



ART THERAPY

Art therapy can encompass many different versions of recreational activities. Research has shown that art therapy can improve concentration and can help reduce feelings of isolation. By using this form of therapy it allows people to express their feelings through creative work rather than verbal communication. This can be helpful especially for those who are feeling out of touch with their emotions. During this time of uncertainty, the use of art therapy could be highly beneficial for many individuals in our community.

This benefits all ages!

WAYS TO WORK ON YOUR CREATIVE EDGE!

- Drawing
- Painting
- Colouring
- Puzzles
- Learn handwriting font letters
- Knitting/Crochet
- Embroidery

Check out
resources below:

- [Colouring pages](#)
- [Additional Colouring pages – kids specific](#)
- [Colour by numbers](#)
- [Handwriting font letters format](#)
- [Knitting/Crochet patterns](#)
- [Embroidery patterns](#)