

The Wings Workshop Supplies

This project can be done with simple supplies right at your kitchen table, in your bedroom, basement, yard, or any other magical art-making space. The Wings Workshop is about shifting your awareness, focus, and curiosity toward more meaningful, creative, and connected ways of being each day.

So use the tools and supplies that you already love and that you feel comfortable with. This is an opportunity to go through your papers and fabric and other interesting items that you have saved for just this occasion. My hope is that you will not have to purchase any new supplies for this workshop!

If you are new to mixed media, I encourage you to get creative and collect any tools and materials that you can find in your home! The beauty of mixed media is that you will come up with your own favorite tools and techniques!

SET UP YOUR SPACE

- Water & a rag
- Something to protect your surface (old towel, table-cloth...)
- Something to protect your clothes (apron, old shirt...)
- Scissors or ruler

OPTIONAL BUT HANDY

- Craft heat gun or hair dryer (to speed up drying)
- Water Spray bottle

SUBSTRATE

- My choice: 8" x 10" [Wood Panel Board](#)
- Artist Wood Panel (or any other piece of wood with a smooth surface!)
- Mixed media paper (98lb/160gsm)
- Watercolour paper (140lb/300gsm)
- Or any other type of thick art paper or card-stock

PAINTING TOOLS

- Your fingers!
- Medium-sized flat brush for collage
- Palette knife or Brayer (can use paintbrush instead)

PAINTING MATERIALS (OPTIONS)

White Gesso (you can use white paint as an alternative)

STABILO All Black Pencil

COLLAGE MATERIALS

Acrylic medium (any type) (or other adhesive)

I recommend using Heavy Gel Acrylic Medium for fibre.

For the background - Papers: magazines, book pages (preferably from books that inspire you!), sewing pattern tissue, tissue paper, packing paper, wrapping paper, sheet music, dried, empty tea bags, etc.

For the Wings - fabric, lace, doilies, napkins, ribbons, any type of fibre
Embellishments like buttons and jewels

**This is a great opportunity to use leftover collage papers and materials scraps from other projects.

OPTIONAL FRAMING

My choice: 8" x 10" [Floating Frame](#)

Wood Glue

REMEMBER EVERYTHING IS OPTIONAL!