

What is the painting by number and that they are benefits to practice this activity

The painting by number is an entertainment that exploits a support entirely cut in small areas with numbers indicating the color that waits in each one. The kits include all the necessary so that it can be completely painted.

It is an activity that is equally suitable for children and adults. It allows you to learn about painting without having the soul of an artist.

This activity has many advantages:

- It reduces anxiety and stress levels: Painting makes adults happier, calmer and more relaxed. It's an incredibly easy way to relieve stress and release negative emotions. Make their worries temporarily disappear.
- Increases concentration: To perform this activity it is important to concentrate well. It also stimulates the will to finish to see the final result.
- Increases your skill: Even if you have guides to help you paint, you can learn to paint by learning styles, paints and brushes, which will eventually improve your painting skills so that you can develop and learn enough to create your own paintings.

Where to find paint by numbers

You can find this type of painting at [Paint By Numbers Paradise](#) very large specialist in the sale in the world of art at very affordable prices, which allows you to have a wide choice among famous paintings of renowned painters, animals, flowers, cityscapes, so you can paint what catches your attention.

In addition, the kits include everything you need to paint them, the respective watercolors in different colors and correctly identified so you can know in which issue they go, as well as the brushes needed to create an authentic work of art.