

Empathy/ Affirmation Board with Tamara Laporte

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SUPPLIES USED THIS SESSION

Please note, below are the supplies I used, but you can substitute the supplies if and where needed if you don't have what I've used.



- ◆ 1 sheet of hotpressed watercolour paper (140lbs) (I used 16 x 12" but you can use any size you prefer).
- ◆ A photo of yourself or a face/ object/ animal that represents you
- ◆ Collage materials of choice
- ◆ Gel medium
- ◆ Neocolour crayons Caran D'ache
- ◆ Colour pencils (prisma, luminance)
- ◆ Clear/ Transparent Gesso
- ◆ White Gesso + brayer
- ◆ Graphite pencil
- ◆ Posca pens/ markers
- ◆ Tombow Markers
- ◆ Acrylics paints in fav colours/ chosen colour scheme
- ◆ Printed out affirmations/ collage embellishments
- ◆ Golden High Flow Acrylics (or: fine line applicator with

