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](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=41JlnXl96R0&feature=youtu.be](https://www.youtube.com/watch?v=41JlnXl96R0&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](https://youtu.be/Oo3Z2WfDKrM)