

Silent Thoughts with Beatriz Helton

*Supply List:

Plain white cotton fabric

Various fabric scraps small to medium size

Acrylic paints

Sewing and embroidery threads of various colors and black, white and/or cream

*Beatriz will provide all of the above, however, students can bring their own color threads and acrylic paints if they'd like.

Supplies the students need to bring:

Charcoal pencils 4B soft and/or 6B ex soft

Sewing needle

Pin cushion

Scissors

Round nylon paint brushes small, medium, optional: large

Water bucket

Rag for spills and blotting.