



# INSPIRATIONAL STAY-AT-HOME ACTIVITIES

## #1. Coloring

During these uncertain times when most of us are spending more time at home, it can be all too easy to turn to TV shows and our phones to keep ourselves entertained. With many people feeling more anxious than ever, it's a good idea to find an activity that can provide both calming benefits as well as a bit of distraction. No matter your age, coloring might just be the stay-at-home activity we could all use right now.

Though it's been a couple years since the coloring trend was exploding, the activity still offers the same wonderful things it did back then. First of all, coloring is fun. There's a reason we all enjoyed it so much as children. Second, research has shown that coloring can reduce stress and anxiety, helping you to feel calm and relaxed. It's also an activity that requires practically no materials, so you probably have everything you need at home. It's not only fun to color; it is also perfect for turning into a unique mixed-media piece. All you need is a few coloring tools and your imagination.

To help get you started, we're offering a free download of one of our favorite designs that was featured in our premier issue. Discover 110+ pages of coloring inspiration and ideas for how to go beyond the page inside every issue of *The Coloring Studio*.

Artwork by Susan Hagen; Originally published in *The Coloring Studio* Premier Issue.

