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Extra Large Coloring Patterns: Coloring Book (Paperback)

By Kate Stevens

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Coloring relieves stress! Coloring may sound like a simple activity, but more and more people are discovering that it is an effective stress reliever and mood booster. Creative activities benefit seniors Research studies show that engaging seniors in creative activities like coloring can improve their health, lead to fewer doctor visits, reduce medication, and decrease the number of health problems. You can benefit from coloring too! It is a quick and inexpensive way to help you relax and engage in a fun and creative activity for as much or as little time as you have. Creative activities benefit everyone: - Improves moods Relieves stress Reduces agitation - Promotes socialization Provides an outlet for self-expression - Helps to maintain motor function - Improves dexterity (grip control) Improves hand-eye coordination - Encourages cooperation - Promotes mindfulness (full attention concentration required) - Provides a sense of accomplishment This Extra Large Coloring Patterns book is especially aimed at Seniors, Homes for the Elderly, Hospitals, Institutions etc, and anyone who likes Extra Large Easy Patterns.

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Reviews

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