



STUDIO DIARIES: Suggested Materials

Each monthly Studio Diary will contain a set of unique videos, so the materials needed to participate will vary month to month.

Many of the videos, such as the interviews, meditations, yoga, wellness and Q + A's, will not require any art materials, but there will always be at least two painting videos in every Diary.

If you wish to follow along and paint, I suggest starting with the following materials. You can always buy more along the way if you are inspired!

- ◆ [Watercolor paper](#) or [canvas](#) (the size is up to you, but the bigger the better)
- ◆ [Basic set](#) of acrylic paint, plus a few “[fluid acrylics](#)” of your choice.
- ◆ Bristle brushes ([cheap brushes](#) are fine, just have a variety of shapes and sizes)
- ◆ Foam brushes (my favorite brand is [POLY-BRUSH](#), found at most hardware stores)
- ◆ Palette (cookie sheet, muffin tin, [palette paper](#), or a sheet of glass all work well)
- ◆ [Spray bottle](#) for water (the bigger the better)
- ◆ Jar or can for water
- ◆ Mark-making, etching, and stamping [tools](#) (old pens, bottle caps, bubble wrap, etc.)
- ◆ Cleaning rags (old towels or sheets are great)
- ◆ [Barrier Cream](#) (my favorite brand is Invisible Hands, but a heavy lotion will work too)
- ◆ Optional: latex gloves (if you don't want to get paint on your hands)
- ◆ A place to paint (I prefer to hang my canvas directly on two nails or screws on the wall, but an easel or table will also work)
- ◆ Drop cloths or plastic sheets to keep your space clean
- ◆ Optional but highly suggested: Your [favorite music](#)!