TELLING OUR own STORIES/HEALING OUR OWN HEARTS

with MAYA GONZALEZ

Materials List!

Most Basic Materials Needed:

- ☐ Pencils
  - » Mechanical pencils work best since they stay sharp, but regular pencils also work, just make sure you have a pencil sharpener handy
- ☐ Pens and/or Sharpie Marker
- ☐ Paper:
  - » For the Writing: a notebook or sketchbook
  - » For the Art: Drawing Paper at 11x17 or larger would be amazing, but ANY size will work, *(regular printer paper or even cut open grocery bags are excellent too)*
- ☐ Something for COLOR:
  - » Such as crayons, markers, pens, color pencils or something similar
- ☐ Glue stick
- ☐ Scissors
- ☐ Mirror or some way to see your reflection *(could even be your webcam)*

Additional Materials Needed:

- ☐ Photo of yourself printed in Black and White, preferably on cardstock *(check out the video link below for help creating this)*
  - » Any photo of yourself that has meaning to you, could be current, could be from the past, perhaps childhood or a pivotal moment in your life.
  - » If for some reason you can't print out the photos on paper, just having them on hand for the workshop can also work, if totally not available, we can make that work too.

Additional Extravagance if desired:

- ☐ You're welcome to include any other things you may want or have on hand like....
  - » Oil Pastels, Glitter, Sequin, Die-Cuts, Stamps, Cloth, Thread, Leaves, Twigs, Beads, Stash of Collage Papers or Magazines, etc...

Scan to watch a short video with Maya on how to prepare!

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