

## Materials List — Inspire Mindfulness by Exploring Mixed Media Art Course

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### 1. Drawing Materials

For mindfulness drawing, observation, and mark-making.

- Graphite pencils (HB, 2B, 4B, 6B)
  - Charcoal sticks
  - Soft pastels
  - Fine liner pens
  - Coloured pencils
  - Eraser
  - A3 sketch paper pads
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### 2. Painting Materials

For expressive, layered, and meditative painting.

- Acrylic paint set (basic colours + black & white)
  - Watercolour paints (pan or tube set)
  - Assorted paintbrushes (flat, round, fine detail)
  - Palette knives (for texture work)
  - Mixing palettes or plates
  - Water jars
  - Sponges
  - Spray bottles (for water effects)
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### 3. Mixed Media & Collage Materials

For layering, storytelling, and texture.

- Fabric scraps, magazines, and any paper for collaging

- Glue stick
  - PVA glue
  - Masking tape
  - Scissors
  - Shoe box
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### **5. Clay Materials**

- Air-dry clay (white or terracotta)
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### **6. Journaling & Reflection Materials**

For mindfulness writing and art journaling.

- Mixed media journals or sketchbooks (A4 recommended)
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## Inspire Mindfulness – by Exploring Mixed Media

### Week 1 — Introduction to Mindful Creativity

#### Mindfulness: Personal Mandala painting



Artwork Outcome: A detailed personal mandala on canvas or board

Process:

- Begin with mindful breathing + intention setting.
  - Use intuitive freehand rings.
  - Add paint, fine liners, metallic pens, natural textures, or collage.
- Mindfulness: Repeating patterns = calming focus.

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### Week 2 — Nature Impressions with Found Objects (Leaves + Flowers)



## **Mindfulness: Slow looking + sensory connection with nature**

Art Focus: Natural object printmaking + mixed media

Activities:

- Outdoor or indoor nature-attunement meditation (touch, smell, sight)
- Create leaf + flower prints using stamping, frottage (rubbing), pressing
- Build layered mixed-media artworks combining prints, drawing, and subtle colour and watercolour

Materials: Leaves, flowers, grasses, ink pads, graphite, soft pastels, watercolours

Reflection: “What textures or patterns emerged from nature?”

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## **Week 3 — Nature Mandala with Found Objects**



**Artwork Outcome:** A photographed ephemeral artwork + printed photo

Process:

- Collect leaves, flowers, stones.
  - Build a radial mandala outdoors or on paper.
  - Photograph and print for a final framed artwork.
- Mindfulness: Grounding + connection to environment.
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## **Week 4 — Clay + Collage Shadow Box**



**Mindfulness:** Artwork Outcome: A 3D mixed media assemblage

Process:

- Create small clay objects
  - Arrange inside a shadow box with collage, fabric, or painted backdrop.
  - Add symbolic items (thread, natural fibres, found items).
- Mindfulness: Reflecting on “what to keep / what to let go” through arrangement.

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### Week 5 — *Clay Activity #1: Nature-Inspired Small Clay Object*



**Mindfulness:** Sensory grounding + tactile awareness

**Art Focus:** Small organic clay sculpture

**Activities:**

- Touch-based guided meditation
  - Create a small pod, seed-form, coil vessel, or abstract organic shape
  - Texture using natural materials (optional)
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## Week 6 — Story & Identity Through Layers



**Mindfulness: Gentle self-inquiry + compassion**

**Art Focus: Mixed media art journaling**

**Activities:**

- Self-compassion meditation
- Layered journal pages with writing, acrylics, collage, and symbolism

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## Week 7 — *Clay Activity #2: Textured Clay Relief Tile*



**Mindfulness: Slow shaping + patience**

**Art Focus: Clay relief texture**

**Activities:**

- Mindful breath meditation
- Create thin relief tile with carving, imprinting, and pattern

- Optional finishing with acrylic washes once dry
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### **Week 8** — Botanical Mixed media artwork



Artwork Outcome: A framed blue-and-white botanical mixed media artwork

Process:

- Students arrange pressed leaves/flowers on watercolour paper.
- Apply watered-down watercolour washes (blues/indigos) around them.
- Remove objects to reveal silhouettes.
- Add pen details.
- Mindfulness: Slow arranging + breath pacing.