

critic, begone!

5 *bold* moves to conquer your inner critic and claim creative confidence



supply list

1. book

- composition book or similar - preferably with a stitched binding

2. cover & binding

- brown paper grocery bag /or/ 2 sheets of 12x12 inch scrapbook paper
- a red thread and assorted ribbons, yarn, lace or twine

3. adhesives

- basic: glue sticks, masking tape, and collage medium (i use mod podge matte medium and a cheap children's craft brush for application)
- nice to have: tape runners, glue dots, washi tapes
- pro tip: make your own decorative tape by laying strips of masking tape on wax paper and covering with leftover paint from your palette!

4. writing implements

- assorted pens, pencils, and markers

5. color & collage

if you are starting from scratch, I recommend at a minimum:

- gesso
- water soluble pastels
- found materials (magazine images, product packages, fabric scraps... really anything that could be glued, taped or tied to a page is fine!)
- other supplies I'll use in my demonstrations include:
- children's art supplies (crayons, watercolors, construction paper etc.)
- acrylic and watercolor paints (craft, student, or artist quality)

