Living Well – Today and Tomorrow

Course
Title: Color My Life: Tools for Managing Mood and Stress
Program # 3427-16-LAAS

Instructor
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A welcome note from your instructor:
Are you stimulated by color or does it relax you? Probably, both, but which colors effect you and how? Did you know that adult coloring books are selling fast? Doodling, coloring, and stress management do go hand-in-hand. Together, we will explore color theory, your personal response to color and learn to use color to manage mood and stress levels. Be ready to change your color and change your mood; maybe even make some new refrigerator art.

Tips for success:
Come willing to be playful, have an open mind and rediscover the secrets that you knew as a child. . . the magic of putting color on paper or the walls. Did you know what colors soothe or stimulate you? They may not be the same ones you think . . . or the same as those that inspire or enrage your friends and family. This is all about you. Take the time to color your life.

Supply List (Bring your own)
Note: All supplies are suggestions. Mention of a brand or retailer should not be considered UW-Madison endorsements. Students may make substitutions.

Required supplies:
- A new box of crayons (16 count or more)
- Coloring Book – with drawings that make you smile
- 9" x 12" Sketch Pad (preferably spiral bound)
- Small scissors
- Glue Stick
- Fine point black pen or marker
- Old magazine(s) for shredding

Optional items:
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- Colored pencils (with sharpener)
- Colored markers
- More magazines for sharing and shredding