



Affirmation heARTwork Supply Recommendations

With Artist and Creative Life Coach April Small, Odonata Artistic Services and Creating heART

Affirmation heARTwork projects are such a fun way to combine our left brain logical thinking and our right brain creative. It also has some really magical healing qualities that aid you in gaining a sense of direction towards your higher self goals so I encourage you to give it a try!

This is a list of recommendations, because I am an experienced artist I have had time to build up a collection of fun tools and try out a few brands. You do not need any of these items so I encourage you to only seek out the things that light you up and get you excited and inspired to create! Before purchasing any of these I recommend looking around your home to see what tools for creation you already have. Paper of any kind, your children's markers and crayons, whatever magazines, pens, and pencils you have lying around will do. Don't get stressed about the materials or think you must run out and buy all the things, as I said I built up my collection over time. Just enjoy the process and have fun creating heARTwork!!!

Surface

[Poster board](#), [canvas](#) or a mixed media Art journal-, I have [Strathmore](#)

[Watercolor 400 Series](#) - but you could also check your local craft store Walmart as well, it doesn't matter what kind of surface you choose! A great FREE option is using cardboard from around the house!

(You can also do a virtual heARTwork on a platform like canva, but I prefer having something that I can get messy and hands on with)

Suggested Supplies

Remember you do not have to have everything take a look around and see what you have right at home!

Markers- I am using this [Kuyou set](#)

Colored pencils- I really love these water soluble ones [Arteza Professional Watercolor Pencils](#) but any colored pencils will do!

Gel Pens- These are like my favorite thing to use to write words over my paint [Gel Ink Pens](#)

Permanent markers, black- [Sakura Micron](#) set is great and you can find something similar at Walmart as well. Sharpies work great too.

Old magazines and whatever you come across that can be glued onto your heARTwork! This can include found objects in nature as well!

Glitter or any other fun additions you find to gazz it up!

Glue to adhere magazines to journal pages, I recommend [Modge Podge](#) but a simple glue stick or even tape is fine.

Scissors

Acrylic paint- any [Acrylic Paint Set](#) will do!

Oil pastels or Soft pastels- this [Oil Pastels water soluble set](#) is great, or any basic sets [like these](#) will work. This [Soft Set](#) is fun too!

Watercolors- One of my favorite things to use in my art journal is this [24 color opaque set from Pelikan](#).

Watercolor or acrylic paint pens- These are cool and great for if you do adult coloring books as well [Watercolor Brush Pens](#) and [Acrylic Paint Pens](#)



April Small



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