

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:

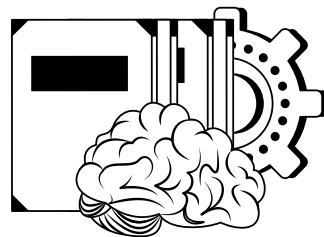
- ✓ Printed handout or plain paper
- ✓ Pen or pencil
- ✓ Optional: markers, colored pencils, crayons

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



Learn More

Questions?



LauraBundesen.com



Laura@LauraBundesen.com

