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## *Mindful Mondays: Creative Practice*

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For this class, we will be using a variety of materials to work in our sketchbooks. These materials can be sourced from your home or purchased from local stores. I recommend checking out the Who Gives A Scrap Art Supply Thrift Store for other great options! Feel free to bring any extra supplies you already have that you would like to incorporate!

### **Supplies**

Sketchbook of some sort to work in!	\$5-\$25
Glue Stick	\$1.37
Scissors	free, if brought from home
Pencil	free, if brought from home
Mark Making tools of your choice- colored pens, markers, crayons, etc.	free, if brought from home

*Set of water colors or ink to work with (optional)*

*Extra papers, collage materials, or other fun materials to work with (optional)*

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Total estimated cost: \$10-\$30

Please email the instructor with any questions regarding supplies.

In case you are unable to attend class, consider purchasing supplies that are returnable.