

Good Idea? Bad Idea?

You've been really stressed lately, trying to juggle school assignments, sports schedule, part-time job and responsibilities at home. You've recently heard some of your friends talking about how they color to help them de-stress and relax. When you think of coloring, you think of what you did as a young child. How can that possibly be a way to cope with stress? So, you decide to investigate to find out if there's any truth to what your friends are saying or if it's just a bunch of hype.

Use your iPad and the internet to explore this phenomenon. Locate answers to the below prompts. Use at least 3 different, credible websites (you can use more) to develop this list.

List your sources here:

What are the health benefits associated with adult coloring? Provide as many as you can from the resources you are using.

What are the drawbacks associated with adult coloring? Provide as many as you can from the resources your are using.

Are adult coloring books the same as children's coloring books? Explain the similarities and differences..

Before you make your final decision, you need to give this adult coloring a try. See the teacher for the materials.

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