## Introduction to New Creative Journaling™ - online

## List of supplies

- Notebook or sketchbook with blank pages (no lines) about 9 x 12 (Europe: A4)
- Pens and/or pencils
- Colored pencils
- Chalk pastels and/or oil pastels
- Markers (felt markers)
- Scissors and glue stick
- White glue (school glue) or mat acrylic medium
- For collages : old magazines and papers (tissue paper, japanese paper, newspaper, etc.)
- 1 or 2 paintbrushes (medium size)
- One watersoluble medium : watercolors, acrylics in small tubes or any watersoluble crayons
- Optional:
    - Ink, paint or any fun art stuff
    - Big sheet of paper and small notebook for Week 5
    - Timer

IMPORTANT:
The basic material needed for this class should be quite simple: a notebook, various crayons and colors, scissors, glue and papers for collages. What is important is to have some variety in your supplies so you can have different ways of expressing different things. You can start by gathering what you have at home and see as the class unfolds if you want to add something to your material or not. You do not need to spend a lot on high quality art supplies, very often the student quality is fine. Be careful however with the very cheap stuff you get at the dollar store for instance, it is often more frustrating to use than anything.

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