



You've Got All You Need - Mini Online Retreat

Suggested items and art mediums that may be useful during our Art Date Creative Session

(please note: this is not an obligatory kit and these supplies are NOT included in the price of the class.
I encourage you to work using your own stash and things you have at home!)

Suggested Elements:

- stretched canvas, panel or large tag for your collage - suggested size is not bigger than 30 cm (12'' tall) or art journal you'd like to work in.
 - a bunch of paper scraps, various textures and prints, tapes, stickers
- a bunch of small findings from the studio - fabric scraps, thread, embellishments, washers, trinkets in various shapes and sizes, especially ones you personally like and you feel represent you and your personality as a creator
- a selection of objects and photos that feel connected to you including 1 larger object or photo to be used as a main element and embodiment of your creative powers in the larger collage. This may be ANY person or an interesting, meaningful object!

Suggested Art Mediums:

- Art Basics White Heavy Gesso or Art Basics Black Heavy Gesso any other similar good gesso
- Art Basics Heavy Body Gel or 3D Gloss or Matte Gel (or any thick, sticky gel from a good brand)
- Art Basics Soft Gloss Gel or Soft Matte Gel (or any liquid, sticky, transparent glue)
 - Selection of Acrylic Paints you like (I'm using Liquid Acrylics or similar paints)
 - Metallic Acrylic Paint or Metallic Wax in selected colours - I'm using Art Alchemy Metallique Waxes and Metallique Paints
- Your favourite stencil with a smaller design or anything you'd like to use to create texture
- anything shiny: glitters, sequins, microbeads, mica powder, chunky glitter or other similar



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Other ideas, depending on your favourite techniques:

- a selection of your favourite pens, pencils, crayons,
 - your favourite pens you use for writing or doodling
 - your favourite stamps and inks
- some of your favourite tapes, stapler, 3D Foam tape or squares
 - strong tea or coffee infusion
 - small elements made with moulds
- scraps of papers with your favourite little prints
- beads, pearls, crystals, pieces of old, unwanted cheap jewellery or similar items
 - small pieces of cardboard, chipboard or similar