

Healing Through Art

Suggested art supplies

Basic Supplies suggested for everyone (in addition to whichever option below is selected)

- Sketch pad – e.g. 9x12” or 11x14”
- Any kind of color – e.g. watercolors, colored pencils, crayons, markers
- Drawing pencil(s) – e.g. Ebony or 4B-6B pencil
- Pencil sharpener (optional)
- Eraser – kneaded is ideal

In addition to bringing the supplies listed above, please select *either* **Watercolor** or **Acrylic painting**, depending on your interest, and **source materials from the applicable list below**. Class exercises can be done in either medium. *Feel free to purchase higher-end materials if your budget allows or use materials you already have on hand.* Suggested items are subject to availability and price fluctuation.

Watercolor painting

- Winsor & Newton™ Cotman Watercolour™ 10 tube Set: OR Daler Rowney Aquafina 12 pan, \$19.99
- Assorted watercolor brushes – several rounds (assorted sizes), plus 1 flat (3/4” or 1”)
- Artist’s Loft 140 lb. watercolor paper, 9 x 12” \$9.99
- Plastic palette or coated or plastic plates
- Spray bottle (optional - i.e. from a dollar store)
- Masking, painter’s or artist’s tape at least 3/4”

Acrylic painting

Paints (Pick **one** option – #1 or #2)

1. Liquitex® Basics™ Acrylic Paint 4oz., \$5.99 each
 - Cadmium Red • Ultramarine Blue
 - Medium Hue • Titanium White
 - Primary Yellow • Burnt Umber
2. Liquitex® BASICS™ Acrylic Color Starter Set, \$ 32.99

Brushes/Palette Knife

- One palette knife (metal or plastic)
- Assorted acrylic brushes such as Royal & Langnickel® Essentials™ brush set, \$9.99

Other

- Canvases (pre-stretched) or canvas paper
- Wax paper or disposable plates for mixing paint
- A roll of paper towels or rags
- Spray bottle (optional - i.e. from a dollar store)

Where to buy

Prices are based on Michael’s at the time this list was created. Other **in-store sources** for art supplies include Hobby Lobby, Ocean State Job Lot, Walmart and JOANN Fabrics. **Online sources** include Jerry’s Artarama, Blick Art Materials, Cheap Joe’s, Amazon and most of the stores above. Coupons may be available for some stores. Have *fun* shopping!

