

# Alex and Rosie's Essex Colouring Book



and stories for children with autism  
David Blakesley and Tharada Blakesley

# Alex and Rosie's Essex Colouring Book

Stories by David Blakesley

Illustrations by Tharada Blakesley



# Introduction

We hope that children will enjoy using this 'Alex and Rosie' colouring book with their parents, carers or teachers, and that it will encourage their interest in the Essex countryside and its wildlife. Children will also discover some of the things they might do in the countryside, such as collecting shells, listening to the sounds of insects in a meadow or watching birds.

This colouring book complements our guide '*Visiting the Essex countryside: a guide for parents and teachers of children with autism*', and our children's story book '*Alex and Rosie's Adventures in Essex*'. In addition to the natural places originally featured in our countryside guide, we have included two new locations in the colouring book; Hylands Park and the Essex County Council Short Breaks for Disabled Children and Young People beach hut at Walton-on-the-Naze. We hope that our colouring book will appeal to younger children with autism and related disabilities, and children with speech and language difficulties, and encourage their interest in the countryside and nature. For more information visit the Autism and Nature website ([www.autismandnature.org.uk](http://www.autismandnature.org.uk)). Autism and Nature is a non-profit organisation dedicated to enriching the lives of children on the autism spectrum, by helping to engage them with the countryside and nature.

This book has been generously funded by Essex County Council Short Breaks for Disabled Children and Young People; the Bartella Charitable Fund (c/o Essex Community Foundation); and the Fowler Smith and Jones Trust. We would also like to thank Jo Mason (Essex County Council) for her continued support of our work and Guillaume Duclaud-Williams (Widgit Software) for his valuable advice and help with symbolising the text. Finally, we would like to thank Aurea Paquete for the layout of the book.





Alex

and



Rosie



love

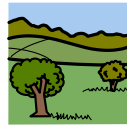
to



visit



the Essex



countryside.



# Hylands Park



Alex

and



Rosie



enjoyed

a



picnic

in the



park.



Strawberries

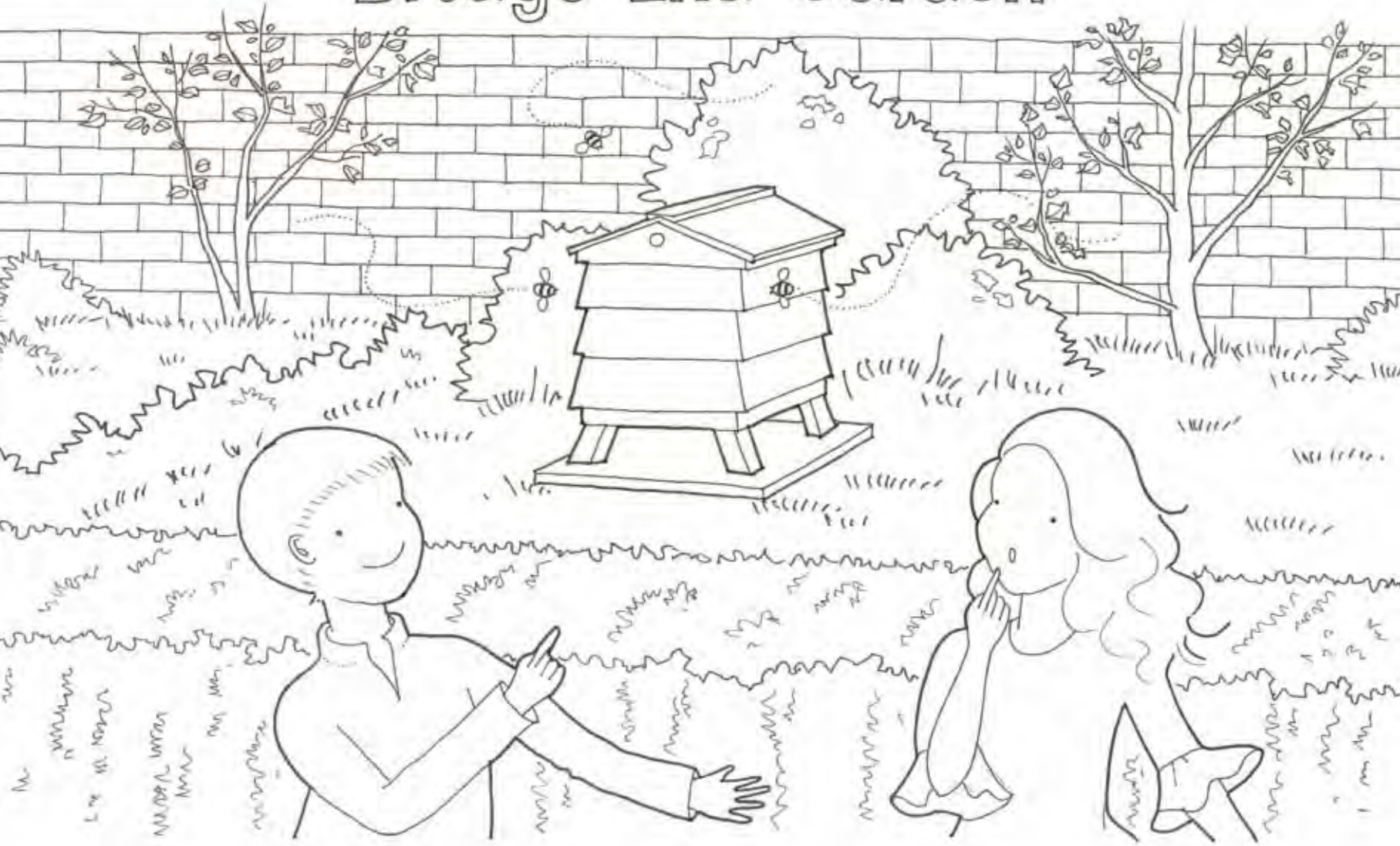


Orange juice

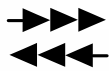


Cupcakes

# Bridge End Garden

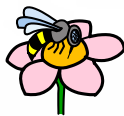


Honey bees

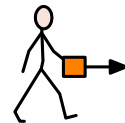


were

busy



collecting pollen

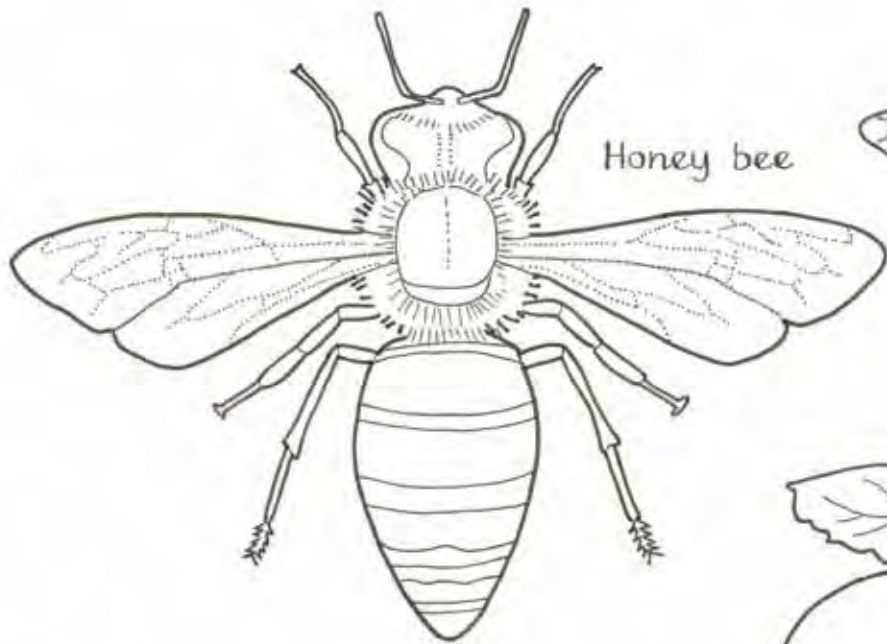


to take

to their



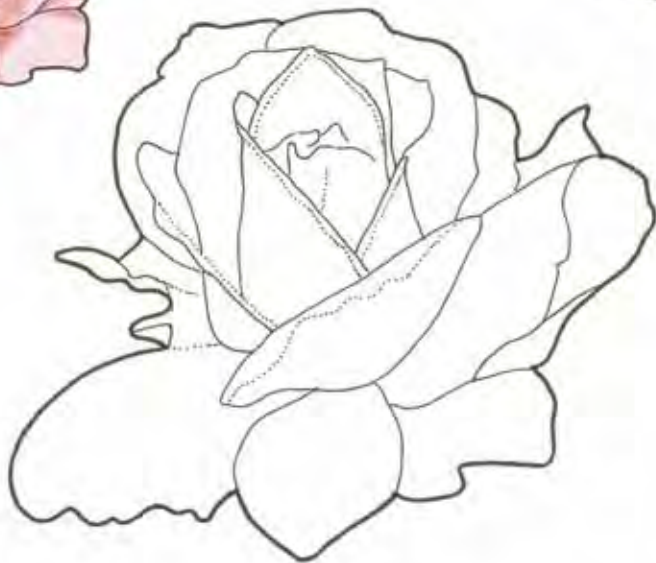
hive.



Honey bee



Rose

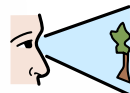


Apple

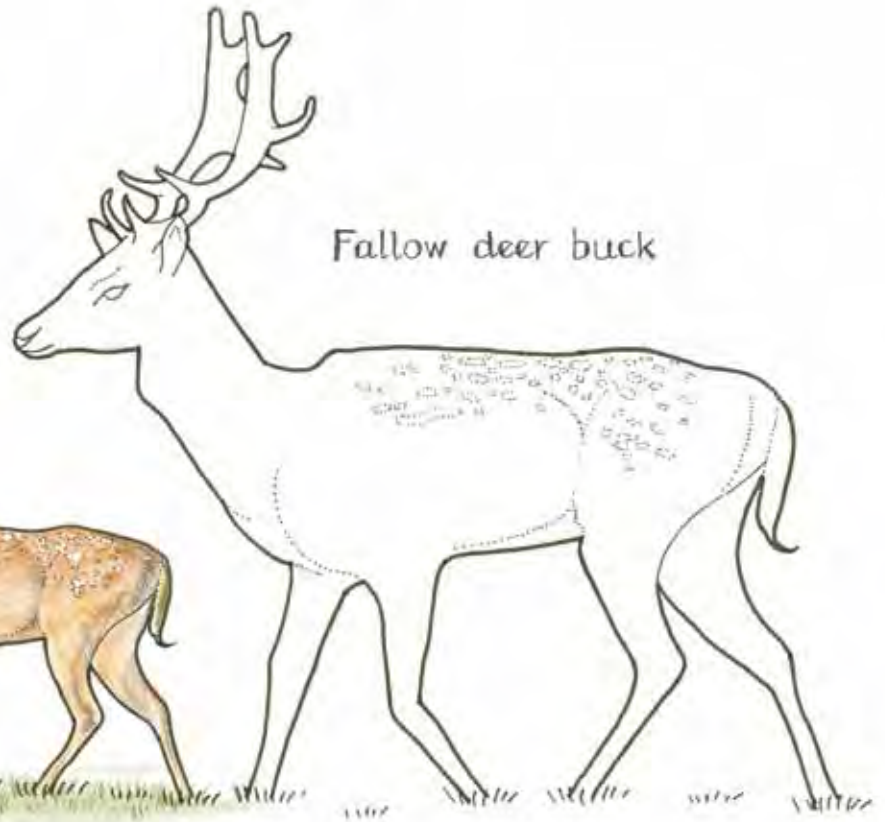




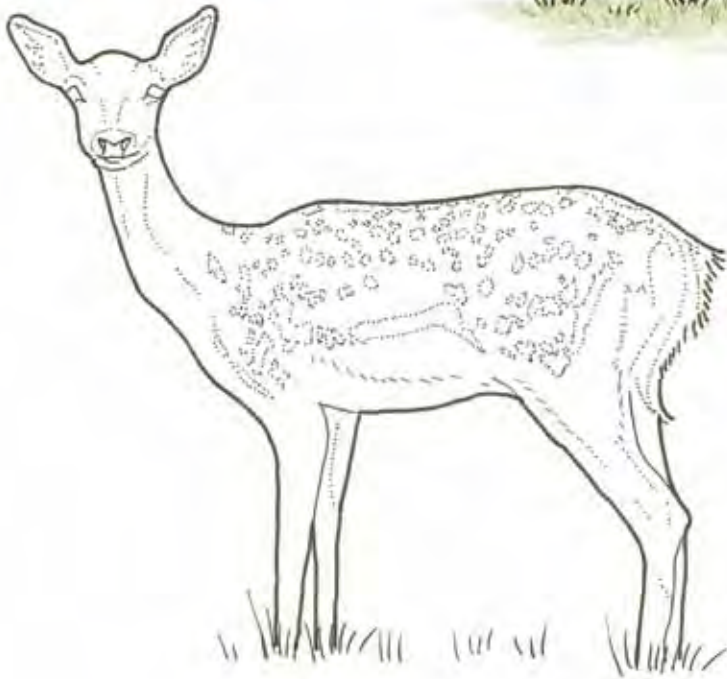
# Hatfield Forest



Alex and Rosie were excited to see fallow deer in the forest.



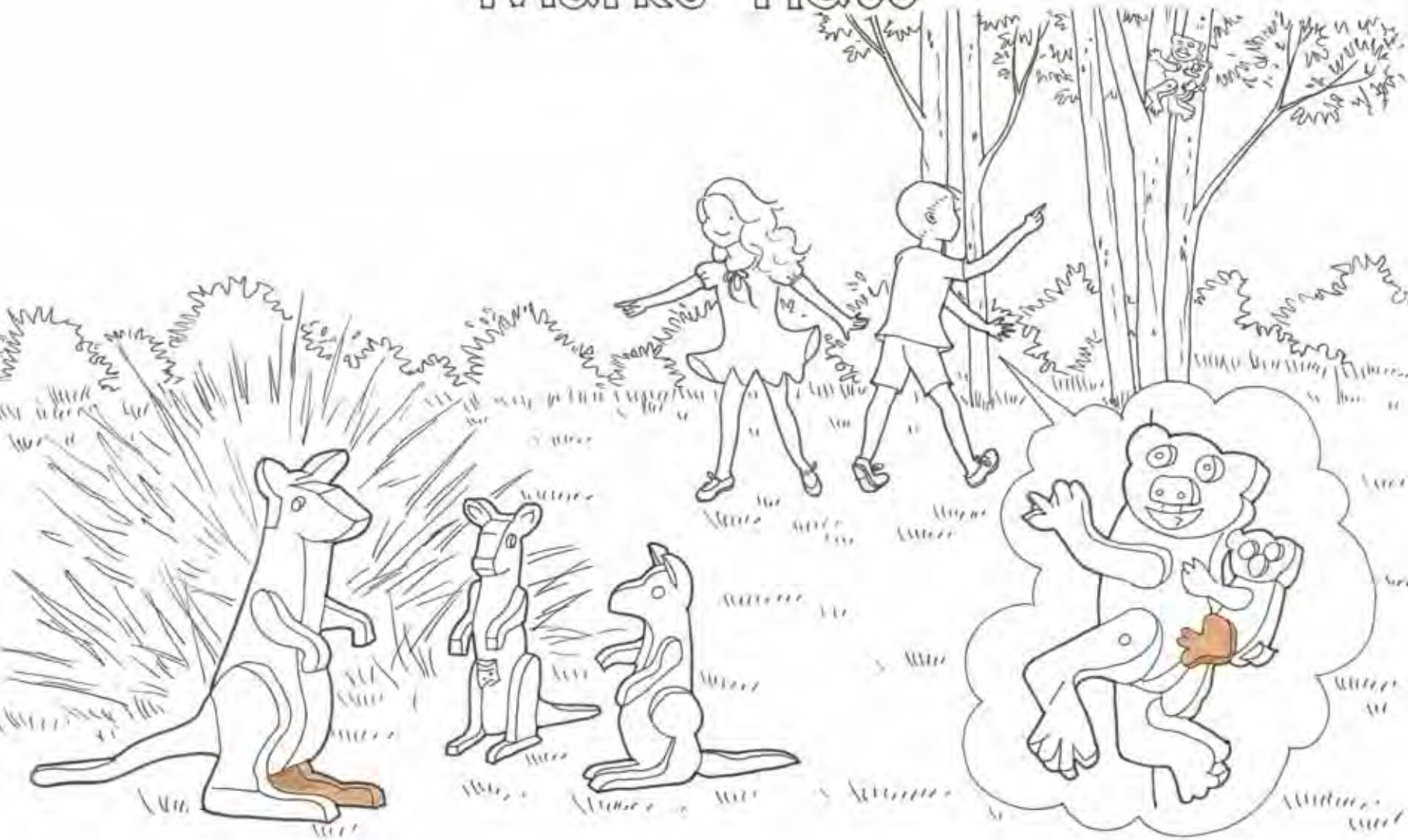
Fallow deer buck



Fallow deer doe



# Marks Hall



Alex



liked



the wooden



koalas,



Rosie



liked



the kangaroos.



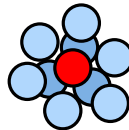
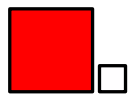
Cherry blossom

Daffodil



Peacock

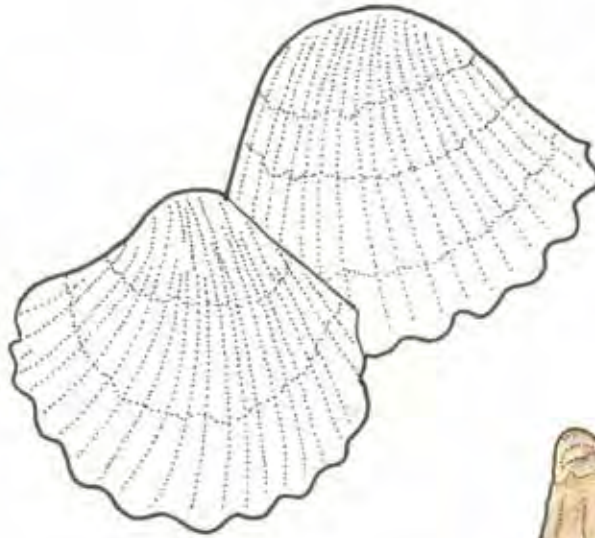
# Cudmore Grove Country Park



There were large oyster shells amongst the cockle shells.



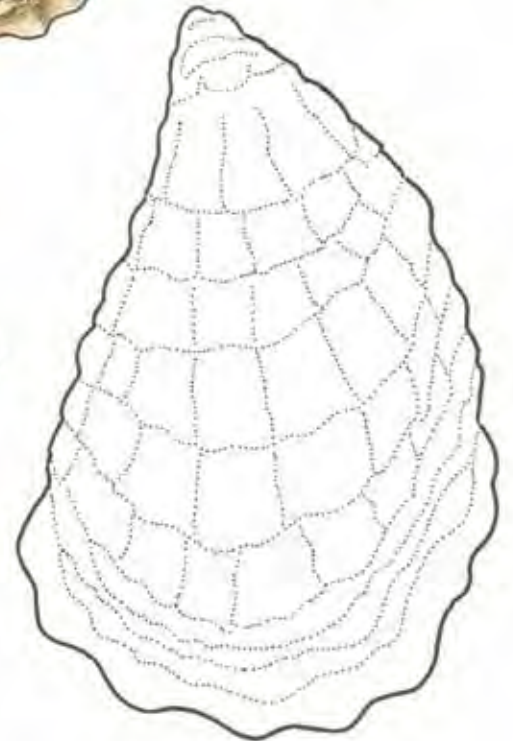
Cockle shells



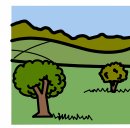
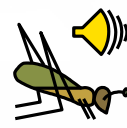
Sea lavender



Pacific oyster



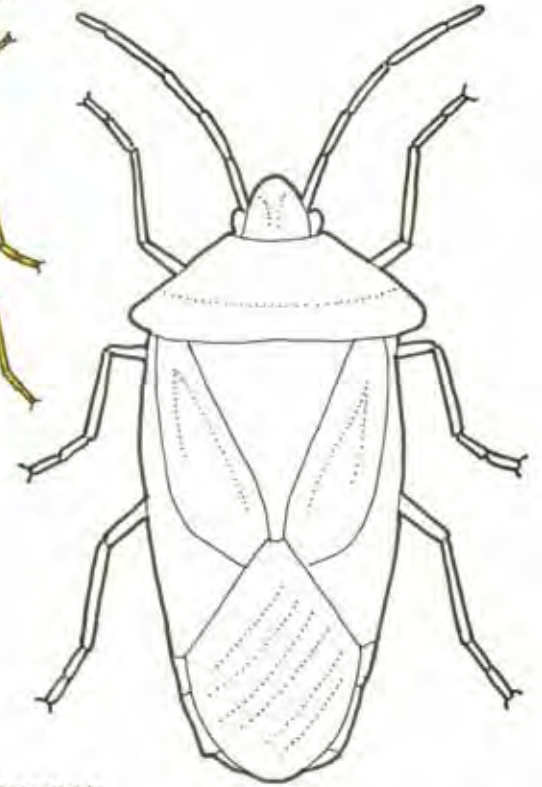
# Phyllis Currie Nature Reserve



Alex and Rosie listened to the sounds of insects in the meadow.



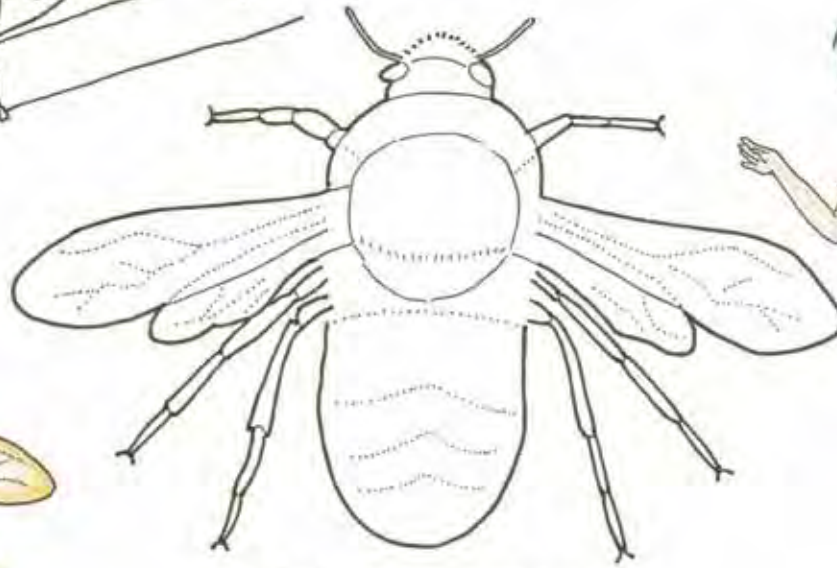
Shield bug



Meadow grasshopper

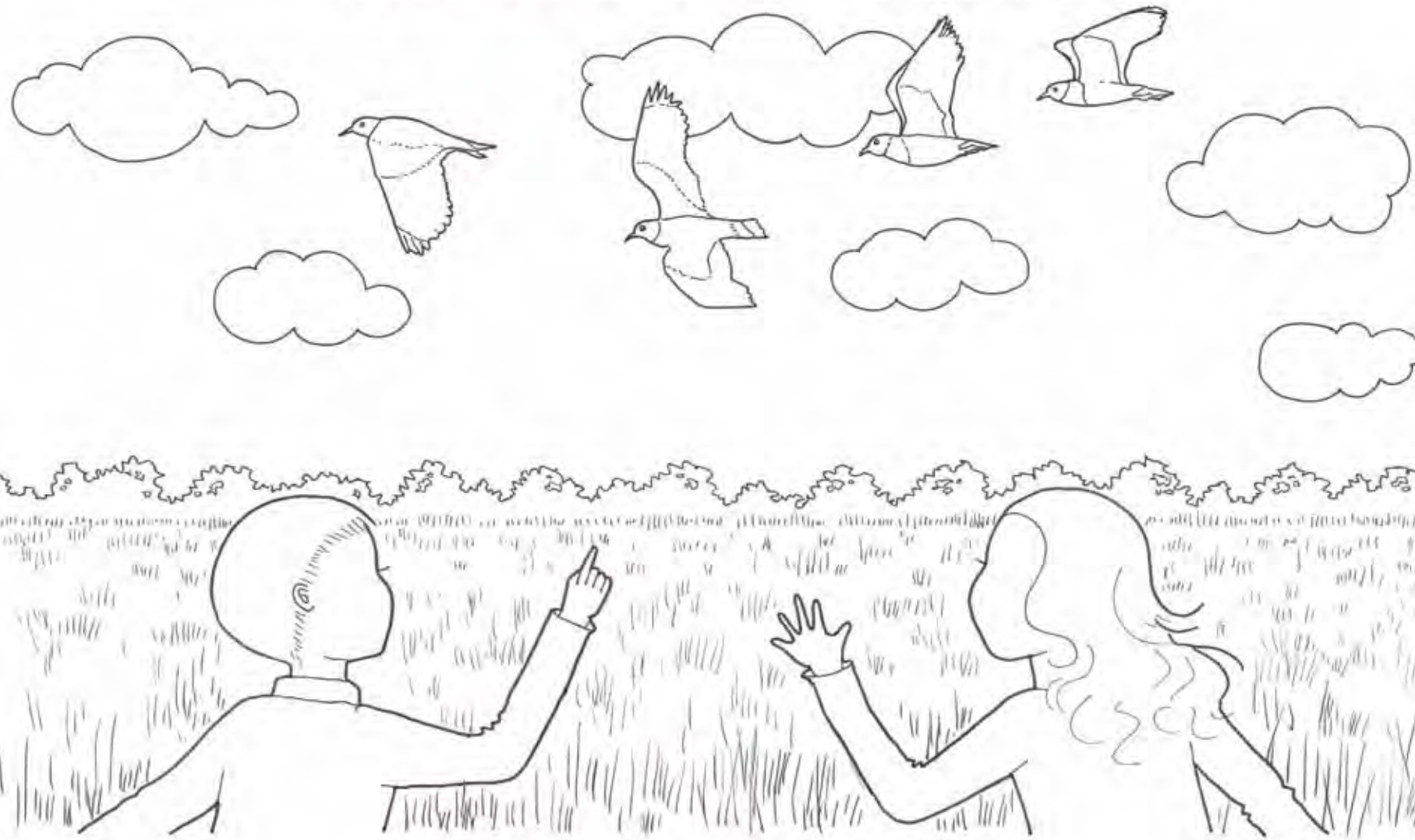


Buff-tailed bumblebee





# Abbotts Hall Farm



Alex



and

Rosie



heard

the 'peewit'



call



of

lapwings



Lapwing



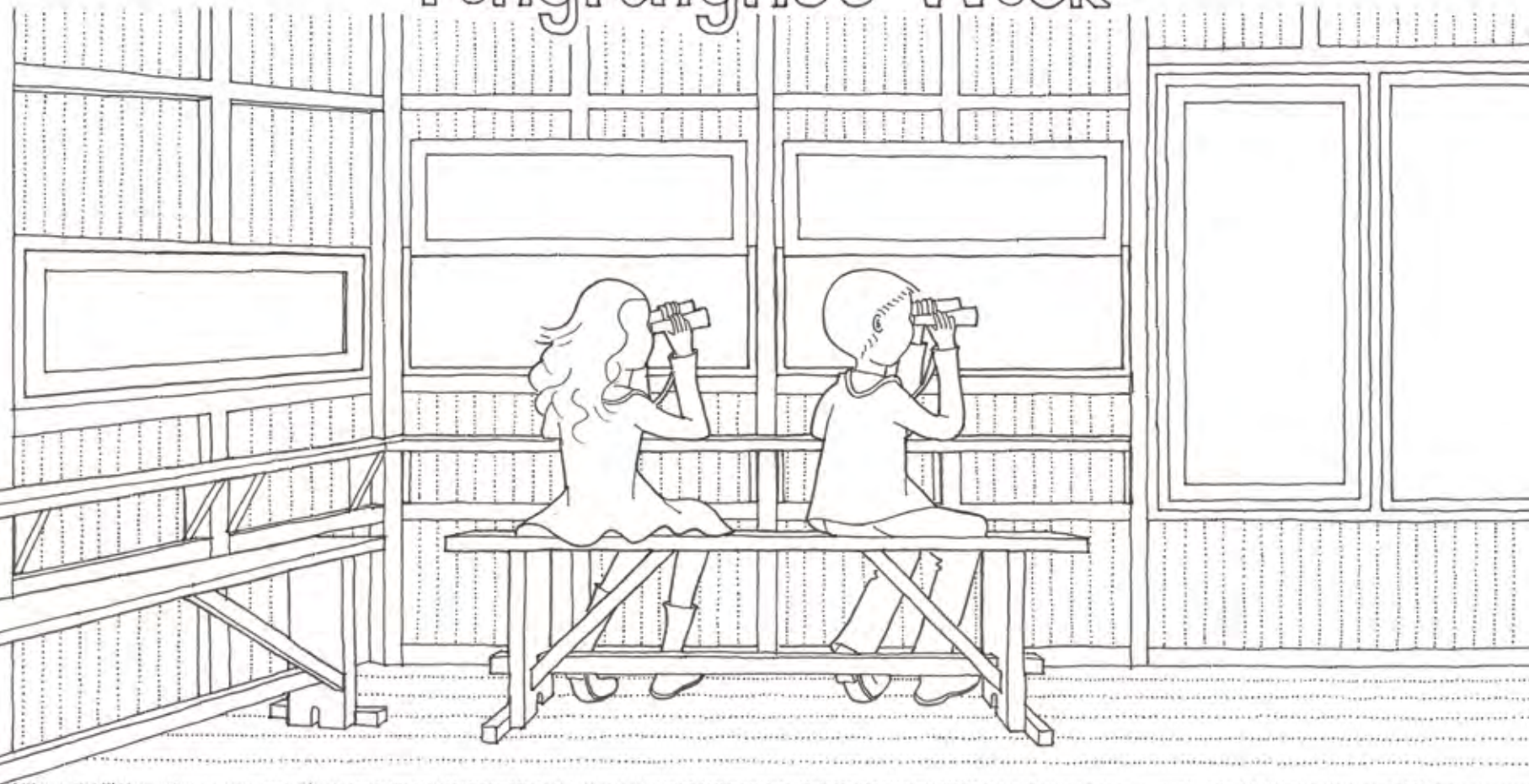
Brown hare



Lapwing



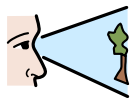
# Fingringhoe Wick



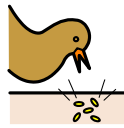
Alex



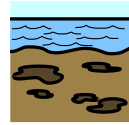
and Rosie



watched



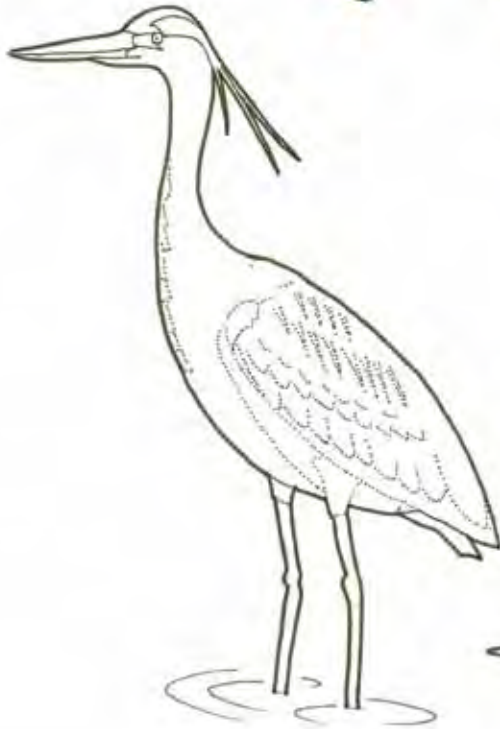
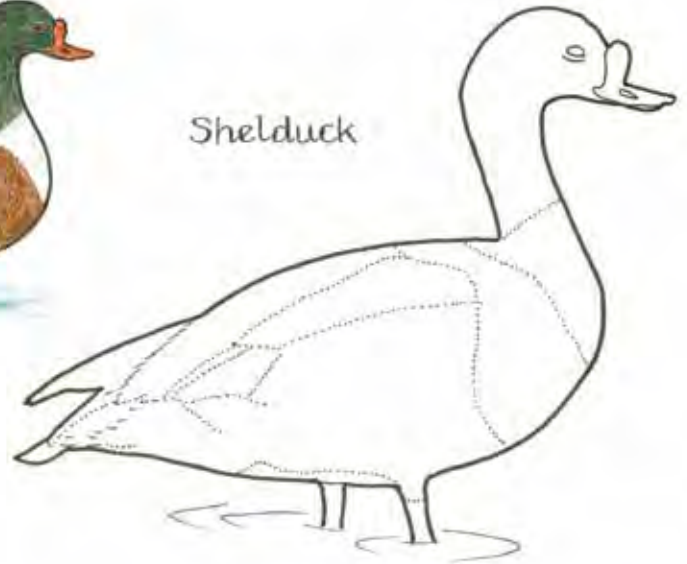
birds feeding



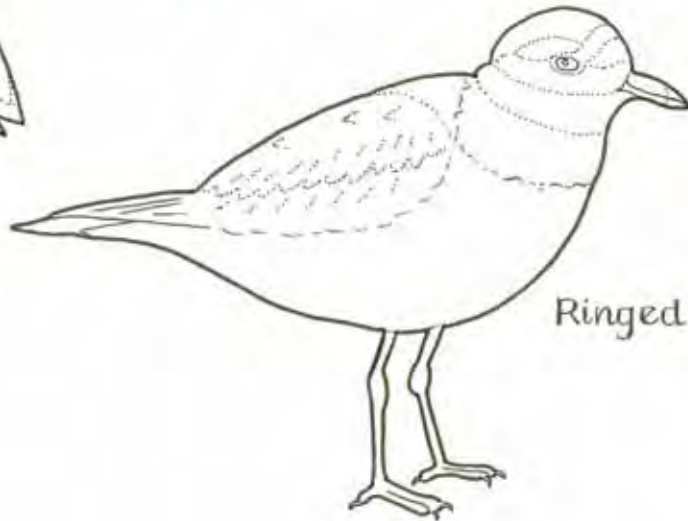
on the mud.



Shelduck



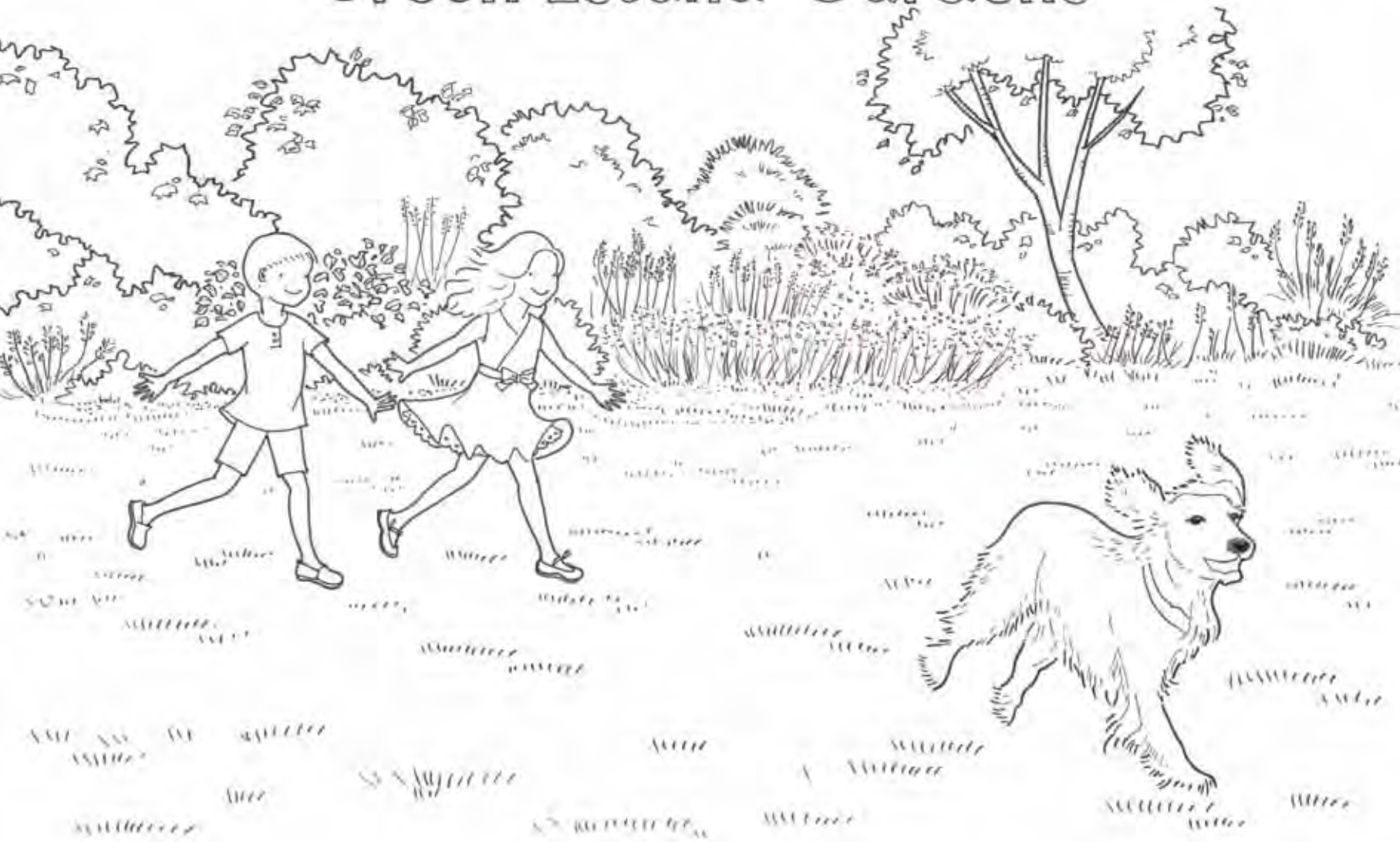
Grey heron



Ringed plover



# Green Island Gardens



Alex



and Rosie

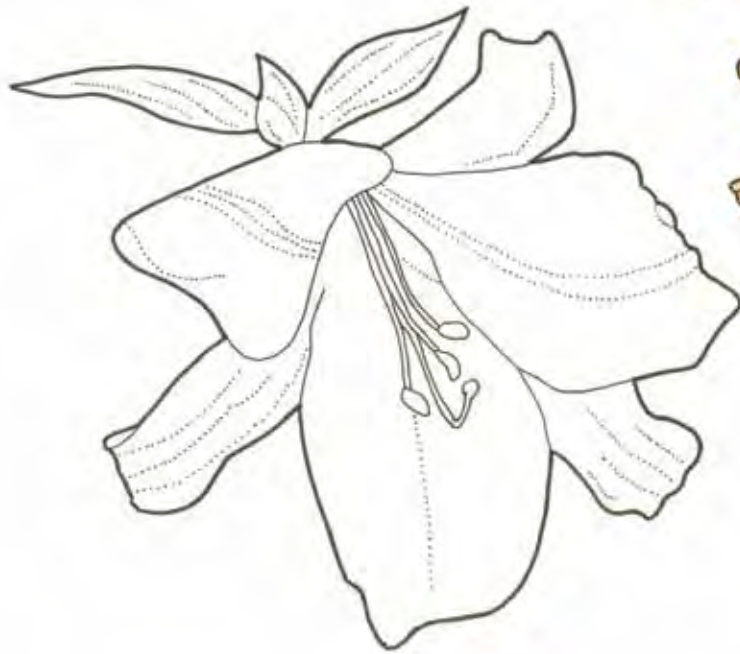


took Lola for a walk

around the



garden.



Lily



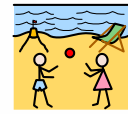
Tulip



Lola



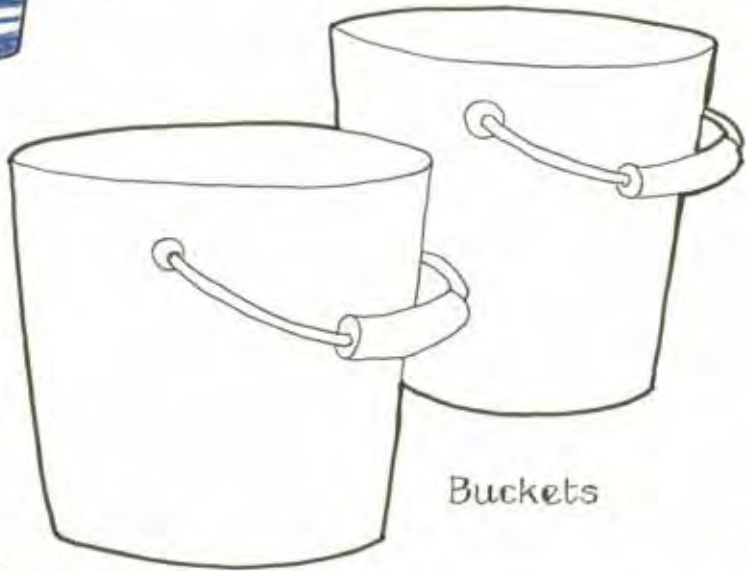
# Walton Beach Hut



It was exciting to visit the beach hut and play on the beach.



Beach ball



Buckets



Spade





# Abberton Reservoir



Alex

and



Rosie



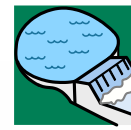
like

to



walk around

the



reservoir.



Swallow



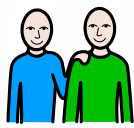
Egyptian goose



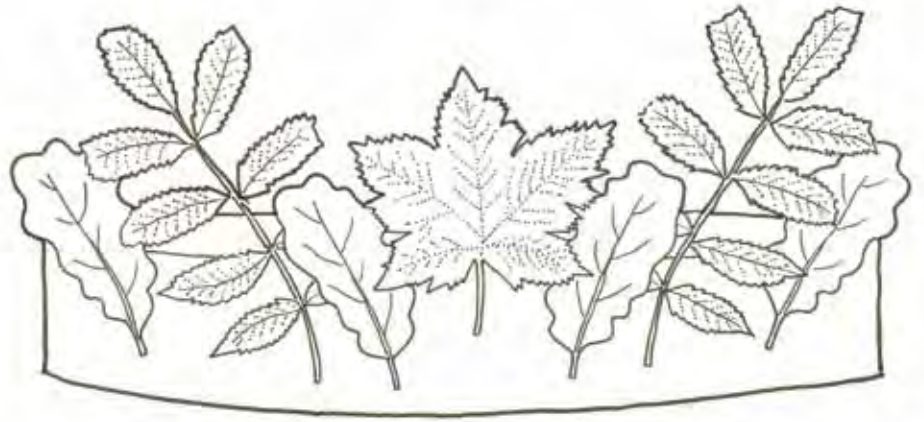
Great crested grebe



# Belfairs Park Wood



Alex, Rosie and their friend made crowns from autumn leaves.



Leaf crown



Ash



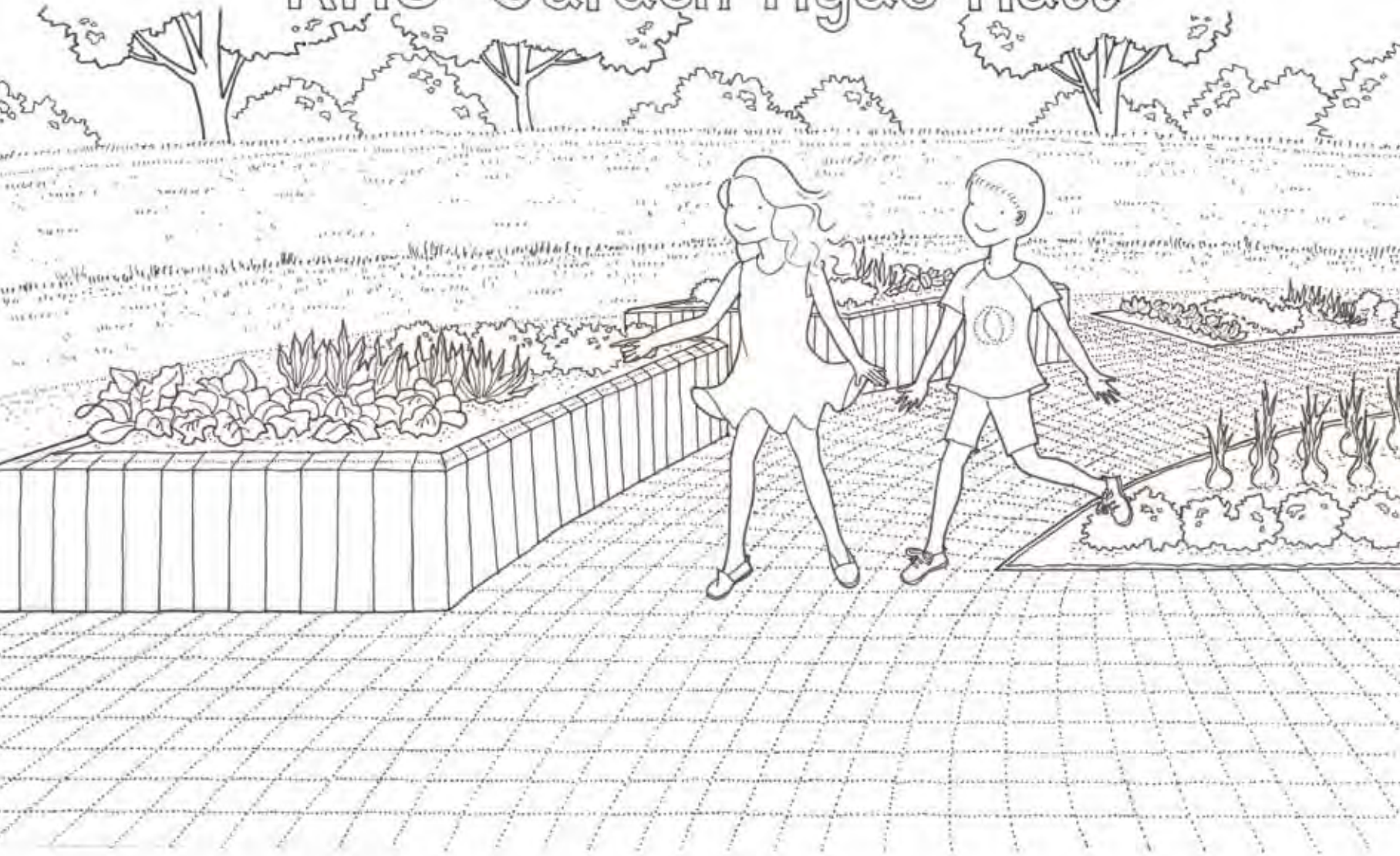
Sycamore



Oak



# RHS Garden Hyde Hall



Alex



and Rosie

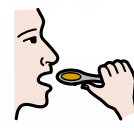


recognised



vegetables

they

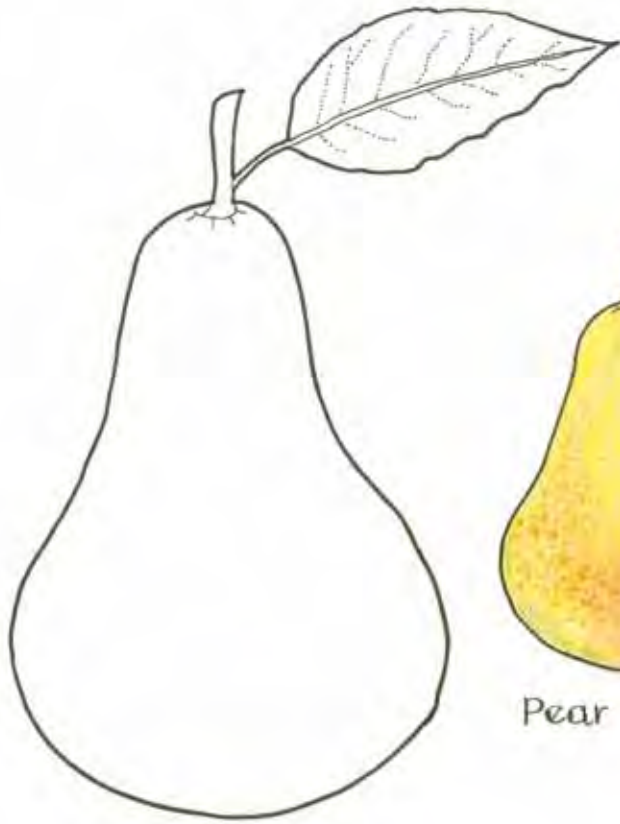


eat

at



home.



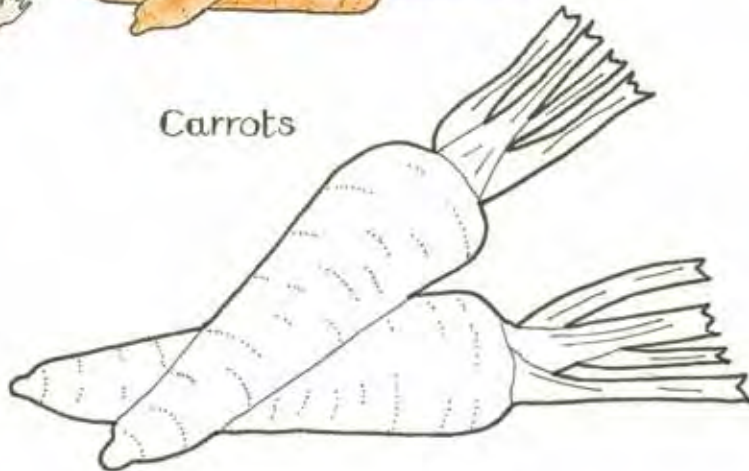
Pear



Beetroot



Carrots



# Norsey Wood

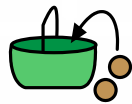


Alex

and



Rosie



collected

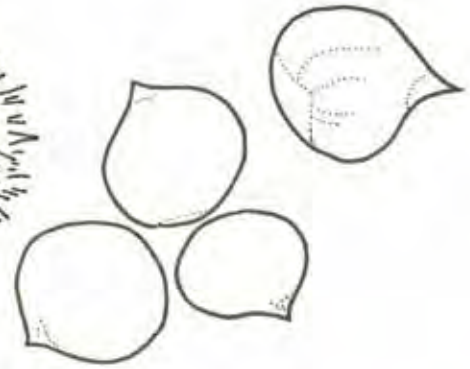


nuts

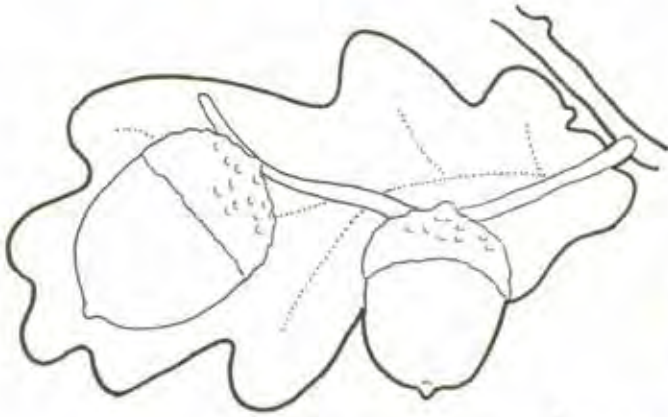
in the



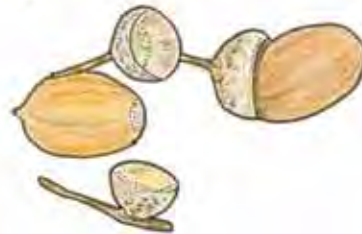
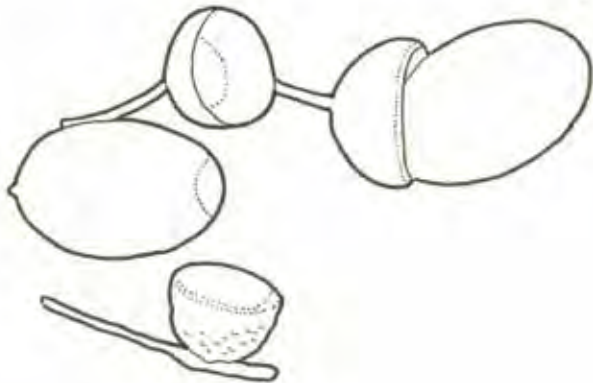
autumn.



Sweet chestnuts

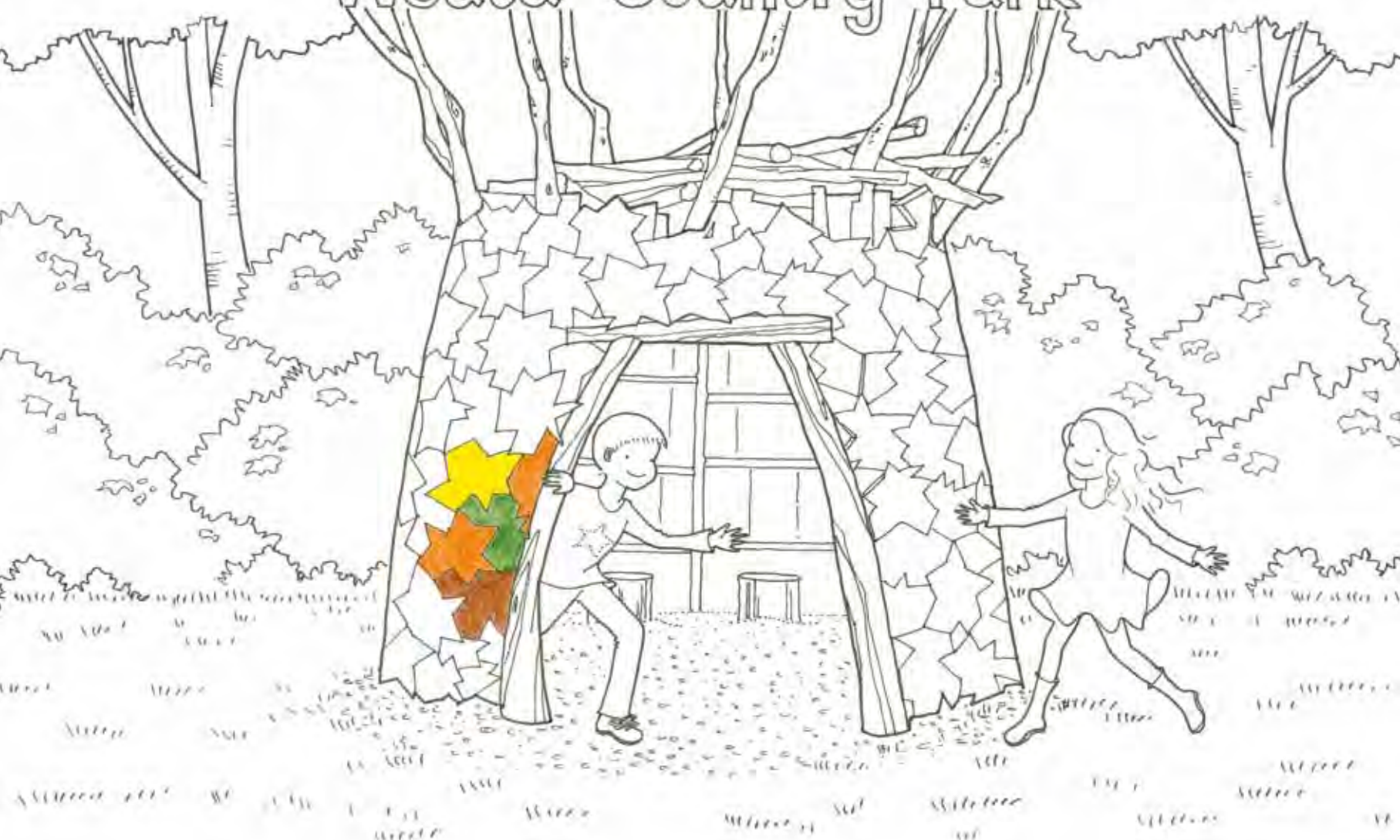


Acorns





# Weald Country Park



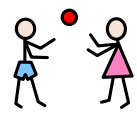
Alex



and Rosie



enjoyed



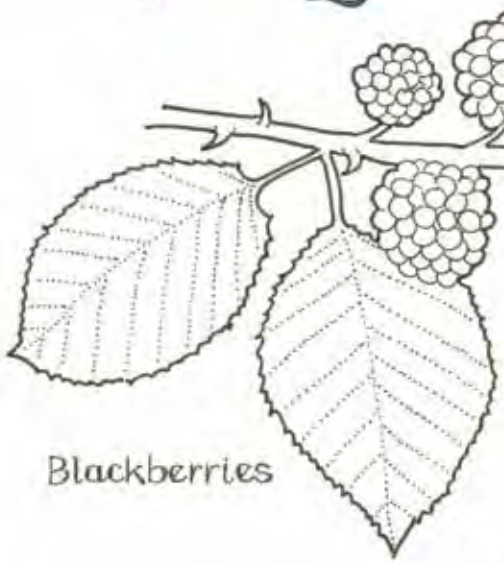
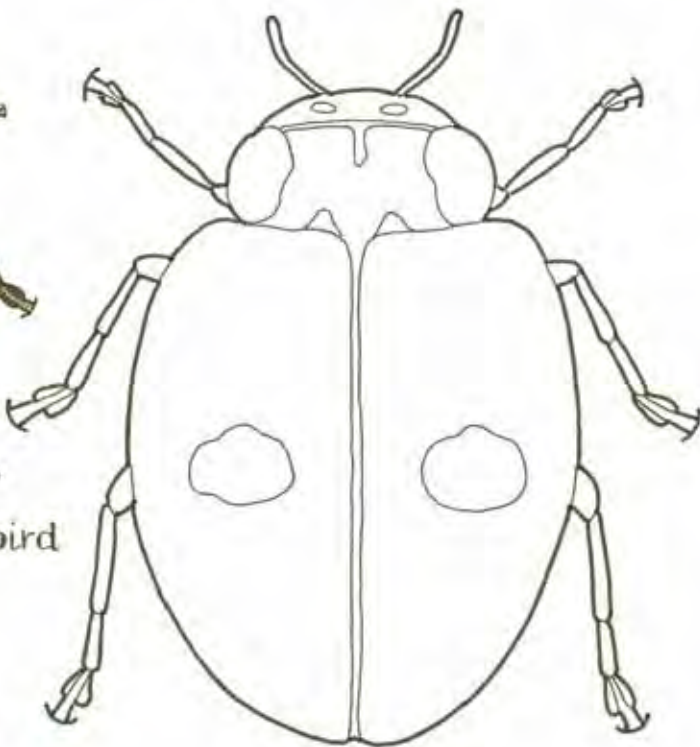
playing



in the Bluebell Tree House.



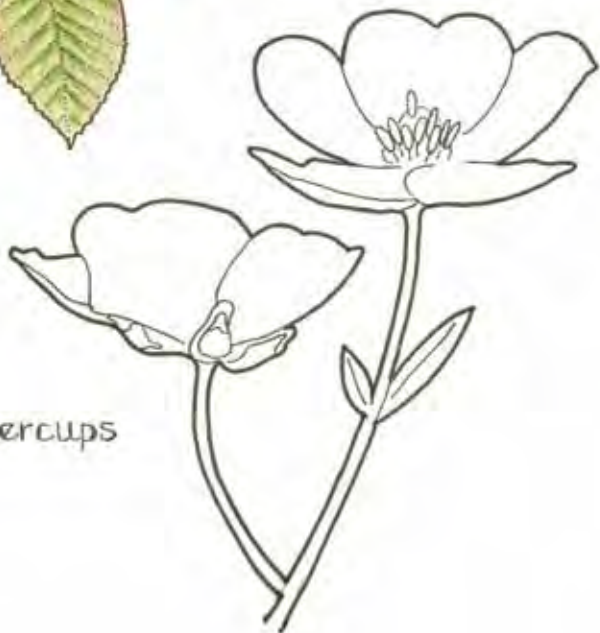
2-spot ladybird



Blackberries



Buttercups



# Danbury Common



Alex



and Rosie



love

to



hear

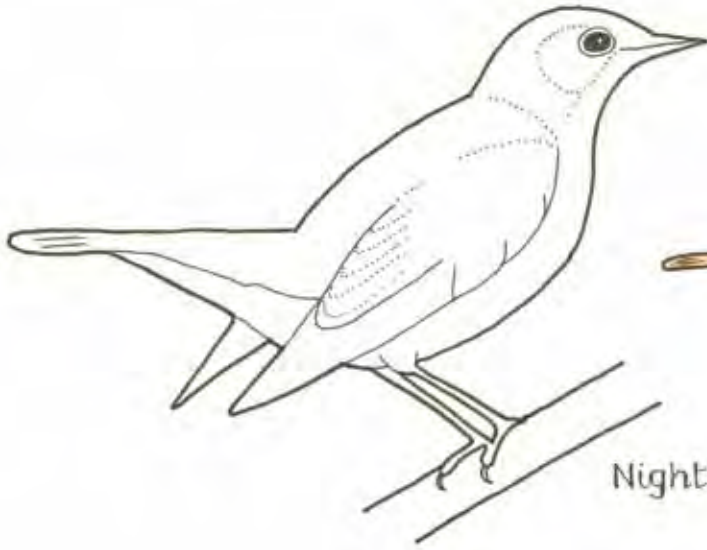


nightingales

in



spring.

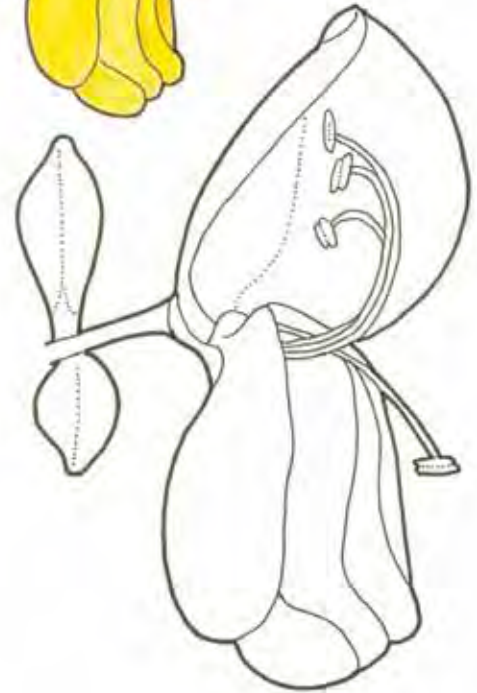


Nightingale



Broom

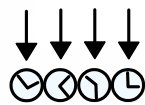
Small tortoiseshell



# Blake's Wood



Alex



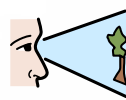
is

always

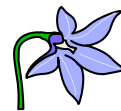


happy

to



see



bluebells

in



spring.



Comma



Foxglove



Bluebell



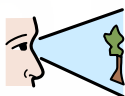
# South Essex Wildlife Garden



Alex



and Rosie



saw



colourful



birds



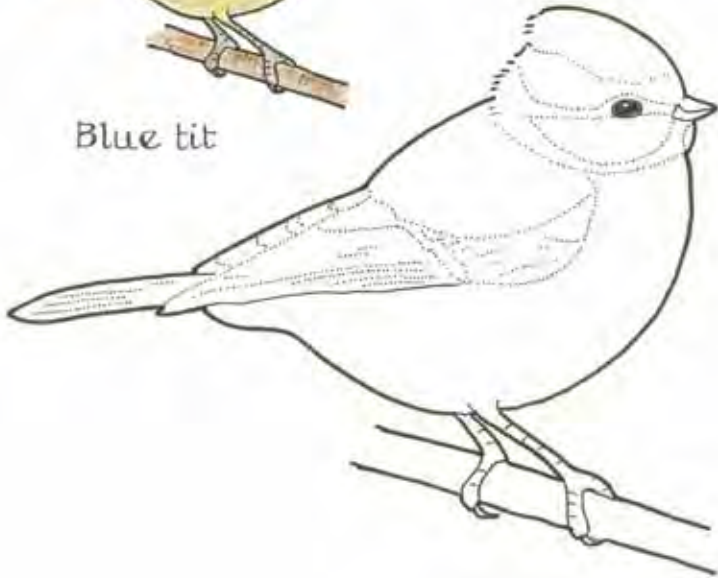
on the bird feeders.



Great tit



Blue tit



Goldfinch





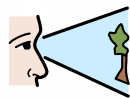
# Rainham Marshes



Alex



Rosie



watched

a



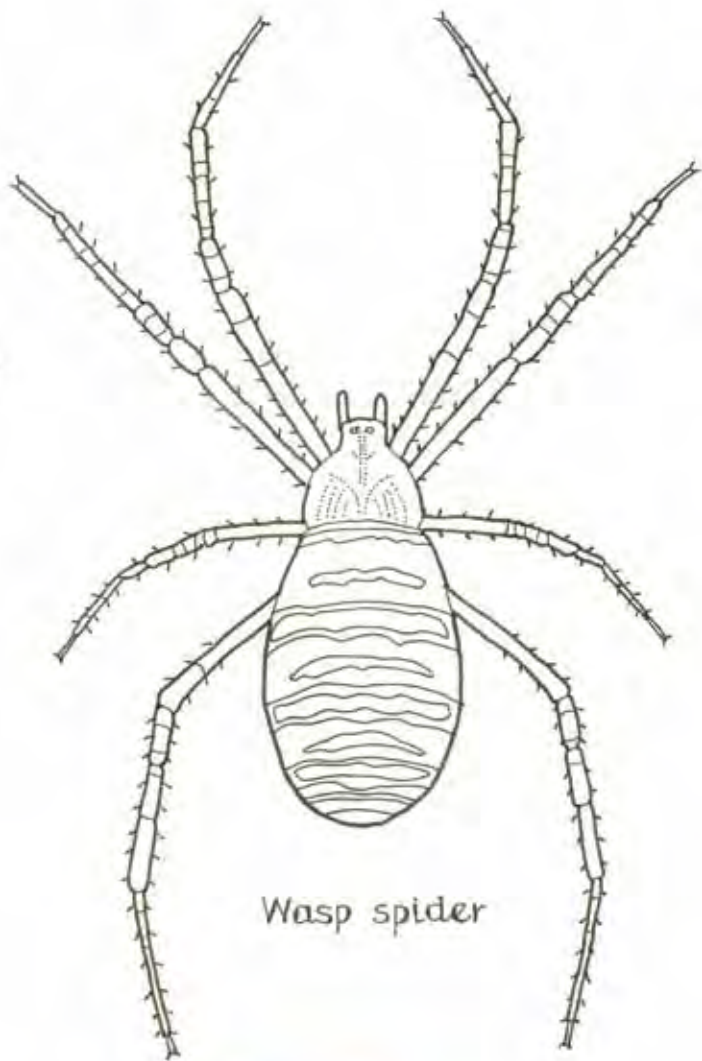
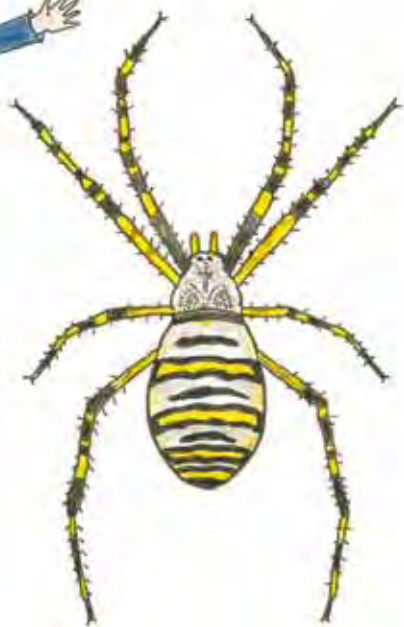
water vole



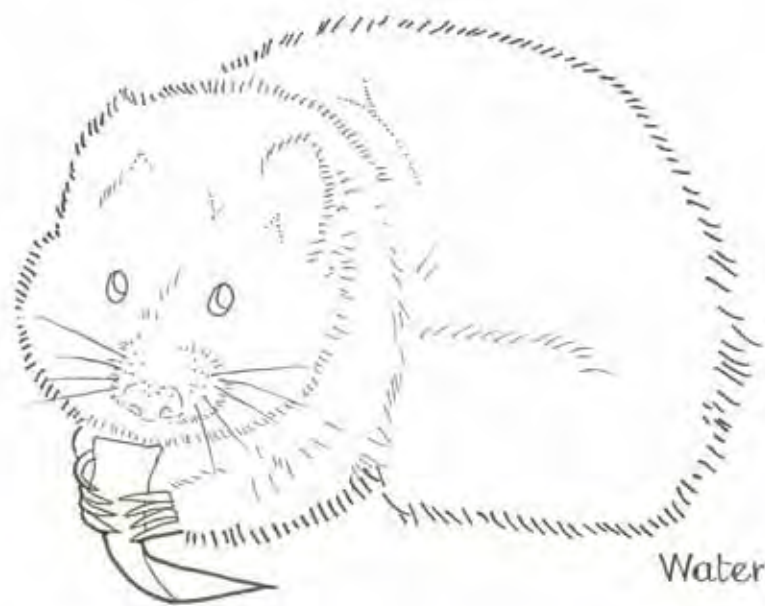
eating



reeds.



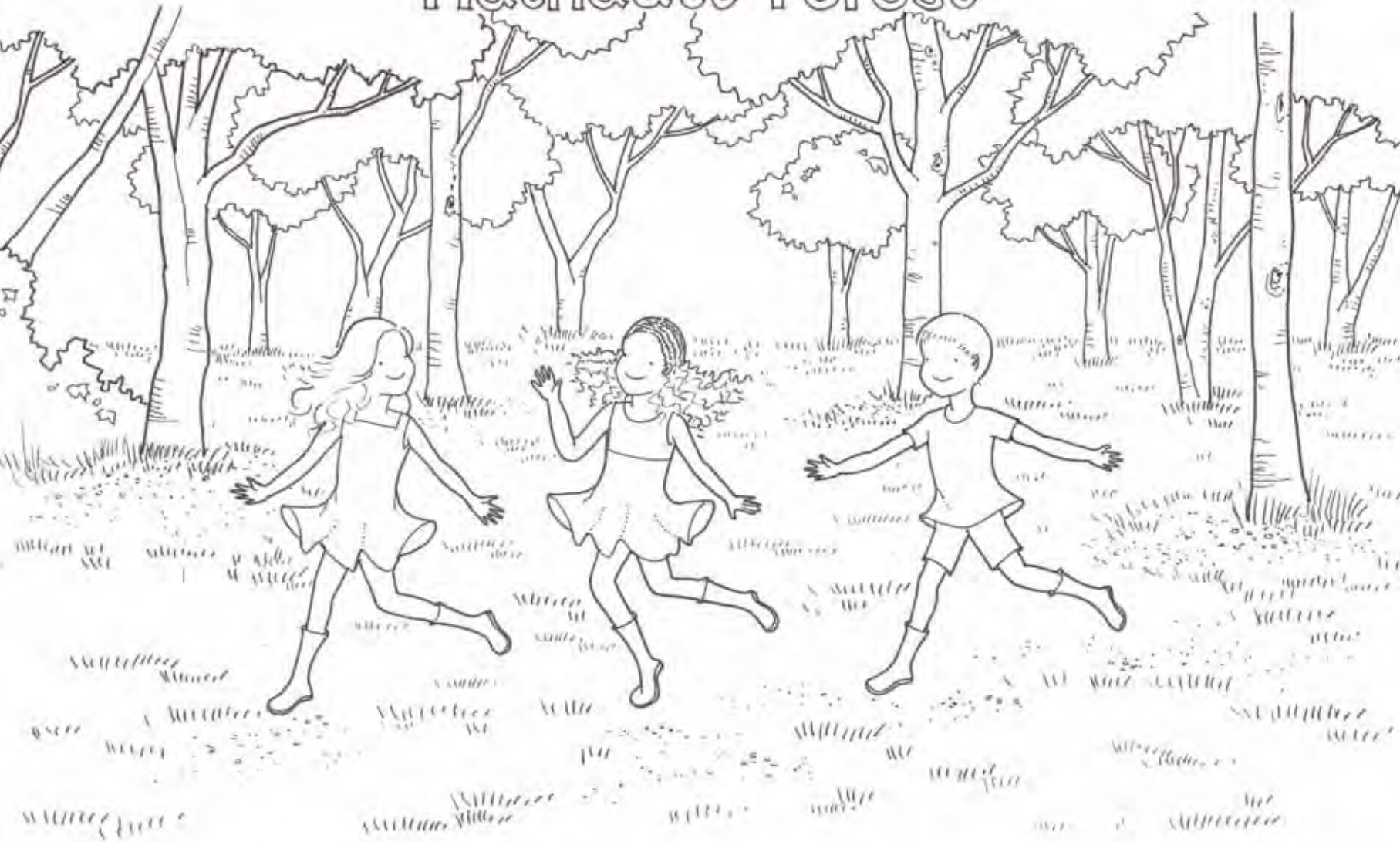
Wasp spider



Water vole



# Hainault Forest

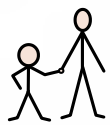


Alex

and

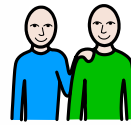


Rosie



took

their

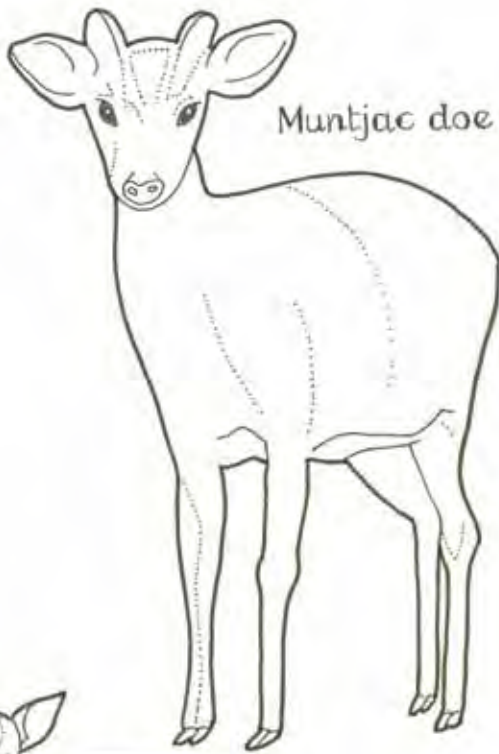


friend

to



Hainault Forest.



Muntjac doe and kid



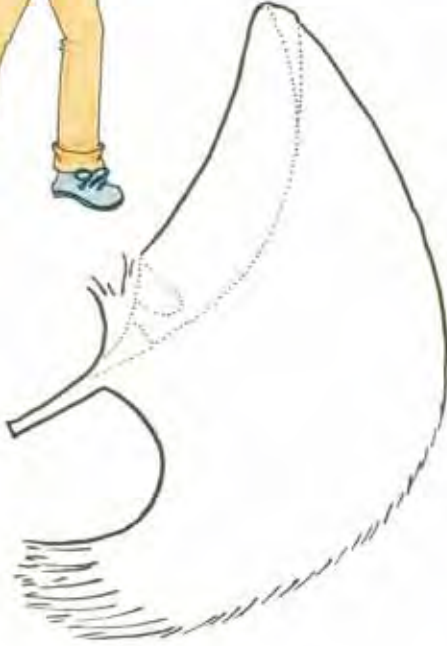
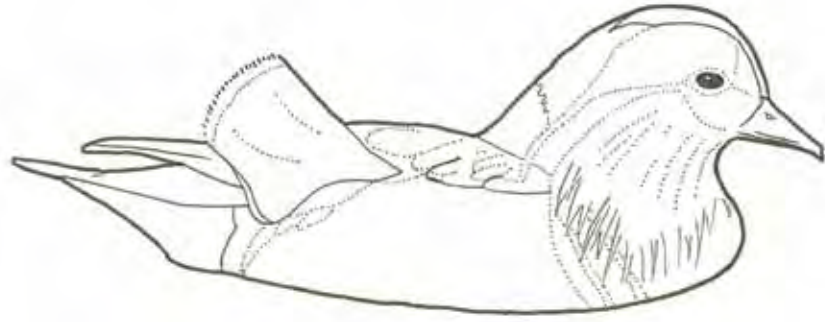
Grey squirrel



# Epping Forest



The drake Mandarin ducks were amazingly colourful!



Mandarin ducks



# Chafford Gorges Nature Park



Alex

and



Rosie

were



excited

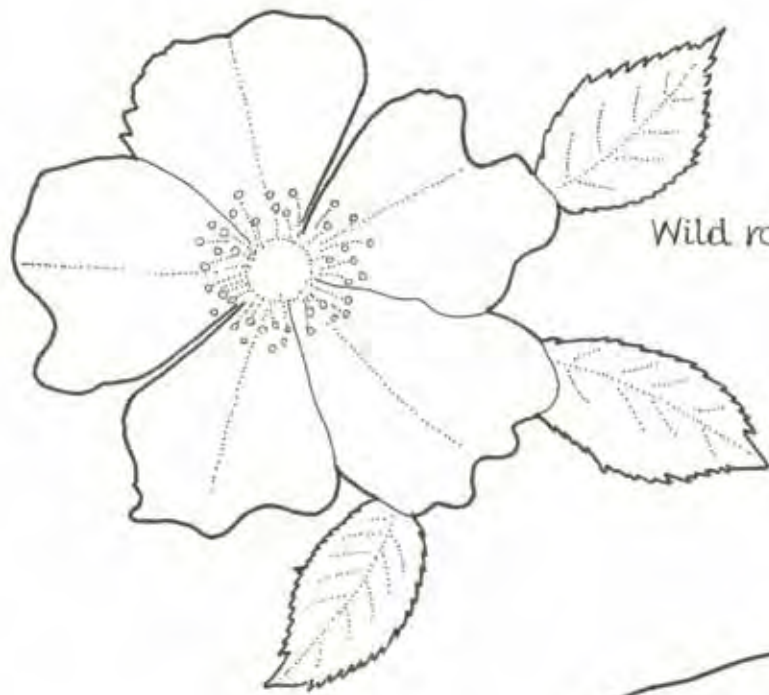
to



find



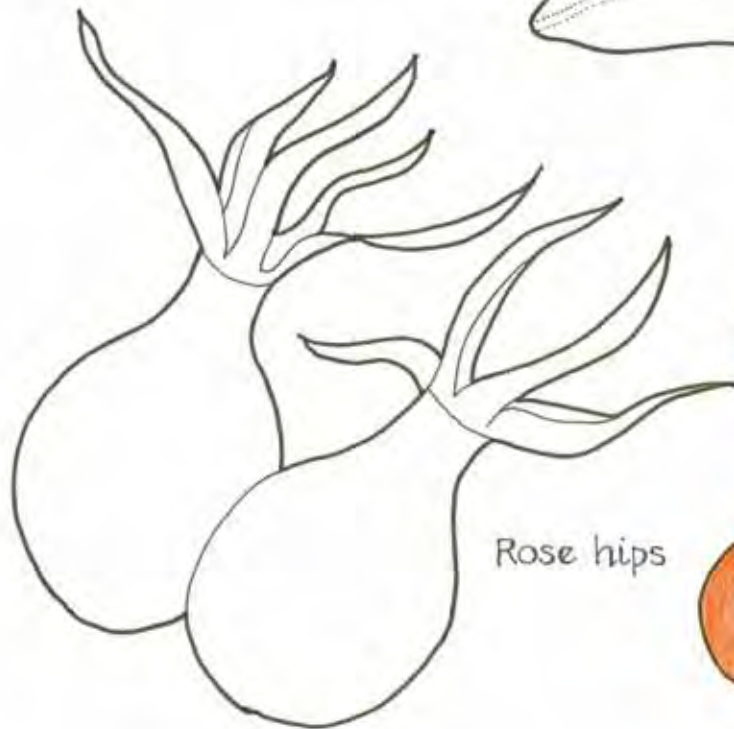
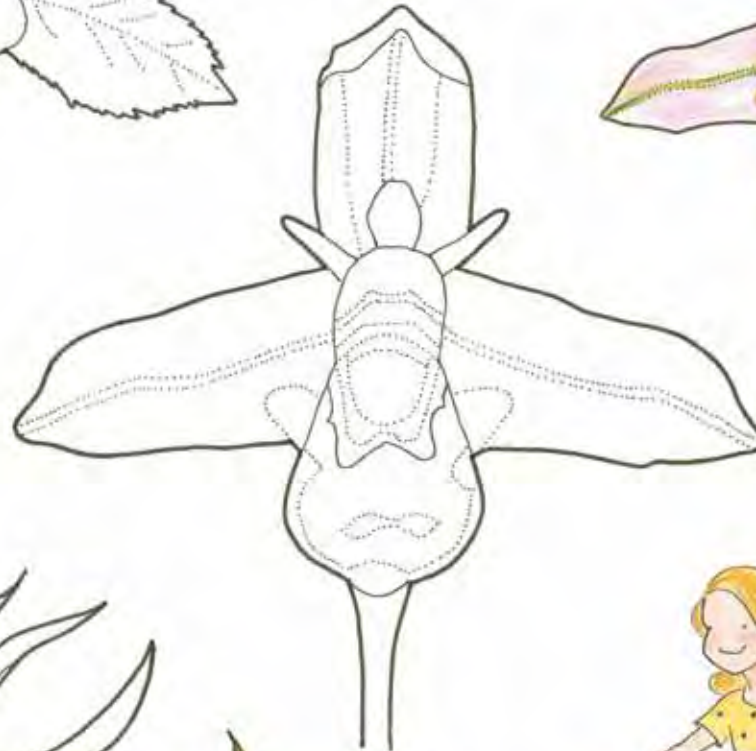
bee orchids.



Wild rose



Bee orchid



Rose hips





For bibliographic purposes, this book should be referred to as  
Blakesley, D and Blakesley, T. 2018. *Alex and Rosie's Essex Colouring Book*  
Autism and Nature, Kent.

The right of David Blakesley and Tharada Blakesley to be identified as the author and illustrator of this work  
has been asserted by them in accordance with the Copyright, Designs and Patents Act 1988.

Text copyright © David Blakesley  
Illustrations copyright © Tharada Blakesley  
Widgit Symbols © Widgit Software 2002–2018 [www.widgit.com](http://www.widgit.com).

All rights reserved. No part of this publication may be reproduced  
in any form without prior permission of the authors

First published 2018

British-Library-in-Publication Data  
A catalogue record for this book is available from the British Library

Layout by Aurea Paquete  
Published by Autism and Nature  
Printed by Amadeus Press

[www.autismandnature.org.uk](http://www.autismandnature.org.uk)

Disclaimer

We recommend visitors to any places included in this book to take all appropriate  
steps to ensure health and safety of all users, and to follow their own health and safety policy.  
Neither the publisher nor the authors can be held responsible for any consequences arising from  
the use of the information contained herein, including accidents or damage as a result of its use.



Alex and Rosie enjoy visiting the Essex countryside. Back at home, they love to colour pictures of places they have been to, and the wildlife that they have seen.

Published by

Supported by

