

Coloring at a Workshop is Okay

We are attending a workshop. Sometimes, adults color at a workshop. This is okay. Even if this is the first time that adults have ever colored pictures at a conference, it is still okay. This Story explains why coloring at a meeting is a mature and informed thing to do.

Coloring involves small repetitive motions that “…engage parts of the cerebral cortex while relaxing the amygdala, the brain’s fear center” (Chen, D., no date). This may explain why coloring has been linked to improved creative thinking and attention (Neuroscience News, May 4, 2018).

It is okay to color at a workshop while brainstorming, especially when there is research to support the idea.

References

Chen, D. (no date). Coloring books for adults: 8 Science-backed reasons to pick up your crayons. Retrieved from <https://www.rd.com/health/wellness/adult-coloring-book-benefits/>

Neuroscience news. May 4, 2018. Coloring reduces stress and boosts creativity. Retrieved from <https://neurosciencenews.com/coloring-stress-creativity-8969/>

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Recorder Notes

in response to questions below.

More room to write on back!

(Add your own questions)

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