

### Big Kids Coloring Book: Dia de los Muertos: Sugar Skulls: 50+ Images on Double-sided Pages for Crayons and Colored Pencils (Big Kids Coloring Books)

Dawn D. Boyer Ph.D.

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Sugar Skulls have a historic connection to religious and indigenous peoples with a blend of respect for the dead and the hope of reincarnation and the chance to see one's deceased, loves ones again. Sugar skulls are decorated with the intentions of providing a joyful baked item to children during the Day of the Dead combined with All Souls and All Saints Day celebrations. Celebrated primarily in the Hispanic culture, the celebrations have spread all over the world for the days between October 31st and November 2nd.

This book was created for those co-artists who wish to use crayons and colored pencils. Everyone loves quotes, especially if they are significant to a life situation, identify within a moment, inspire a person to do or be better, or provide a little pep-talk to motivate the person to a higher psychological mindset. Add beautiful colors and other designs outside the skull image and you have created a personalized work of art!

Coloring books will never lose their appeal - whether you are a pre-kindergarten toddler to the mature adult who is looking for something simple to play with for a solitary pursuit that provides artistic pleasure. This coloring book has the intensity of design, but also the simplicity of simple Zentangle inspired art (ZIA) that allow the reader (and budding artist) to pick and chose their favorite designs, and then use colored pencils, markers, acrylics, or even crayons to add their own brilliant color combinations.

Coloring can be cathartic for those needing something that doesn't take a lot of analysis or thought, while allowing them to pick and chose their personal colors to create an artistic masterpiece. The page of skulls, reflective and geometric designs, and Zentangle inspired art (ZIA) allows relaxation while you wile away the hours or the day in your own mind.

There is no judgment here. Have fun. Use the baseline designs and sketches to play and have fun. If there are blank spaces, along the borders or inside the design, add your own lines and patterns.

Key Words: Coloring Book, Adult Coloring Book, Crayons, Markers, Paint, Mandala, Zentangle inspired artwork, Kaleidoscope, Drawing, Illustration, Ancient techniques, articulate, artwork, balance, Benefits, biofeedback, body, brain, breath, calming, channel, circle, colors, composition, concentration, consciousness, contemplate, cosmos, creation, designs, disciplines, Divine, drawings, emotions, energy, enlightenment, esoteric, experiential, fine art, visual art, focus, forms, geometric, growth, guidance, human, hypnosis, illuminate, imagination, insightful, intelligence, joy, life, light, lived, lotus, love, mandala, mantra, meanings, meditate, meditation, motivation, mental, metaphysically, microcosm, mystical, nature, Nirvana, oxygen, paths, pattern, peace, personality, physiological, physiology, positive, powers, process, progressive, promote, psyche, psychedelic, psyches, psychic, psychological, psychology, psychotherapy, pure, re-balancing, recovery, reflecting, reflects, relax, relaxation, relaxed, release, respiration, respiratory, resting, reveal, ritual, sacred, sand painting, saturation, schema, self-hypnosis, self-remembering, self, space, spirits, spiritual, state of being, strengths, de-stress, sub-conscious, symbolic, synthesis, technique, therapy, thought, Tibetan, traditional, traditions, transcendental, transcends, unconscious, universe, validation, values, virtues, visual, visualizing, visually, wakefulness, well-being, wisdom, Zen, Copyright© 2015, Dawn.Boyer@me.com, www.dboyerconsulting.com, Zendala, pen and ink, illustration, drawings, color, shading, co-artist, flora, fauna, mystical, magical, fairies, butterflies, bugs, skulls, sugar skulls, Day of the Dead, Dia da los Muertas

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