Stay Home And...

A Coloring Book From The Artists at NIAD
Learn the guitar or the piano.
Listen to the music of Aretha Franklin.
Get some construction paper and make a pig mask. You’ll need string, too.
Write a letter to a friend.
Go to the freezer and make an ice cream cone.
Brush your teeth. Please.
Look out the window for a butterfly.
Play dress up.
Occasionally walk around pretending to be a duck.
Turn on the Weather Channel.
Pet your cat.
Imagine you’re collecting seashells at the shore.
Try to draw the outside of your house from memory.
Style your hair differently.
Draw just the outline of the objects around you.
Drink a glass of water.
Cut Kate out and use her as a paper doll.
Watch the fish in your aquarium.
Take a bath but pretend you’re in a hot tub on a yacht.
Read the National Geographics piled in the basement.
Write your memoir.

My Story

by Sara

I like water and I like to drink it.

and I like it with water. With my medicine at night time.

So I can get better with seizures.

I like changes a lot because

and I like to write with them.

I hate writing on people.
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