



Creating
Mindfulness

ART SUPPLIES

Main Supplies

- Sketchbook
- Fine Line Black Pen & Colored Pens
- White Gel Pen
- Watercolor Set
- Straw
- Scrap Paper/ magazines
- Cell Phone or digital camera
- Scissors
- Glue Stick/Tape

Optional Supplies

Please note that the supplies that are linked above are linked to amazon. They reflect some of the brands we will be using for our demonstrations. Support local businesses when you are able, some of these supplies are less expensive when purchased from local shops. Feel free to substitute similar items to the brands linked above. Make sure that your sketchbook has mixed media paper 90# or greater for our purposes. All of our projects for this course will primarily use the supplies listed above, however we are including optional supplies below that are fun to play with to extend your work. We will touch on these extensions in our classes though the projects can be completed without them.

- Wax Crayons or Oil Pastels
- Colored Gel Pens
- Alcohol
- Paper towels
- Dropper or Pipette
- Additional Watercolor Brushes in varying sizes
- Mod Podge & a sponge brush