



Turning the light on for youth mental health is the inspiration for Creativity Shell's fabric line, Creativity Glows.

After spending the past six years teaching sewing and textile arts classes to a variety of different children in shelters, ABA therapy programs, the juvenile justice system, and children suffering from anxiety, depression and more, our organization is convinced that poor mental health in young people is a hinderance to their growth.

The Creativity Shell hopes to inspire children to learn to sew, and to create, while also gaining life and philanthropy skills through arts education and making items for others in need.



For more information their
childrens' art & therapy
programs:

CreativityShell.org

[@CreativityShell](https://www.instagram.com/CreativityShell)

[@CreativityGlowsforYouth](https://www.instagram.com/CreativityGlowsforYouth)

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Visit CreativityShell.org or [@CreativityShell](https://www.instagram.com/CreativityShell) on social media
for more information on their children's art & therapy programs.



SEW A LITTLE LOVE BUG

5 Fat Quarter project, perfect for new sewists and to donate to children in need.



LITERACY CUBES

Soft cubes used to boost literacy through games.



SEW A LITTLE LOVE HUG

This version of a puff quilt makes it easy to wrap yourself up in a hug.

MAY IS MENTAL HEALTH AWARENESS MONTH

What can you make to support Youth Mental Health Awareness? Creativity Shell has created several projects perfect for in-class education or for donation projects. Patterns are available through Creativity Shell's website for a small donation toward their arts education programs. Check with your local shop about how and where to donate these items!

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Visit CreativityShell.org to find these patterns and more.
Available to download for a small donation in support of arts education in the Shop section.