



## ART – MIXED MEDIA

- Stimulates creativity
- Promotes fine motor skill development & problem-solving skills.
- Helps with visual-spatial processing
- Builds memory & self-control

Studies show that art decreases stress levels and lowers anxiety, helping with a youth's overall mental health. It also promotes self-esteem/self-expression, and the creativity activates the reward centers in the brain. Art is a universal language and acts like a gateway to cultural awareness.



### Kit Contents

- Mixed Media Art Kits – colored pencils, paints, brushes, and other drawing tools
- Pencils/Color Crayons
- Drawing Tablets



253-798-7160

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