

[FADE UP]

[MOC]

Are you stressed out? but just can't mind off of have to do? well the answer is simple you get a coloring book and color pencils and color.

{HOLD UP COLORING BOOK} [ZOOM IN ON BOOK]

Adult coloring books are becoming more and more popular. Coloring is not just for kids anymore. these books have intricate and abstract patterns in them.

{SHOW A PAGE IN THE COLORING BOOK}

These books have varying themes from more abstract to more specific themes. Some themes include Tranquil wonders and forest wonders. The repetitive motions when you color help relax our brain and keep our mind of off whatever it is we are stressed about. These books can be found in stores like Barnes and noble and Walmart.