

✨ Suggested Supplies for *Your Body Whispers*

This isn't a list of things to go buy — it's a permission slip.

Gather what you already have. Let it be messy, improvised, and utterly yours.

You only need *some* of these, not all.

Something to write with

- A pen that flows easily
 - Coloured pens or highlighters
 - Gel pens, brush pens, fineliners — anything you enjoy using
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Something to draw or mark with (*choose one or more*)

- Wax crayons or plastic crayons
 - Oil pastels, chalk pastels, or colour pencils
 - Expired makeup (lipstick, eyeliner, blush sticks — yes, really!)
 - Your child's supplies — borrowed with love
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Some form of liquid pigment (*any one works beautifully*)

- Watercolours or gouache
- Fountain pen ink or watercolour ink
- Acrylic ink or acrylic paint
- Food colouring mixed with water
- Tea, coffee, beet juice — pigment is everywhere

Surfaces to work on

- Plain or ruled copy paper
- Scrap paper, envelopes, or pages from old notebooks
- Brown paper bags, cardboard, paper packaging

Optional tools & textures

- Paintbrushes (any size)
- Cotton buds, fingers, leaves, sponges
- Old plastic lids or takeaway containers for mixing pigment

To set the mood (optional but lovely)

- A quiet, cozy corner
- Headphones or earphones
- A candle or a cup of tea
- Tissue or rags to wipe your hands (we *love* messy hands and spills here)

We are returning to play!