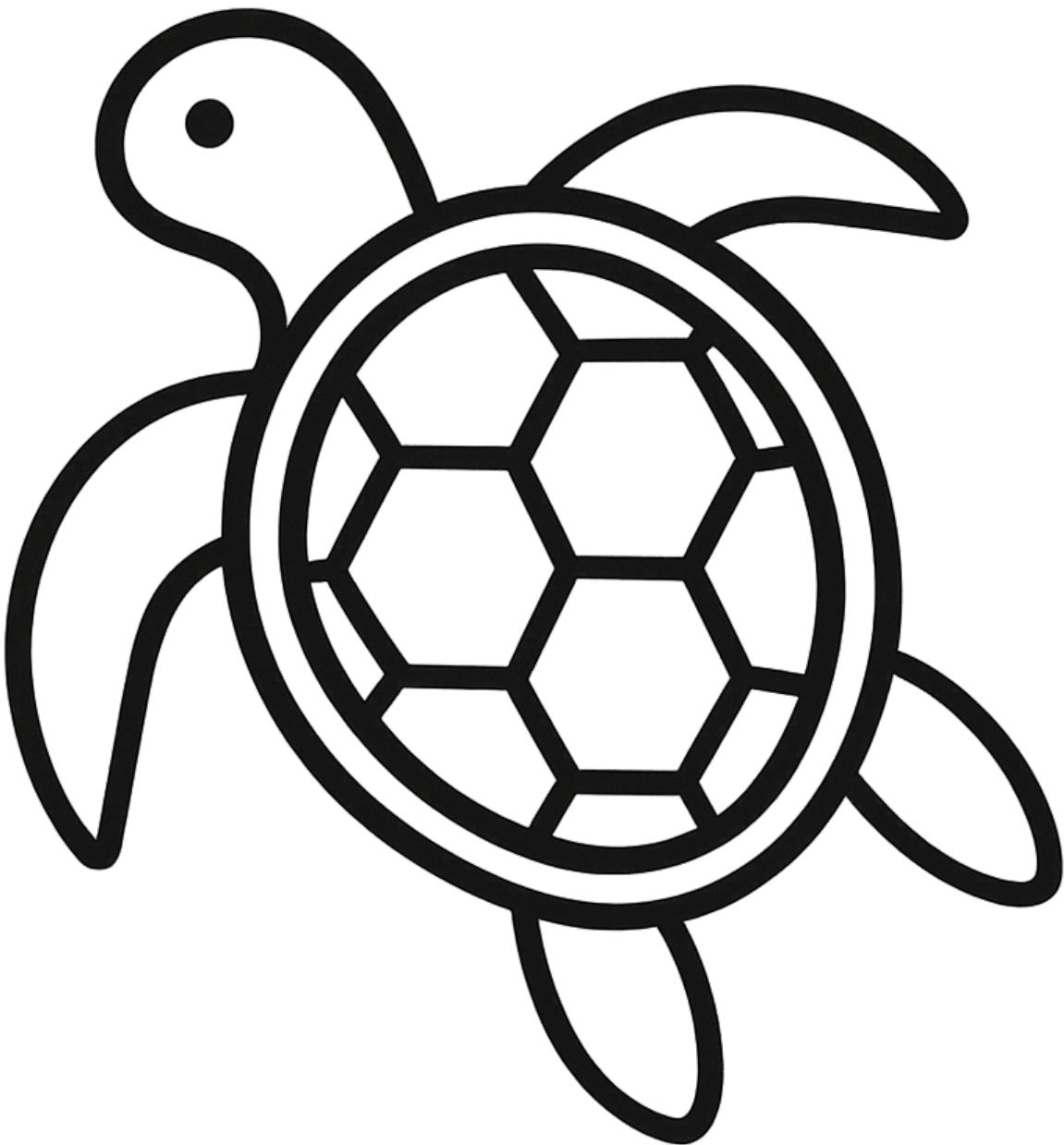
Dolphin

Connection and Lightness



Sea Turtle

Patience and Resilience



What strengths swim beneath your waves?

You've colored six animals, each with its own meaning. Now take a moment to reflect. There's no right answer — just your story, your feelings, your strength.

Like the ocean, I hold many strengths — some seen, some still rising.

Which animal felt most like you today?

Did any surprise you or feel unfamiliar?

What colors did you choose, and why?

What do these animals remind you of?

What strength do you carry beneath the waves?