

The Healing Power of Art1

Materials and Equipment List

Recording your coursework:

- Camera or smartphone to take pictures of completed work and a computer to save images and to upload to Padlet.

Sculpting:

- 1 square sculpture board about 11 inches x 11 inches. (5/8-inch-thick plywood is good).
- 1 spray bottle.
For example: <https://www.amazon.com/Zep-Professional-Sprayer-Bottle-HDPRO36/dp/B01LXTNPF5?source=ps-sl-shoppingads-lpcontext&ref=fpfbs&smid=ATVPDKIKX0DER&th=1>
- 1 25-pound bag of clay.
For example: <https://www.lagunaclay.com/product-page/wc436-b-mix-5-w-grog> This is the clay I use. It has 'grog' ground up pottery in it which gives it more 'body' for sculpting. Clay for pottery is smoother and more 'slippery' and not so easy to sculpt with. If you need help finding a good clay let me know.
- Plastic bags to cover your work to keep the clay moist.
- 24 inch x 24 inch tray for sand.
For example: <https://www.amazon.com/Tierra-Garden-GP45B-Square-23-Inch/dp/B00J4MKE8I?th=1>
- 1 bag of sand.
For example: <https://www.homedepot.com/p/SAKRETE-50-lb-Play-Sand-40100301/202007298>

Form Drawing:

- Large drawing paper 12 x 18 inch/30 x 45cm
- Drawing pencils – in a variety of hardnesses.
For example: <https://www.dickblick.com/products/faber-castell-goldfaber-sketching-pencils/>
- Colored pencils.
For example: <https://www.dickblick.com/items/prismacolor-premier-colored-pencils-set-of-12/>

Light, Color and Darkness work:

- A basic pan set of watercolors. (If you have tubes, that's fine, but they aren't required.)
For example: <https://www.jerrysartarama.com/pelikan-watercolor-sets-0007322000000>
<https://www.jerrysartarama.com/lukas-studio-half-pans-watercolor-travel-set-12-colors-brush-v29589>
<https://www.jerrysartarama.com/lukas-studio-watercolor-set-24-hal-fpan-accessories-v31536>
- Watercolor brushes – You can probably use whatever you have, so long as it's not too small, but if you are looking to buy some, I recommend: 1" flat (part synthetic, part natural hair) – ideally, 2 of these, but one could do; #10 or 12 round brush; any small mixing brush – could be bristle.
For example: <https://www.dickblick.com/products/blick-masterstroke-sabeline-blend-flat-wash/?fromSearch=%2Fsearch%2F%3Fsearchword%3DBlick%20Masterstroke%20547>
- An equilateral glass or acrylic prism for prism experiments, if possible.
For example: https://www.amazon.com/dp/B08M38XL6S/ref=sspa_dk_detail_4?psc=1&pd_rd_i=B08M38XL6S&pd_rd_w=ChJxz&content-id=amzn1.sym.8c2f9165-8e93-42a1-8313-73d3809141a2&pf_rd_p=8c2f9165-8e93-

[42a1-8313-73d3809141a2&pf_rd_r=MZDXVZ4K766CJ0X1TWWR&pd_rd_wg=JXVhl&pd_rd_r=4f047c5c-7cc3-40d4-b243-94c1f6cee305&s=toys-and-games&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWw](https://www.dickblick.com/items/coates-premium-artists-willow-charcoal-thick-box-of-12/)

- Soft charcoal, natural willow or vine, not compressed charcoal that is square and has oil it. Thicker pieces (7-12+ mm diameter) are easier to work with.

For example: <https://www.dickblick.com/items/coates-premium-artists-willow-charcoal-thick-box-of-12/>

- Soft (chalk - not oil) pastels in a basic range of colors. Colored pencils can also be used for many of the exercises and are good to have for notes and sketches.

For example:

https://www.amazon.com/gp/product/B0CL2G6M1Y/ref=sw_img_1?smid=A3LKDUAVVZFJJB&th=1

https://www.amazon.com/Mungyo-Pastel-Assorted-Colors-Square/dp/B00R63X6YG/ref=sr_1_1_pp?dib=eyJ2IjoiMSJ9.u1JvgYGWYd1D7MR1N--CXqZO3wA-1vmPm_I08ESbg57dj8Awo6gVVkJTH-GUOhDY06wgAK52a2ivGL7HmyM4bMBw2eDDVSyDh9IsiEDKHqHROyQwpVqzMrFIBafvhjX5vEKCiqlV3M9vgguWTUrUmKqcWciwtywYEk_YG-51bNPI6vU-vStd4HHpnWyHkDugX-Fm690s4st--8Ac26ObFo5kUsXtOnzXVYDNKYZnitvXNoJNoEbYbg7FGzi5PjDicyMnW29qOJDAFITPXW2p3V0f2zM_hRGoEXVealDs.3JNrlJGND27iglznKfIVfHrF5PUA69Ouuh9zzhulHos&dib_tag=se&keywords=Mungyo%2Bsoft%2Bpastels&qid=1758685724&sr=8-1&th=1

https://www.amazon.com/Mungyo-Pastel-Assorted-Colors-Square/dp/B00R63X6YG/ref=sr_1_1_pp?dib=eyJ2IjoiMSJ9.u1JvgYGWYd1D7MR1N--CXqZO3wA-1vmPm_I08ESbg57dj8Awo6gVVkJTH-GUOhDY06wgAK52a2ivGL7HmyM4bMBw2eDDVSyDh9IsiEDKHqHROyQwpVqzMrFIBafvhjX5vEKCiqlV3M9vgguWTUrUmKqcWciwtywYEk_YG-51bNPI6vU-vStd4HHpnWyHkDugX-Fm690s4st--8Ac26ObFo5kUsXtOnzXVYDNKYZnitvXNoJNoEbYbg7FGzi5PjDicyMnW29qOJDAFITPXW2p3V0f2zM_hRGoEXVealDs.3JNrlJGND27iglznKfIVfHrF5PUA69Ouuh9zzhulHos&dib_tag=se&keywords=Mungyo%2Bsoft%2Bpastels&qid=1758685724&sr=8-1&th=1

[GUOhDY06wgAK52a2ivGL7HmyM4bMBw2eDDVSyDh9IsiEDKHqHROyQwpVqzMrFIBafvhjX5vEKCiqlV3M9vgguWTUrUmKqcWciwtywYEk_YG-51bNPI6vU-vStd4HHpnWyHkDugX-Fm690s4st--8Ac26ObFo5kUsXtOnzXVYDNKYZnitvXNoJNoEbYbg7FGzi5PjDicyMnW29qOJDAFITPXW2p3V0f2zM_hRGoEXVealDs.3JNrlJGND27iglznKfIVfHrF5PUA69Ouuh9zzhulHos&dib_tag=se&keywords=Mungyo%2Bsoft%2Bpastels&qid=1758685724&sr=8-1&th=1](https://www.amazon.com/Mungyo-Pastel-Assorted-Colors-Square/dp/B00R63X6YG/ref=sr_1_1_pp?dib=eyJ2IjoiMSJ9.u1JvgYGWYd1D7MR1N--CXqZO3wA-1vmPm_I08ESbg57dj8Awo6gVVkJTH-GUOhDY06wgAK52a2ivGL7HmyM4bMBw2eDDVSyDh9IsiEDKHqHROyQwpVqzMrFIBafvhjX5vEKCiqlV3M9vgguWTUrUmKqcWciwtywYEk_YG-51bNPI6vU-vStd4HHpnWyHkDugX-Fm690s4st--8Ac26ObFo5kUsXtOnzXVYDNKYZnitvXNoJNoEbYbg7FGzi5PjDicyMnW29qOJDAFITPXW2p3V0f2zM_hRGoEXVealDs.3JNrlJGND27iglznKfIVfHrF5PUA69Ouuh9zzhulHos&dib_tag=se&keywords=Mungyo%2Bsoft%2Bpastels&qid=1758685724&sr=8-1&th=1)

Or <https://www.jerrysartarama.com/prismacolor-nupastels-assorted-colors-set-of-24-11279>

- Blending materials: soft rags, cotton balls or pads, Q-tips, paper towels. Pieces of wool roving or chamois cloth are optional. Some people also like sponge applicators.

For example: cotton balls <https://www.walgreens.com/store/c/walgreens-cotton-balls/ID=300438394-product?skuld=400660349>

<https://www.jerrysartarama.com/sofft-tools-for-panpastels>

Q tips <https://www.walgreens.com/store/c/q-tips-cotton-swabs/ID=prod1060-product>

- Soft eraser, e.g., white plastic eraser, art gum eraser, Vanish 4 in 1 eraser, etc. that doesn't leave marks. Some people like a gummie (kneadable) eraser (ok when new but can leave a track if too used.)

For example: <https://www.jerrysartarama.com/vanish-four-in-one-eraser>

- Paper that has a bit of tooth or texture for working with charcoal and pastel - ~11x14" would be good. Strathmore 500 Series Charcoal Paper (100% cotton) is very nice, but you can test various drawing or sketching papers you may have to see if dry media can be blended on them. Since this is an international program, it isn't assumed that specific brands are available everywhere, so you will need to test what is available to you.

For example: <https://www.jerrysartarama.com/strathmore-500-series-premium-charcoal-paper-pads-18x24in-white-24-sheet-pad-17233>

And: <https://www.dickblick.com/items/strathmore-300-series-charcoal-pad-18-x-24-glue-bound-24-sheets-64-lb-95-gsm/>

- A smooth board to tape your paper on to. It should be larger than the size of your paper. This could be white acrylic or plastic, melamine, white panel board, white dry erase board, even clear plastic. Smooth Masonite is also a possibility for this usage. If it is flexible plastic, you will need to put a stronger board underneath it to support it if you prop up the top to work at a better angle. You could also tape your paper to a smooth table, but then you won't be able to prop it up to work on it.

For example: <https://www.lowes.com/pd/24-in-W-x-36-in-H-Dry-Erase-Board/1000380577>

Or: <https://www.homedepot.com/p/EUCATILE-32-sq-ft-96-in-x-48-in-Hardboard-Thrifty-White-Tile-Board-HDDPTW48/205995949>

- Masking or blue tape for adhering your paper to your board. (Blue tape removes more easily and won't rip your paper.)

For example: <https://www.amazon.com/ScotchBlue-Painters-Multi-Use-94-Inch-60-Yard/dp/B00004Z4CP?source=ps-sl-shoppingads-lpcontext&ref=fplfs&smid=ATVPDKIKX0DER&th=1>

- Pencil, scissors, ruler, newsprint paper (see Form Drawing supplies).