

# CALM PROGRAM SUPPLIES LIST

## What To Bring:



### Art journaling:

- A sketchbook
- Favorite pens/markers
- Rubber cement or a glue stick
- Scissors
- Ephemera that catches your eye (old envelopes, images, stickers, washi tape, etc.)
- 2 magazines to share with the class (general interest/women's magazines work great for this)

### Mandala Making:

- A sketchbook or loose collection of papers
- Watercolors and watercolor paper, if you have them or are interested in trying them
- Medium to large embroidery hoop
- Yarn in favorite colors, roving, fabric strips 2 inches or wider (no need to buy fabric-just raid a friend's closet or your own and upcycle old shirts, bed linens, etc.)
- Gel pens, fine tipped markers
- Scissors
- Rubber cement or glue stick

### Slow Stitching

- Embroidery threads and needle
- Scissors
- A piece of fabric that feels good in your hands, holds a memory, or is in a color that you love

### Wabi-Sabi Scrolls

- Embroidery thread and needle
- Scissors
- 3" wide by 14-16" long piece of fabric (mud cloth, muslin, medium weight linen, etc.)  
Something that can roll up easily and feels good in your hands .(*heavier fabrics like velvet and upholstery pieces will not work for this project.*)
- Small pieces of yarn and/or rope
- Beads
- Found objects like vintage buttons, bits from nature
- Small scraps of fabric or lace if you have them