



NW CREATIVE & EXPRESSIVE
ARTS INSTITUTE

**NWCEAI Ethics of Self-Care workshop
recommended art materials supply list**

- Water soluble pastels
- Colored pencils
- Glue stick
- Paper pulp mask, for example:
- <https://www.dickblick.com/products/creativity-street-pulp-masks/>
 - You can also make a mask yourself.
- Small paint brush
- White & colored construction or heavier weight paper
- Colored markers