

FLUID ART MASTER SUPPLY LIST

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<https://mindfulartstudio.com/shop/fluid-art/>

Dear Wonderful, Creative You:

I'm so excited that you are going to dive into the Fluid Art experience! Let's talk about supplies! The full supply list includes materials for making the tunnel books, tiny paintings, and drawing on your mini paintings. If you wanted to purchase everything on the list, you certainly can, but you may want to look things over and start with the basics. I'll note what is optional.

I can't say enough how important it is to buy a few high quality products over a ton of options in cheap products. **All too often cheap products lead to bad results, which lead to frustration, which lead you to feel bad about yourself and make less art. That's not what we want.**

Cost of supplies: It will probably cost around \$230 USD if you were to buy every last item, including scissors. Some things you might have though, and you don't necessarily want to buy 6 hole punches, or every last color of paint and gel pen. I'd say you could get the basics plus a few optional items, it would cost you around \$150 - \$170.

Supplies for Making the Accordion Fold and O Ring Journals:

- Mixed Media pad 11 x 14 - One pad is a good start. I highly recommend using this paper for its smoothness and strength. Even this paper curls slightly, but not so much that you can bend it straight or press it when dry. Some watercolor papers may work, as I mention in the video, but others will not allow the paints to move because of their texture. The paper I recommend is strong and does well with the high liquid content.
- Xacto Knife
- Clear Ruler or Quilting Ruler
- Self-Healing Mat or other surface for cutting
- Chip Board
- Fine Papers or cloth for book covers
- Gel Medium

- Flat brush - From the set of brushes I recommend also in the paint section. O rings
- Binder clips
- Scissors
- O rings

Hole Punches:

IMPORTANT: For the hole punches, you don't need a wide variety of sizes unless you plan on making tunnel journals with progressively smaller circles. If you would like to cut out "rings" you'll need two circle punches that are close in size. Otherwise, I suggest you get a minimum of one 2-inch circle and one square punch of roughly 2.5 inches or less, plus the circle 1/8-inch punch for making the holes in the O-ring journal pages.

- Circle Punch 3-inch
- Circle Punch 2-inch
- Circle Punch 1-inch
- Circle Punch 5/8 -inch
- Circle Punch 1/8 - inch - This is the one that makes a small hole for the O ring journal if you want to make that.
- Square 1.25-inch - The one I'm using is a "2-inch square," though the cut it makes is definitely 1.5 inches. (Perhaps you might check your local art store if you are concerned about the size. I think as long as it's around 2.5 inches or less, it doesn't matter.) - I'd say this one is optional too. Most folks have enjoyed playing with the circles in the tunnel journals. I like the square format sometimes for O ring journals though.

Supplies for the Liquid Acrylic Paint Techniques:

- High Flow Liquid Acrylic Paint Set (Preferred), OR some students use: Liquitex Acrylic Inks, or make their own from a recipe. You can find these by searching "high flow acrylic paint recipe." You can also grab one or two small bottles of a color you really love if you wish. For example, I use Golden Fluid Acrylic Paint Iridescent Gold Deep in some of the demos. They also have a high flow version of gold.
- Invisible Glove (or latex or similar gloves) - These paints are thought to be carcinogenic.

- Small round brush - Buy a set of economic paint brushes with synthetic bristles - this is the exception to the rule - I like a set from Loew Cornell from Michael's. They are cheap but they work hard and for a long time.

Optional:

- Cups or jars for pouring paint
- Small spray bottle
- Drinking straw
Wax paper
- Cup of water
Rag or paper towel for messes

Supplies for the Drawing Techniques:

- Set of Micron Drawing Pens
- Sakura Gelly Roll Moonlight Pack Sakura Gelly Roll White

ART SUPPLIERS for folks in AUSTRALIA:

Storefront: Spotlight Art Store - EK Tools punches

Online: www.theartshop.com.au - Golden High Flow Acrylic Paints

www.bookdepository.com - Moleskine journals