



# 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