

# ART THERAPY RESOURCES



## ★ *Art Therapy Supplies*

### PAINTING

- Acrylic paints,
- Watercolours
- Gouache
- Finger Paint
- Spray paints
- Brushes
- Brayer
- Journals
- Loose paper
- Canvas
- Gel print plates
- Stencils
- Foam stamps

### DRAWING

- Pencils
- Pens
- Pastels
- Charcoal
- Chalk
- Markers
- Crayons
- Journals
- Loose paper
- Eraser
- Sharpener
- Tortillon

### SCULPTURE

- Clay
- Polymer clay
- Paper clay
- Paper mache
- Carving tools
- Decorative items
- Dough
- Rolling Pin
- Painting items
- Drawing items
- Collage items
- Molds
- Balsa wood (light)

### COLLAGE

- Patterned papers
- Magazines
- Journals
- Loose paper
- Brayers
- Adhesive
- Cardboard
- Scissors
- Brushes
- Stickers
- Stamps & Ink Pad
- Painting items
- Drawing items

### WRITING

- Pencils
- Pens
- Journals
- Loose Paper
- Ruler
- Scissors
- Magazines
- Dictionary
- Thesaurus
- Computer
- Printer
- Poetry books

### PHOTOS

- Photographs
- Digital camera
- Smart phone
- Software (Gimp)
- Computer
- Printer
- Photo paper
- Transfer Medium
- Journal
- Drawing items
- Painting items
- Collage items

### TEXTILES

- Rulers
- Scissors
- Ribbon
- Buttons
- Fabric
- Calico
- Felt
- Thread
- Wool
- Stuffing/Filling
- String
- Dye
- Fabric Paint

### DIGITAL

- Photographs
- Digital camera
- Smart phone
- Software (Gimp)
- Graphics (Freepik)
- Video software
- Tablet
- Graphics Apps
- Computer
- Printer
- Photo paper
- Secure storage
- Video games

### TIPS

Use the checklist as a guide and tick the items you currently have available. Regularly check dollar stores for cheap supplies, particularly journals and canvases. Use items from nature such as sand, shells, pine cones, feathers (respect nature). Recycle your rubbish and use cardboard boxes, bottle caps, egg cartons etc. Sign up to <https://www.freecycle.org/> to look for giveaways. Build your inventory over time.