



5H Community Read – Avoiding Unhealthy Substances - 2015

Coloring can improve your concentration and ability to retain information as well as relieve stress. Studies show that stress is often linked to the abuse of unhealthy substances, so finding fun and creative ways to release stress is important and good for your health! Color! It's good for you. It's good for your community!

Resources

Websites for Coloring Pages

- ❖ <http://www.crayola.com/free-coloring-pages/>
- ❖ <http://www.amazon.com/Adult-Coloring-Book-Relieving-Patterns/dp/1941325122>
- ❖ <http://www.coloring-pages-adults.com/coloring-zen/>
- ❖ <http://www.coloring-life.com/en/adult-coloring-pages.php>
- ❖ <http://www.coloring.ws/coloring.html>

Articles on Coloring for Adults

- ❖ **Coloring Books for Adults: We asked Therapists for their Opinions – August 17, 2015**
 - <http://www.theguardian.com/lifeandstyle/2015/aug/17/coloring-books-adults-therapists-opinions>
- ❖ **Coloring Books for Grown-Ups draw worldwide attention – August 27, 2015**
 - <http://www.cbsnews.com/news/adult-coloring-books-johanna-basford-among-hottest-book-summer/>
- ❖ **What Color is calm? Join the crowd of adult coloring fans and find out. – August 20, 2015**
 - http://www.oregonlive.com/hillsboro/index.ssf/2015/08/what_color_is_calm_join_the_cr.html
- ❖ **Why Adult are buying Coloring Books for themselves – July 12, 2015**
 - <http://www.newyorker.com/business/currency/why-adults-are-buying-coloring-books-for-themselves>
- ❖ **Health benefits of coloring books attracting adults to childhood pastime – July 30, 2015**
 - <http://www.foxnews.com/health/2015/07/30/health-benefits-coloring-books-attracting-adults-to-childhood-pastime/>

Coloring Books for Adults

Find coloring books for adults with a wide range of topics and detail. Book like; Art Nouveau, Creative Coloring Flowers, Animal Kingdom, NatureScapes, Creative Cats, Color Your Year,

- ❖ **Amazon.com** – try searching colorama adult coloring books – prices mainly under \$15
- ❖ **Barnes & Noble** – try searching adult-coloring books – prices under \$15
- ❖ **Booksamillion.com** – try searching adult coloring – prices under \$15
- ❖ **“Secret Garden” by Johanna Basford**
- ❖ **“Animal Kingdom” by Millie Marott**



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