

Materials for art therapy don't need to be fancy, or the best. You can use whatever you have at your finger tips (including your finger tips!). The following materials list is very long, and you don't need everything on the list. This is only a suggestion, and you can add whatever you want to your own art therapy kit!

- Sketchbook.
  - Fabriano makes a lovely soft cover called EcoQua or standard Curry's black 9X12 – avoid ring bound if possible.
- Pencil, Eraser, Sharpener
- Permanent markers
- Scented markers
- Crayons / oil pastel
- Chalk pastel
- Glue stick
- Modpodge/ decopodge
- Scissors
- Paint brushes
- Watercolours
- Acrylic Paint
- Acrylic paint markers, black and white
- Palette, water container
- Fabric (quilting squares or scraps)
- Yarn / string / embroidery thread
- Scrapbook paper or origami paper / coloured papers / scraps
- Tissue paper
- Magazines / cut out images
- Craft Materials: mix of feathers, glitter, tapes, textured items, etc