

Destress and Activate Your Creativity with Brain Doodles



Laura Bundesen, author of [Brilliant Brain Coloring Book](#), shares templates, tips, and techniques for creating your own brain doodles to de-stress and activate your creativity.



WEDNESDAY, MARCH 13, 2024 FROM 2:00 - 3:00 PM EST

GET READY!

• LIVE STREAMING

» Print out this handout.

Don't have a printer? You can download this handout to a drawing program such as Procreate on the iPad or simply trace one of the coloring sheets by holding up a blank sheet of paper to your monitor screen and tracing the outline. Or...you can freehand draw your own.

GET SET!

Release any preconceived notions about artistic ability. This is a process-focused experience. There is no right or wrong way to do it.

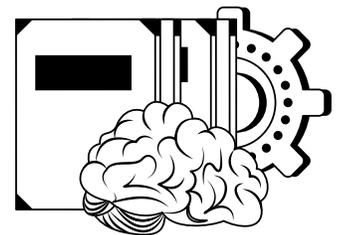
- Materials needed:**
- ✓ Printed handout or plain paper
 - ✓ Pen or pencil
 - ✓ Optional: markers, colored pencils, crayons

GO!

» Find your link to this program in your email and join us for an hour of fun.

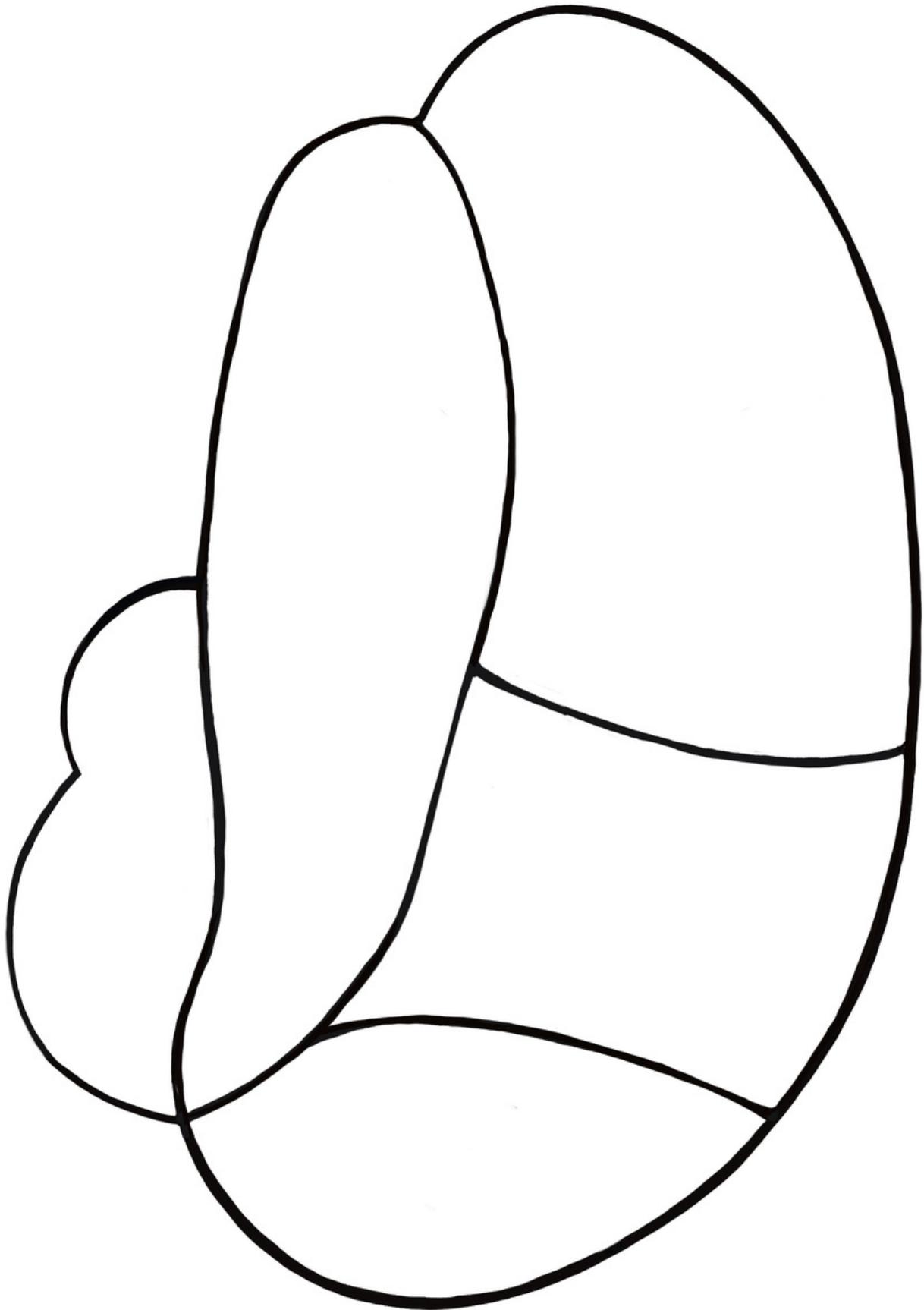
EXPLORE TO LEARN MORE:

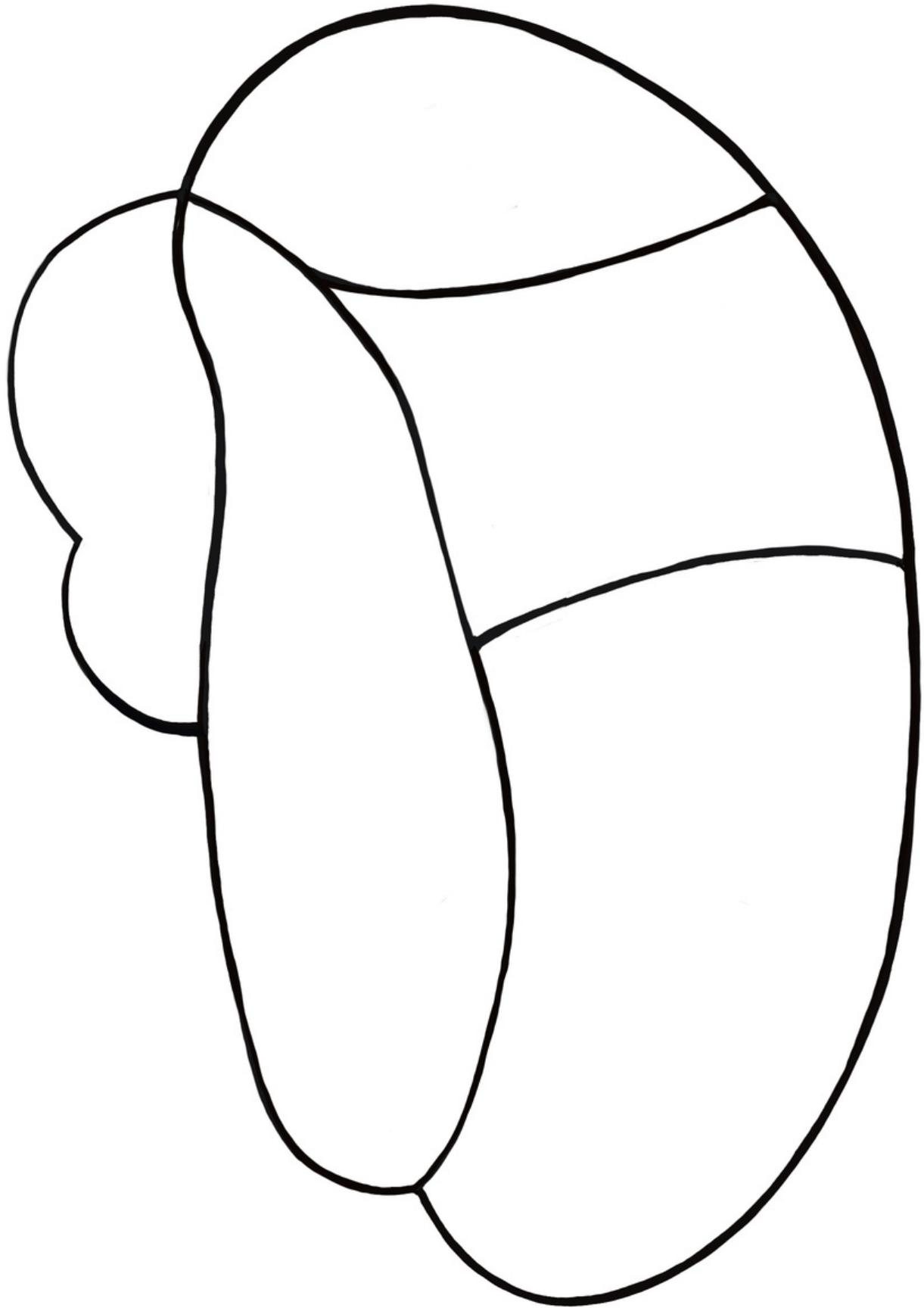
- 🖱️ [Feeling Artsy? Here's How Making Art Helps Your Brain](#) - NPR
- 🖱️ [Your Brain on Art](#) - Psychology Today
- 🖱️ [Your Brain on Art: How the Arts Transform Us](#) - Book by Susan Magsaman & Ivy Ross

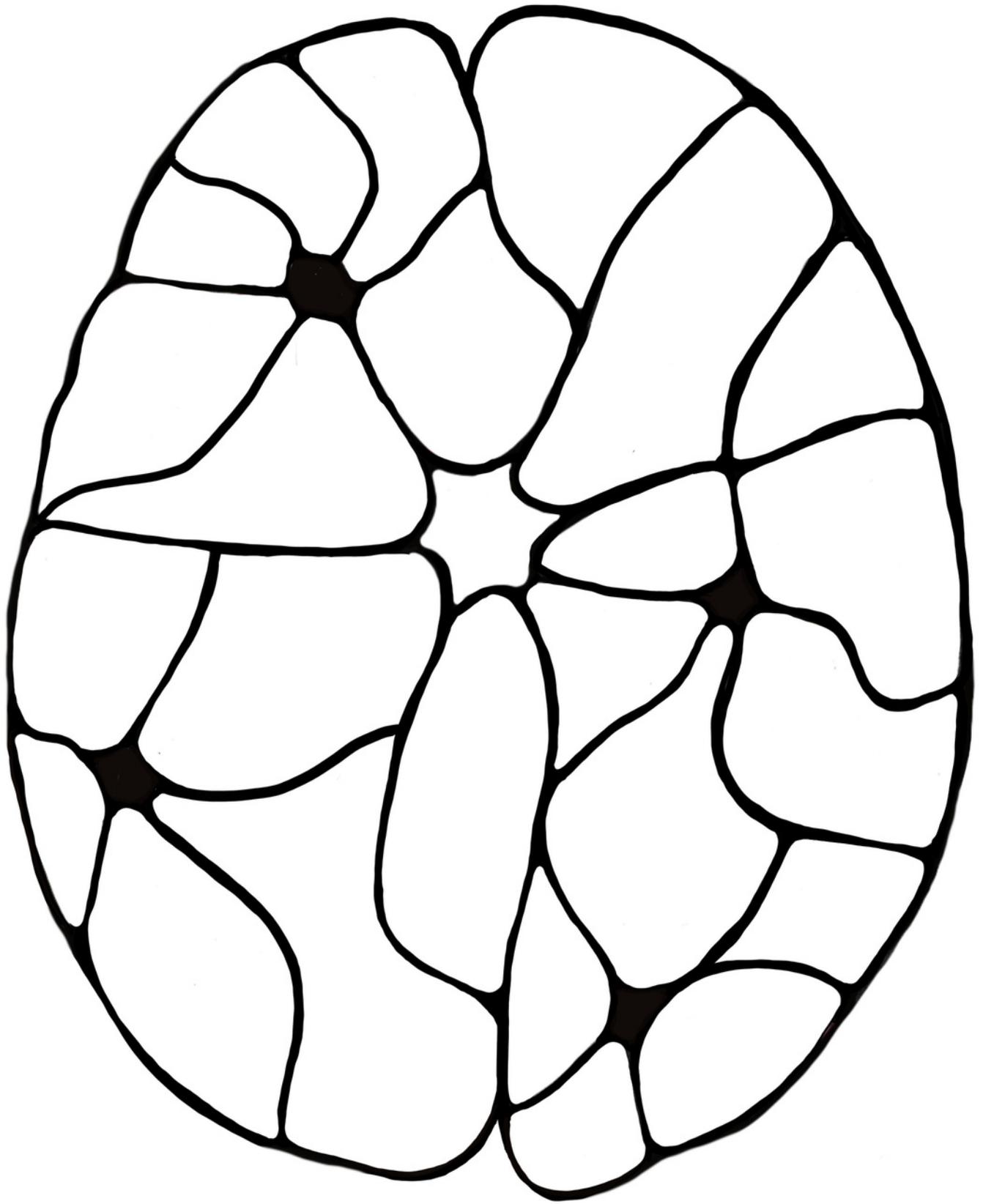


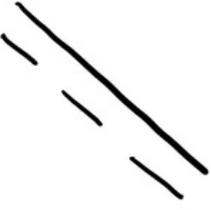
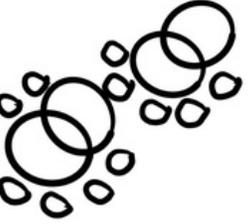
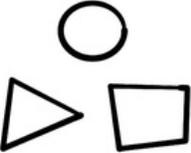
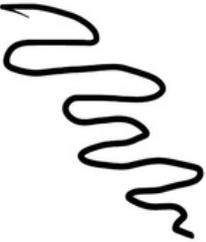
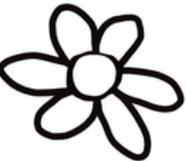
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Questions?







	Lines	Single	
Repeat Pattern		Shade	
Shapes		Shapes	
Free Form		Free Form	
Symbols		Symbols	

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Questions?

