

**Art Therapy for Radiation Masks-
Recommended Supply List**

Before you determine which supplies you need, I highly recommend looking at examples online. Local art supply stores can advise you on additional supplies using a sample mask/design idea.

For planning and art journaling-

- Art journal (spiral binders lay flat, which can make it easier to draw and write)
- Pens and pencils, travel pencil sharpener
- Easy art supplies- watercolor pencils, oil and chalk pastels
- Wax paper to protect and limit smudging from oil and chalk pastels

For painting-

- Disposable gloves and newspaper/drop cloth to protect your painting space (because it gets messy)
- Enamel Acrylic Paints (they adhere better to the mask) in the colors of your choosing, plus black or white paint for making colors darker or lighter
 - You will want to pre-paint your mask with a base color, of your choice, before the workshop. I recommend white because it's neutral. This first coat is the most time consuming and is the hardest on your brushes- so use older ones or have extra brushes on hand.
- Paint brushes-
 - 1 larger brush for the base coat (older brush is ok- see above)
 - A variety of sizes and styles for your design- art stores often sell sample packs, you can determine how many to have on hand by the number of colors you select
- Cup for water, paper towels/reusable cloths, for cleaning brushes and drips

For sculptures or 3-D designs-

Have fun imagining what you might wish to add onto your mask, the Pinterest page can help inspire some ideas. Your local art supply store can advise you on materials to consider if you'd like to sculpt, for example, using self-drying clay.

- Beads, including thread and needle
- Feathers, dried or fake flowers, natural grasses, etc.
- If you like mosaic, you will need the glass pieces, an adhesive glue, grout, and sponges to apply and remove extra grout once it's dried
- Personal items, like jewelry or glasses, plus an adhesive glue
- Wire holds items on the mask or add a sculptural element- wire cutters & protective gloves
- Decorative papers, confetti, or shredded paper, adhesive glue, ideally pre-painted with spray paint