

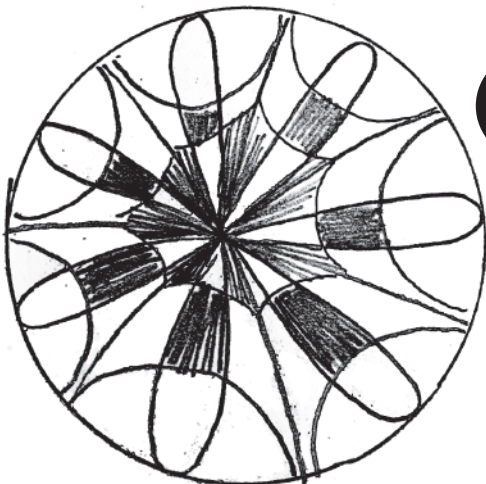
GET A HEALTHY DOSE OF CREATIVITY WHILE YOU WORK!

YOU WILL NEED:

- a paper
- b a cup or mug
- c pen, pencil, one of your kid's crayons – whatever you have at your desk...



Fill in the circle with shapes, symbols, patterns, and colors. You may choose to start in the center, on the edges, or anywhere you feel inspired to begin drawing.



Share your work online
using **#352Creates**

Research shows that creativity is good for our health. Regular engagement in creative activities has been shown to reduce stress, improve immune system function, and help us cope help us cope in positive ways.

WHAT WILL YOU CREATE TODAY?

352CREATES.COM

**352
CREATES**