

MATERIALS LIST

EXPRESSIVE PROCESS PAINTING: A MINDFUL, HEARTFUL, AND TRAUMA-INFORMED APPROACH

- ☀️ Blick unprimed cotton canvas by the yard: 12 oz. 48" x 4 yards (we will cut it in class)
- ☀️ Gesso 16 oz. (recommended Liquitex but other budget friendly brands welcome)
- ☀️ Assortment of 8oz. Acrylic paint, recommended Utrecht Studio Series: Red Deep or Medium Red, Medium Orange, Medium Yellow, Medium Green, Primary Blue or Ultramarine Blue, Red Violet Deep, Burnt Umber, Optional: Deep Black
- ☀️ Two 2-4 inch economy flat bristle brushes, assortment of brushes/tools, (recommended Size 10 brush and larger) *Instructor can provide extra brushes/tools if needed.
- ☀️ 8-12" sturdy straight edge (i.e. ruler, pallet knife, or something similar, metal or plastic)
- ☀️ 2.5-5 quart container (recommended: Multi-Mix plastic container)
- ☀️ large sponge
- ☀️ 1 large old towel & 1 small old towel
- ☀️ Journal (lined or unlined)
- ☀️ Optional: 16x20 white paper palette, paint sticks, large pastels (chalk and/or oil)
- ☀️ Wear clothes/apron/coverall that can get messy