

Art Therapy Supply List

Art Therapy supplies are organized by their material characteristics. The following are required to allow a full range of artistic expressions useful for therapy. Diverse materials help to unblock emotional stagnation, stimulate and promote therapeutic expressions. School grade materials are acceptable.

- **Clay, Model Magic, Kinetic Sand, or Play Dough (at least 1 kind)**
 - These are materials that allow you to shape using your hands. You can choose materials that allow you to paint or color afterwards (optional).
 - Tools to shape the material: clay tools (optional), chopsticks, butter knife, popsicle sticks, forks, toothpicks, stones, tree branches.
 - Tools to contain the material: cardboard boxes, trays, food containers.
- **Pastels (at least 1 kind)**
 - Oil pastels are excellent for layering colors, and the pigments are powerful. Get a box of at least 8 colors.
 - Chalk pastels are dry materials that have the fluidity of layering, transparency, erasure. Get a box of at least 8 colors.
 - Old crayons (optional).
- **Drawing materials (at least 1 kind)**
 - Markers, regular pencil, eraser, color pencils, gel pen, at least 8 colors.
- **Paint and brushes (at least 1 set)**
 - (At least 1 of the following) Watercolor, acrylic, gouache, or water-soluble oil paint
 - Brushes suitable for the paint material.
 - Palettes/ plastic plate/ paper plate
 - Paper: watercolor paper, mixed media paper, or Canson Canva paper, 80 LBs +
- **Paper (White, color, mix-media)**
 - A variety of sizes, at least 8.5" x 11", 9"x 12", 16"x20.
 - Office printer paper and Construction paper (one color pack) 8.5 x 11"
 - Mixed Media paper pack, or Watercolor paper, at least 80 LBs+ for both.
 - Cardboard from shipping boxes (upcycle)
 - Old newspaper (upcycle)
- **Collage and Cutting Materials (at least 1 set)**
 - Magazine images (assortment of images of people, places, scenery, objects, words)
 - Scissors, tape, glue stick and school glue, crafting blade/ Exacto knife, cutting matt
- **Craft materials (as available)**
 - Yarn, fabric scraps, string, thread, ribbon, old cloth, socks, etc
 - Buttons, beads, crafting gemstones, glitter, sequins
- **Natural materials (collect them outside, as available)**
 - Dry leaves; pressed or dried flowers seeds, dried fruit peels, branches, bamboo, wood, stones, sand, feather, rocks, water, plant materials.
- **Found objects (as available)**
 - Old jewelry, food utensil/container, photographs, jars, tools, frames, personal objects, mementos, old soap, feathers, old toys, knickknacks, etc. (upcycle highly encouraged).
 - Objects related to the event in question: paperwork, photographs, (medical) devices.