



**“Meditation and Drawing: Looking, to Seeing, to Creating”  
May 2025**

**Colette Wright Adams , Instructor**

- Jars for water
- At least 2 small rags or paper towels
- Painters’ tape (for watercolors)
- Kneadable eraser
- Pencil sharpener
- Scissors
- Glue stick
- Spray bottle for water
- Small paper plates (our palettes)
- India ink

**Papers:**

- Cardstock 1 sheet
  - approx. 8.5x11”,
  - heaviest you can find (this is the backing for vision collage)
- Computer paper (12 sheets)
- Drawing pad
  - no larger than 9x12”,
  - preferably with tear out pages
  - 40 lb. weight or more is fine
- Watercolor paper
  - 9x12 or smaller
  - cold press
  - 6-10 sheets or a small pad
- A variety of papers of your choice:
  - handmade, hot press, cardstock, whatever looks interesting to you
  - 6-10 sheets all together
- Cardboard, recycled from your home or elsewhere.
  - not coated.
  - cut into manageable size at home.

**Mark makers:**

- Variety of pencils 2 - 4 or more:
  - HB, 2B – 4B, any others that look interesting.
- Colored pencils of your choice, set of 12.
- Markers & pens, your choice.
  - bring at least 2 different types (width, density for example)
- Chopstick, twigs, q-tips, (fingers), vegetables, use your imagination! Whatever will hold ink for long enough to make a mark on paper.

**Watercolor tubes:**

Yellow: (choose one)

- Indian, Lemon, Primary, Ochre etc.

Blue: (choose one)

- Cobalt, Ultramarine, Cerulean, Prussian, etc

Red: (choose one)

- Primary, Vermillion, Alizarin Crimson, Cadmium, etc

White

**Brushes:**

Variety of brushes, 2-4 or more

- Watercolor, pointed, flat, small and medium
- Any others that look interesting to you

**Collage material:**

- magazine pages
- misc. paper
- tissue paper