



Let's Go!

Relax the mind

BENEFITS OF ADULT COLORING

- ◊ RELAXING
- ◊ IGNITES MINDFULNESS
- ◊ IMPROVES CONCENTRATION AND ATTENTION TO DETAIL
- ◊ STIMULATES THE BRAIN AND SENSES
- ◊ SPARKS CREATIVITY
- ◊ REDUCES STRESS



Benefits of COLORING



Coloring Apps:

PAINT BY NUMBER
COLOR ME
HAPPY COLOR

