

Healing Through Art

Suggested art supplies

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
- Drawing pencil(s) – e.g. Ebony or 4B-6B pencil
- Pencil sharpener
- Eraser – kneaded is ideal

In addition to the supplies listed above, **select Option 1, 2, or 3** below depending on your interest. Class exercises can be done in most mediums. You can also purchase higher-end materials if your budget allows or use materials you already have on hand.

Option 1: Basic materials

- Artist's Loft Watercolor Colored Pencils set of 24, \$5.99
- Crayola Primary Broad Line Markers set of 10, \$3.99

Option 2: Watercolor painting

- Winsor & Newton™ Cotman Watercolour™ Set: 10 tubes, \$19.99
- Assorted watercolor brushes – (be sure some are at least 1 inch wide)
- Artist's Loft 7" x 10" watercolor paper, \$8.99
- Large yogurt container or similar for water
- Plastic palette or disposable coated or plastic plates
- A roll of paper towels or rags
- Spray bottle (i.e. from a dollar store)

Option 3: Acrylic Painting

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

1. Liquitex® Basics™ Acrylic Paint 4oz., \$6.49 each

- Cadmium Red
- Ultramarine Blue
- Medium Hue
- Titanium White
- Primary Yellow
- Ivory Black

2. Liquitex® BASICS™ Acrylic Color Starter Set, \$ 31.99, available in-store

Brushes/Palette Knife

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

Other

- Large yogurt container or similar for water
- Wax paper or disposable plates for mixing paint
- A roll of paper towels or rags

Where to buy

The prices are based on Michael's at the time this list was created. In-store sources for art supplies include stores like Michael's, Hobby Lobby, Ocean State Job Lot and JOANN Fabrics. Online sources include Jerry's Artarama, Blick Art Materials, Amazon and most of the stores above. Coupons may be available for some stores.

Contact Gillian Orlinsky gillian-o@comcast.net or call 978.866.7088 if you have questions.

