



Smithsonian Associates

Mind-and-Body Centering Through Art

Instructor: Lauren Kingsland

Supplies & Tools - As part of my “sustainable supply list project” this list recommends these materials OR similar items you may already have. Materials marked with * may be acquired after the first class. Permission to substitute

Art Supplies (needed after the first class):

- *A blank sketchbook or supply of card stock paper
- *Pencils - graphite and colored (Optional - watercolor pencils)
- *Magic Rub eraser

Fiber Art Supplies:

For the first class:

- 4 - pieces of quilting fabric as 1/4 yd. Fat Quarters (18 x 22”)
- 1 yard backing fabric OR 4 more Fat Quarters (18 x 22”)
- Quilt batting - (Quilters Dream request is my favorite.)
- Buttons
- Sewing shears
- Rotary cutter, mat and ruler, optional.
- Sewing machine, optional.

After the first class:

- *Practice fabric 12 x 12”. A vintage napkin works well.
- *Sewing thread
- *Yarn pieces and embellishment threads
- *Embroidery thread/ perle cotton
- *Hand sewing and embroidery needles (John James is my favorite.)
- *Small sharp scissors

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