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/