



Therapeutic Finger Painting

Christine Otis

Six canvases (your choice of size): 8" x 10", 10" x 10", 9" x 12" or 11" x 14"

Acrylic paints—I love Golden brand—I would use heavy body Golden acrylics. You can also use Liquitex, Daler & Rowney, Grumbacher, Holbein, Atelier, etc.

The brand you purchase does make a difference in color. Purchase colors you would like to use and include purchasing white acrylic paint.

If you would like to keep costs low, you can purchase Artist's Loft paint in the large one-quart containers.

You don't need to buy many colors and the colors you use are completely up to you.

Palettes: anything you like, such as another canvas, a palette, a plastic lid, etc.

Storage containers for paints you mix (I usually use recycled plastic containers)

Water container (you may also want to use a spray bottle)

Paper towels or a towel to manipulate paint and wipe your hands/fingers

Apron

Any questions? Please contact me directly: otis.christine@gmail.com