



ARTSPEAK

Art, Activities & Friendship

FOR NOTTINGHAM'S 60+

MINDFULNESS WORKSHOPS MATERIALS LIST

SHADES OF EMOTION

Tuesday 19 January

- Watercolour Pencils
- 220gsm Cartridge Paper
- Selection of round and flat paint brushes ranging in Small, Medium and Large

(All materials above included in materials pack)

Other things you'll need to hand:

- Water
- Kitchen Roll
- Wet Wipes
- A ruler
- Sharpener

INNER LANDSCAPES

Tuesday 2 February

- Watercolour Pencils
- 220gsm Cartridge Paper
- Selection of round and flat paint brushes ranging in Small, Medium and Large

(All materials above included in materials pack)

Other things you'll need to hand:

- Water
- Kitchen Roll
- Wet Wipes
- A ruler
- Sharpener

SOUND REFLECTIONS

Tuesday 16 February

- Watercolour Pencils
- 220gsm Cartridge Paper
- Masking Fluid
- Selection of round and flat paint brushes ranging in Small, Medium and Large

(All materials above included in materials pack)

Other things you'll need to hand:

- Water
- Kitchen Roll
- Wet Wipes
- A ruler
- Sharpener