

Colourful Rituals Material List



Ribbon Messages

- selection of colourful ribbons (preferably cotton)
- scissors
- waterproof markers
- wishes, affirmations, gratitudes, thoughts

Tissue Paper Collage

- letter size drawing paper or bigger
- masking tape
- white craft glue (mix it 1/2 water, 1/2 white glue)
- flat brush
- tissue paper various colours: choose only 2 colours to start with, you will need a third colour towards the end
- Tip: When buying tissue paper, make sure that it is the thin kind you can see through. Some tissue paper brands start to bleed (the colour smudges when wet). You want to have a brand that has a solid colour unless you don't mind the bleeding out of the colours.

Wet in Wet painting

- paper any size (printing paper might be too thin if you can invest in thicker drawing paper, don't buy the expensive watercolour paper)
- paint
- water
- brushes