



# *Beginner's Painting Art Therapy Checklist & Starter Guide*

Why Start Painting for Art Therapy?

Painting helps declutter your mind, reduce stress, and express emotions non-verbally. No skills needed—just focus on the process!

## ***Essential Supplies Checklist***

- [ ] Acrylic paints (set of 12 basic colors)
- [ ] Paintbrushes (1 large flat, 1 medium round, 1 small detail)
- [ ] Glass of water (for rinsing brushes)
- [ ] Paper towels (for wiping and testing colors)
- [ ] Palette or disposable plate (for mixing paints)
- [ ] Easel or clipboard for comfort (Optional)
- [ ] Tablet/app like Procreate or free tools like Krita (Optional)

## ***Workspace Setup Tips***

- Choose a spacious, quiet area with good natural lighting.
- Position light from the side to avoid shadows.
- Keep supplies organized for a stress-free flow.

## ***Quick Starter Exercises (10-15 Minutes Each)***

Emotion Splash: Pick colors representing your mood and splash them freely on paper. Reflect: What feelings emerge?

Abstract Flow: Use broad strokes without planning—let your hand guide you. No judgment!

Mindful Mixing: Blend two colors slowly; focus on the process to build concentration.



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## ***Track Your Progress***

Session Date: \_\_\_\_\_

Mood Before: \_\_\_\_\_

Mood After: \_\_\_\_\_

Insights: \_\_\_\_\_

Download and print this guide to kickstart your journey. Share your creations on social media with #PaintingArtTherapy for community support!