

FEARLESS MOVEMENT PRESENTS

# ART

with Ashley

MONDAY | 3.23.20  
2PM ET

 @FearlessmovementFM

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[www.fearlessmovement.org/artwithashley](http://www.fearlessmovement.org/artwithashley)



"Real Life Color Therapy"

Making Paint and Embracing Emotions with a Sensory Touch!

## SUPPLY LIST

1. Pencil or Light colored Writing utensil (Paint brushes can be used)
2. Sharpie or dark colored writing utensil
3. (2-3) Cotton balls, Q-tips, Marshmallows, and.. your fingers! 
4. 2 pieces of paper (watercolor, sketchbook or printing paper)
5. Scissors
6. Measuring cup
7. 4 smaller bowls
- 8.\* ½ cup of **Flour** \* ½ cup of **Salt** \*½ cup of **Tap water**
9. Red, Blue and Yellow Food dye
10. (3) Mixing utensils: Spoon, Fork, Baking tools, anything that will help mix well!
11. Small plate to trace
12. Ruler/Tape measure
13. Magazine
14. Glue or tape!

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## SUBSTITUTE SUPPLY LIST

**PAPER SUBSTITUTE:** Cardboard

**SCISSORS SUBSTITUTE:** You can rip carefully with your hands which means you activate more creativity!

**YELLOW FOOD DYE SUBSTITUTE:** Orange Food Dye

**SMALL PLATE SUBSTITUTE:** Circular item you can trace

**RULER/TAPE MEASURE SUBSTITUTE:** Book, pen, anything with a straight flat side

**Magazine SUBSTITUTE:** Paint, Draw, Write the letters or words needed

**GLUE/TAPE SUBSTITUTE:** A very minimal amount of the paint you just made!

**Join us Monday, 2PM ET with your supplies ready!**