Preparing for your Art Therapy Journey

Recommended supply list

Materials - general:

- Spiral bound art notebook with unlined paper, whatever size looks appealing to you. If using paints, look for mix media books as their paper will be stronger. You may want space to create and write, so keep that in mind.
- Wax paper and or adhesive spray (aerosol sprays work well!)
- Collage material, glue sticks, modge podge for finishing off (optional - you may wish to get into collaging as you feel more comfortable)

Recommended to select one from each category below, for variety:

- Pens, number 2 pencils
- colored watercolor pencils, markers
- Select at least one blendable medium to give yourself more variety:
  - oil pastels (craypas)
  - Soft pastels
  - Charcoal sticks
  - Watercolor paint set - with brushes and pallet (if purchasing tube style watercolors)
  - Acrylic Paints - with brushes and a pallet - many craft stores sell starter sets, which can help you try it out at a lower cost
- Any other art or craft supplies - like sewing materials, etc - that you have on hand and would love to use in a new way

Trust your instinct - there’s no right or wrong here and the more you practice, the more you’ll understand your unique creative wisdom!