

The Art of Practising Gratitude 2014

Items you will find useful

But please don't feel you have to buy anything ~ if you don't own it already then improvise.

Acrylic block
Acrylic paints
Archival or other waterproof ink for stamping
Blending Tool (Ranger)
Brayer
Bubble wrap
Cheap shaving cream
Clingfilm
Craft Iron or home iron and parchment paper
Distress inks
Embossing folder
Gel medium
Gesso
Glue stick
Liquid pearls
Paper serviette
Paper towel
Small spray bottle for water
Spray Starch
Stamps – rubber or clear
Stencils
Table salt or sea salt
Water based ink sprays
Watercolour paints
Watercolour pencils or crayons