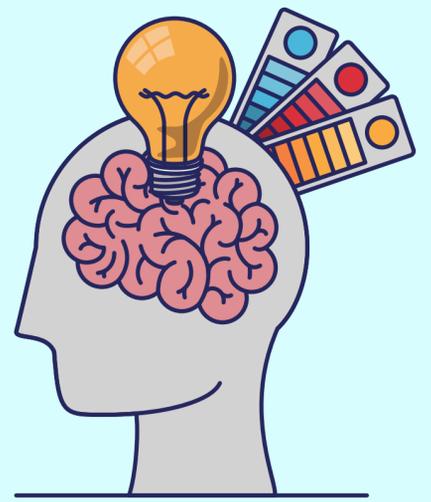




# Let's Talk about:

## *Do-it-yourself (DIY) Projects*



Hi CCS Community!

Happy March! For this month's post, I thought about how March is one of those months where it is not quite warm enough to want to be outside, but also not so cold that you don't want to leave your house at all. So, I thought we could talk about some fun projects to keep you busy either inside or outside.

### **Why is it important to be creative and work on projects?**

Not everyone is a gifted artist or great with crafts - I will be the first to admit that I am far from talented when it comes to anything artistic. However, being creative exercises the frontal lobe of your brain. It forces you to challenge yourself, try new things, and make mistakes.

### **DIY Projects to Try at Home**

#### *Paint By Numbers*

Paint By Numbers is an activity you can do alone or with a friend. If you are a beginner like me, all you have to do is follow the instructions and paint or color each number the same color. You end up with a beautiful painting. There are many free templates online if you google "Free Paint by Numbers PDF"

#### *Make compost for the spring*

If you are someone who enjoys gardening or wants to learn how to garden, making a compost is fun way to start. Composting is a way to recycle certain food waste like banana peels and coffee grounds to create a nutrient-rich addition for your soil. Make sure to only compost items like fruits, vegetables, newspaper clippings, twigs and grass. Keep your bin in a warm, sunny spot and make sure to occasionally mix it and add some water.

#### *Make a collage or scrapbook*

Something that I grew up doing was making collages and scrapbooks using magazine cutouts, printed photos and stickers. You can make a collage of anything! We used to make scrapbooks of family vacations that we took. A scrapbook is also a wonderful and thoughtful gift idea to give a family member or friend.

Get creative! Be sure to send me a picture if you end making anything :)

