



MONTCLAIR ART MUSEUM YARD SCHOOL OF ART
3 South Mountain Avenue
973-746-5555
montclairartmuseum.org

Self Care Saturdays Supplies Lists

Instructors: Peg Kenselaar and Nanci Iovino

10/10/2020 Meditative Mandalas

- 18x24 white paper (thin enough to fold)
- pencil, eraser
- set of tempera paints
- assorted acrylic brushes (detail brush, number 8 brush).
- set of Sharpie metallic markers (or any other kinds of special markers like fluorescent, sparkly, etc.).
- mixing tray, container of water

10/17/2020 Paper Quilling:

- Quilling paper
- Quilling tool
- White clear drying glue
- Mat board or card stock to mount your work on

10/24/2020 Self Care Vision Board

- 12x18 white canvas board
- assorted decorative papers
- bubble wrap
- set of acrylic paints
- glue stick
- 1"-2" wide brush/ container of water
- ephemera, collectibles, printouts of what interests you (quotes, poems, photos, music sheets, words, buttons, ribbon, fabric, etc.).

10/31/2020 Embellishing Inspirational Quotes

- Favorite quotes



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- Favorite medium: acrylic paint, marker, micron pens, watercolor etc.
- Pencil to sketch

Optional:

- Letter stencils
- Decorative slate
- Wood panel
- Canvas
- Bristol board

11/7/2020 Inspired by Art: Abstract Painting

- pencil, eraser
- 18x24 canvas or canvas board or thicker white paper
- set of acrylic paint that includes black.
- assorted sizes of acrylic brushes
- mixing tray, container of water, tray to mix paint on.

11/14/2020 Creative Dotwork

Acrylic craft paint, variety of colors and shades Folkart or Decoart work nicely
Dotting tools (available on amazon) or search out anything that will create a dot, toothpicks, the ends of makeup brushes, pens, take the fluff off a cotton swab, paintbrushes, nails, sewing pin heads, the possibilities are endless.

Optional:

- Round river stones
- Small canvas square or round
- Foam board

Please note that anything you have on hand at home can be used to supplement any of these projects.



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11/21/2020 Giving to Others: Printmaking Note Cards and Wrapping Paper

- 2 foam trays
- pencil
- images, words, inspiration you would like to use.
- tracing paper as big as you would like to make your finished image area.
- masking tape
- scissor
- small set of Speedball printmaking ink
- 1"-2" brush
- Assorted papers and the size you would like to print onto
- notecards (can be folded from 8.5 x11 printer paper)
- envelopes

12/5/2020 Meditative Drawing and Tea:

- Micron pens variety of nib sizes
- Smooth Bristol board
- Graphite paper optional
- Photocopy of an image of interest; i.e.: animal, symbol, nature

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