



ART – SKETCHING

- Stimulates creativity
- Promotes fine motor skill development and problem-solving skills
- Helps with visual-spatial processing
- Builds memory and 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

- Sketching Kits – charcoal pencils and other drawing tools
- Colored Pencils
- Drawing Tablets



253-798-7160

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Persons with disabilities who require alternative means for communication, program information or reasonable accommodation need to contact their local county WSU Extension Office at least two weeks prior to any event.