

CREATIVITY RESOURCES

Be Brave. Lose the Beige Facebook Page

<https://www.facebook.com/BeBraveLoseTheBeige/>

NCCA- National Center for Creative Aging

<http://creativecaregiving.creativeaging.org/>

Elizabeth Gilbert- Big Magic: Creative Living Beyond Fear

<http://www.elizabethgilbert.com/>

A Dose of Creativity-

https://www.youtube.com/watch?v=ERTfSz_8uZM

Art Mediums:

Sculpy Clay for sculpting or making jewelry- <http://www.sculpey.com/>

Mosaics- tile or glass- <https://www.pinterest.com/explore/mosaic-art/>

Coloring books for adults- <https://www.amazon.com/Johanna-Basford/e/B00J1YSPE4>

Colored pencils, pastels, crayons, water color pencils

Zendoodle, Zentangle- <https://www.zentangle.com/>; Suni Brown-

<http://sunnibrown.com/doodlerevolution/>