

Thank you for joining me for *“Calming Canvas”*



I'm Paula Baisden



Today we are going to talk briefly about the therapeutic value of the arts and then we are going to paint “Les Paul in Bold” together.

- Watch the brief introduction about therapeutic arts here (4 minutes):
<https://youtu.be/0-Kuf4QgwYw>
- Here you can follow along and sketch your own guitar to paint (6 minutes):
<https://www.youtube.com/watch?v=41JlnXI96R0&feature=youtu.be>
Alternatively, you can print, trace, or transfer the sketch below to paint (or otherwise color) on.
- Here you can follow along and paint “Les Paul in Bold” with me (26 minutes):
<https://youtu.be/Oo3Z2WfDKrM>

