

# Soothing Art Saturdays

One Saturday each month at 2:30pm

Each Soothing Art Saturday will have coloring supplies, kinetic sand, and PlayDoh. In addition, there will be a spotlight program each month that highlights a new therapeutic art activity. We will also have different kinds of herbal teas & calming music. Coffee will be made upon request.

**Sept 15**

**Introduction to Kinetic Sand**  
Come play with our Kinetic Sand & see why it is therapeutic!

**Design Your Own Journal**  
Design your own journal with our large amount of craft supplies & learn about the therapeutic elements of writing!

**Oct 13**

**Nov 24**

**Paint Nite: Finger Painting**  
Come learn how to finger paint & the benefits of finger painting as an adult.

**Make your Own Coloring Sheet**  
Come doodle with us and let your creative mind flow!

**Dec 8**

**Registration is required**

To register, please call 708-687-3700 or visit our website calendar at <http://acornlibrary.org/calendar>

