

# ART FOR SELF-CARE MESSAGES TO YOURSELF

*with Jessica Swift*

## SUPPLY LIST

Any of the following, depending on what you most want to use:

- Paper
- Sketchbook
- Loose-leaf paper
- Paper of any kind
- Markers
- Pens
- Pencils
- Colored pencils
- A canvas
- Wood panel
- Acrylic paints
- Gouache paint
- Watercolor paints

*Your choice of supplies to make art for your self care!*

**WINDOWSILL  
WORKSHOPS**  
*with Margo Tantau & Friends*

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**MARCO  
TANTAU**