

Suggested supplies for Fostering Wellbeing Through Creative Mindfulness – Winter 2024

There is no need to have supplies for the January 12 Zoom session. We'll discuss the kinds of activities that will be sent in the emails, as well as suggested supplies for each. Feel free to wait until after January 12 to purchase your supplies.



Prang 8 color watercolor set with brush:

\$7.99 at Michael's*

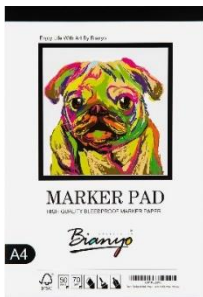
\$7.31 on Amazon [here](#). Note there is a seller offering these on Amazon for \$2.99, but they have poor reviews because they ship without a brush.

Watercolor quality can vary greatly at this price point. I've found this paint set to be an excellent value and perfect for Creative Mindfulness activities – KA



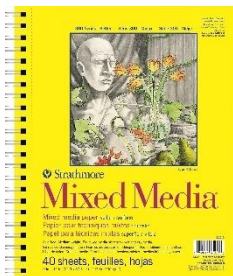
Canson XL Watercolor Pads, 9 In. x 12 In., 30 Sheets- \$9.95 on Amazon [here](#).

If you plan to use watercolors, these 9x12 sheets can be cut in half giving you 60 sheets sized right for the activities at a good value – KA



Bianyo Bleedproof Marker Paper Pad, A4 (8.27"X11.69"), 50 Sheets, Glue-Bound, 100% Cotton, White - \$7.99 on Amazon [here](#).

If you plan to use markers, these sheets can be cut in half giving you up to 100 sheets sized right for the activities – KA



If you're not sure what kind of coloring tool you'll want to use, or would like to try more than one, I recommend mixed media paper. It works well with wet and dry media- KA

This 40-page Strathmore (5.5x8.5) spiralbound book has the added advantage of being portable!

\$7.99 at Staples

\$9.51 at Amazon [here](#)

\$9.99 at Michaels*

If you plan to use colored pencils, basic drawing paper and even printer paper will work fine- KA

* If you shop at Michael's, be sure to download a coupon from their website as their prices run higher.

Prices listed above as of December 4, 2023.

Feel free to reach out to Karen Arsenault with questions at: kfarsenault@gmail.com