



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!