

Activity Idea

Create Your Dream Space *Recommended for Adults*

Have you always wanted to learn the basics of decorating without having to attend an interior design school? Why not take advantage of your time at home to become your own interior designer and rework your space to bring comfort and joy! Below we've put together resources that combine how-to steps and inspiring examples – combine that with your creativity, and you're on the path to being both safer, and happier, at home.

eBooks:

Zen and the Art of Creating Escape at Home by Paula Y. on Hoopla <https://tinyurl.com/v8kr5jg>

Interior Design Secrets by Deborah Heath on Hoopla <https://tinyurl.com/w4pxj3b>

150 Best Interior Design Ideas on Hoopla <https://tinyurl.com/tqky3no>

Green Interior Design by Lori Dennis on Hoopla <https://tinyurl.com/wumv4cr>

Apartment Therapy Complete and Happy Home by Maxwell Ryan on Overdrive
<https://tinyurl.com/yxx4aehg>

Lovable Livable Home by Sherry Petersik on OverDrive <https://tinyurl.com/uck99jr>

Audiobooks:

Cozy Minimalist Home by Myquillyn Smith on OverDrive <https://tinyurl.com/sjzsc5g>

Videos:

All About Color on Kanopy <https://tinyurl.com/wx95ezg>

Confessions of an Interior Designer on Hoopla <https://tinyurl.com/rwylkj6>

Courses:

Universal Class – Interior Design 101 <https://tinyurl.com/r3tf398>

Gale Course – Introduction to Interior Design <https://tinyurl.com/wgofhyl>

Design and Thinking – A Documentary on Design Thinking on Kanopy <https://tinyurl.com/wwfcf2z>

Spark an Idea!

Some questions to consider:

- What spaces do you love? How do they make you feel?
- How do you decide when an object is important to you? What can stay? What can go?
- Do small things make big differences? What's a tiny change you can make in your space now that will make you feel better? Visualize it!
- Put together a poster (or Pinterest) board bringing together colors, textures, shapes, and feelings you want in your home. What are some guiding keywords in your search?