



What you need

Getting set-up & Materials

Allow enough time for preparation so that you don't get into a rush. In my experience, you'll need about **30 - 45 minutes** to set up your work-space. Make sure you find a quiet place where you can take part in the workshop, undisturbed.

You will need a table and a chair e.g. a kitchen table or dining room table is the perfect size. Try to ensure that partners, children, pets, etc. are catered for, as this is your time. :-)

Creating a collage - you'll need the following 10 basic materials:

1. **Paper** approx. 250gms, preferably cut to approx. **50 x 50 cm** alternatively you can use an A3 sheet (or 2 x A4 sheets taped together to create an A3 format)
2. scrap paper for experimenting and testing colour, etc.
3. 2-3 old magazines you can tear pages out of
4. Coloured pencils, scissors, glue / glue stick (a glue gun can be very useful)
5. Glass/cup with water for your brushes
6. (Childrens) Wax crayons or similar
7. Candle, matches
8. Journal or paper and pen
9. Newspaper or an old tablecloth to protect your table.
10. Comfortable clothes and possibly an apron, things may get messy :-)

Food & drink

Hydrating and nourishing your body is important! To avoid disturbing your own process as much as possible, make sure you have enough snacks and drinks, that you can access if and when necessary.

Recommendation and ideas for further materials:

Sustainability is very important to me - I would like to encourage you to be curious and keep an eye out for interesting materials that you can creatively incorporate into your collage.

There are many things to discover in your household and environment - collect as many different textures, colours and patterns as you like:

1. shoe polish, an old sponge, objects to print on (e.g. lids, bark, flowers, bottle tops, corks, pieces of fabric, sewing thread and needles)
2. leftover chocolate paper, even noodles, rice grains and lentils can be used
3. Collage papers - e.g. printed paper napkins, shiny papers, newspapers, tissue paper, torn up old paintings, wrapping paper, coloured paper, newspapers, musical notes, printing out textures or images from your computer
4. Ink - you can mix charcoal and ash with water to make a black ink
5. Paints - watercolour paints or food dyes, also making your own dyes from foods such as beetroot and spices / turmeric can be a fun alternative. Click [here](#) to find some ideas on my Instagram account
6. Small materials e.g. sequins, buttons, pieces of fabric, feathers, seeds, small shells, sand, sawdust, dried leaves and flowers, wool, string, raffia.
7. Craft supplies (glitter and co.)
8. Gather leaves, sticks, feathers, flowers, anything you may find in nature when you're out for a walk
9. Acetone, cotton pads, cotton buds
10. A shoe box or Tupperware to collect and store your materials

You are of course free to purchase materials at your nearest stationary shop, art supply store or at your preferred online store.



Overview of materials



Setting up your workspace



Journal and pen



Magazines



2-3 different brushes



Candle and matches



Glue, tape and sticky stuff



Collage and tissue papers



Shoe polish



Tea, coffee, turmeric, berries



Lentils, rice, seeds, pasta



Leaves, petals



Beads



Egg shells



old Toothbrush



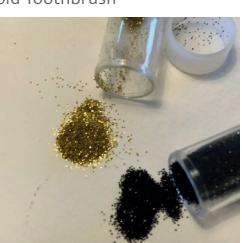
Confetti



Packaging



Feathers, sticks, sponge



Glitter



Wax crayons



Nail polish remover

Helpful tools

Colour wheel

