



heARTwork Supply Recommendations

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

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 and a path of living your best life!

Surface

[Canvas](#) 12 x12 (or any size you choose) 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!

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

Stencils - I have collection all different fun patterns I like to use and I just layer the stencil work over and over in different colors to give my paintings texture.

Stencils sets I have - [Stencil Set 1, Stencil Set 2, Stencil Set 3](#)

Paint Brushes - a set of [mixed sizes and shapes like this would](#) be great!



April Small



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