

# Healing Through Art

## Suggested art supplies

### Basic Supplies suggested in addition to *either* watercolor *or* acrylic painting materials

- Sketch pad – e.g. 9"x12" or 11"x14"
- 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

**Class exercises can be done in either acrylic or watercolor medium.**

**In addition** to bringing the supplies listed above, if you are interested in **Acrylic painting**, please **source materials from the list below**. If you prefer Watercolor, please use the Watercolor painting supply list.

*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.*

### Acrylic painting supplies

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

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

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2. Liquitex® BASICS™ Acrylic Color Starter Set, \$ 39.99

#### Brushes/Palette Knife

- One palette knife (metal or plastic)
- Assorted acrylic brushes such as Royal & Langnickel® Essentials™ brush set, \$11.99

#### 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!

