

ART SUPPLIES FOR VIRTUAL ART THERAPY

ART THERAPY WITH
stefanie



This is a list of suggested supplies only, you do not need to have everything on the list. Try to have a few of these things available to you during your session. Many of these supplies can be found at your local dollar store.



PAPER AND SURFACES

- Various sizes and colours of paper
- Watercolour and/or Mixed Media Paper
- Printer Paper
- Canvas
- Cardboard
- Tissue Paper

PAINT

- Acrylic paint
- Watercolour or Gouache
- Tempera and/or Finger Paint
- Tempera Paint Sticks
- Acrylic Paint Pens



STICKY STUFF

- Glue stick
- Glue (white, school glue, clear)
- Hot glue & glue sticks
- Masking tape or painter's tape
- Double-sided tape
- Shelf liner or plain sticker sheets

DRAWING SUPPLIES

- Markers
- Pencil crayons
- Pens
- Oil Pastels
- Chalk Pastels
- Crayons



TOOLS

- Scissors
- Stamps
- Stencils
- Paintbrushes (a variety)
- Paper towels or a rag
- Cup or jar for water
- Palatte or something for mixing paint

BITS AND PIECES

- String/yarn
- 2 or 3 file folders
- Collage images (magazines)
- Playdoh/Air Dry Clay/Plasticine
- Fabric
- Craft supplies: feathers, beads, pipe cleaners, popscicle sticks, googly eyes buttons, stickers, glitter, ribbon

OTHER CREATIVE POSSIBILITIES:

You can use items from your kitchen like turmeric, coffee and tea for paint, flour and cornstarch for dough, and recycled egg cartons, tin foil and styrofoam for building and print making! Don't forget eco-art supplies like pine cones, acorns, leaves and flowers. What you bring to your session is up to you!