

**Art as Therapy**  
**ART-S01**  
**Supply List**  
**Arts Center of Saint Peter**  
**Jessica Barnd Bauer**  
**612.759.4161 / [djbauer27@frontiernet.net](mailto:djbauer27@frontiernet.net)**

Date: Thursdays, July 3rd–August 7<sup>th</sup>

This course is designed to look at art as a form of therapy and meditation. Take a deep breath, as you will not always be concerned with the final product! This class is meant for the beginner or the experienced. This class will include art and writing exercises that will be collected in a sketchbook/journal. Understand the first few classes will include practice and experimentation with a large variety of exercises and materials. Our goal is a collection of works and possibly one finished work by the end of the session. Plan to have on one-on-one and group demonstrations, many discussions, and time for quiet reflection.

**Supplies to Have:**

**Kneaded Eraser (large)**

**Gum Eraser**

**Drawing Pencils: 2B, 4B, 6B, 8B**

**Hand Sharpener**

**Spiral Sketchbook or journal (without lines) no smaller than 9" x 12"**

**Vine Charcoal Sticks**

**Compressed Charcoal sticks**

**Newsprint will be provided by the instructor for class use**

**Oil Pastels and Colored Pencils will be provided by the instructor  
for class use**

**You will be given a “search list” at the second session as far as other every day items to bring in for reference.**