

Suggested Materials List

These guidelines are recommendations for the optimum experience, but use what you have.

I recommend using Tempera paint, but any art-making materials will work for InFlowPainting Online.

The point here is to make this easy for you, and not be precious about what materials you use.

If you don't have access to inexpensive paints, use what you have.

If you don't have access to unlined paper, use an old cardboard box or the back of some wrapping paper.

Bring whatever you have to work with.

Bring yourself.

Everything is welcomed.

Painting Surface:

At least 2 pieces of thick watercolor paper, or the thickest posterboard paper you can find, that won't buckle when wet

OR

A canvas

OR

A box that has been opened up and flattened.

Size:

Any size that you want to work on. You can go as big or as small as you want. (Start now to trust your intuition, by letting your intuition choose for you, instead of your head. If you don't know how to do that, don't worry, just choose whatever lights you up. And you will learn more about how to use your intuition in the FlowPainting process).

Mark- making tools if drawing:

Pens, pencils, crayons, pastels, marker pens (thick and thin), gel pens.

Mark-making tools if painting:

Paintbrushes: An assortment of sizes and types. New ones and old or inexpensive ones that you won't mind messing up.

If using paint: Get creative and find anything that you can use to make a variety of marks on your painting surface with. . .

Old credit cards, sponges, toothbrushes, things to scrape and scratch with (such as skewers, a blunt knife or palette knife, a sharp stick),
A jar of water to clean brushes
Paper Towels to wipe brushes
Old clothes to paint in
Prepare your space with protection on the floor and walls if needed.

Paints (if painting)

Choose an assortment of colors that appeal to you.

A good starting place is rainbow colors, plus black and white. You can add pink and gold and a bright light yellow. If you want to get fancy, include a variety of greens, blues, purples, reds and a brown.

Liquid Tempera Paint – these are cheap and they have a great ability to be manipulated in many ways. You won't worry about wasting them, which is important.

Acrylic Paint – range from medium priced to expensive. These work well too, mixed with water they make great layers.

Watercolor Paint – I like to work on a smaller size surface with watercolors.

(Oils are not great as they do not dry quickly, but if it's all you have, and you are familiar with the medium, using a lot of thinner might work. I don't recommend them).

Where to buy paint:

In South Africa: Herbet Evans, PNA, or order online at Takealot

In USA: Blick's or Michael's _ they will deliver and do curbside pickup.

Glue

Scissors

Computer with a strong internet connection.

Tea, wine, chocolate, snacks to keep you nourished.

Just remember that these are not rules, just suggestions to make your time the best it can be.