

Suggested Art Supplies:

Having an array of available art supplies is ideal, as it allows for many creative choices and potential shifts as you move through the art making process. There are limitless ways (and no wrong way) to create a self-portrait. My suggestion is to avoid planning ahead of time about what type of self-image you might create, but to have varied supplies on hand so that you can engage as you wish in the moment. I would also encourage learners to place all of their art supplies on a table with plenty of working space, so that their space is inviting and supplies are readily available before they begin.

Please consider having some (but not necessarily all) of these items. Select supplies that you are drawn to!

- Paper, in various sizes and colors
- Collage materials, including a few magazines, a glue stick, and scissors
- Glitter, sequins, buttons, ribbon, trim, fabric scraps, lace, seashells, pom-poms, decorative papers, such as origami paper or wall paper scraps . . . whatever additional collage materials appeal to you. Use your imagination! (Make sure to have tacky glue or Elmer's glue to adhere larger items.)
- Drawing supplies, such as pencils, markers, metallic pens, colored pencils, charcoal
- Paints and paintbrushes. (Include a canvas to paint on if you'd like, or perhaps watercolor paper that will hold paint well.)
- Sewing supplies and fabric
- Doll making supplies, perhaps including a blank muslin doll body. For example, you could order something like this: https://www.amazon.com/Inch-Small-Muslin-Doll-Piece/dp/B07XVBZRY4/ref=sr_1_3?keywords=muslin+doll&qid=1655318750&sr=8-3
- Clay (I'd recommend Model Magic as a clean, air-drying clay)