

# Refresh and Renew with Alx Fox

## *Materials List*

- ‡ Acrylic, Oil or watercolor paints and mediums
- ‡ Gesso for new substrates
- ‡ Brushes that fit your paint, (natural for oils, synthetic for acrylic)
- ‡ Palette (Masterson system, freezer paper, butcher pan, any dish, paper plates all ok)
- ‡ Large plastic container for water (yogurt, cottage cheese, etc)
- ‡ Palette knives, at least one small and large (can be inexpensive ones from hardware or paint store)
- ‡ 2 canvases for each day (preferably already primed with gesso) or Watercolor paper if you are working on this type of substrate (2 or 3 sheets of cold pressed 140#)
- ‡ Artists or painting tape for taping down watercolor paper or doing effects.
- ‡ Paper towels (some cut up in smaller pieces)
- ‡ Texture mediums if you want to try/use – such as sand, mica, stucco, heavy gel, molding paste, there so many available by various companies.
- ‡ Found objects for applying and creating marks and texture, e.g. small sponge, piece of heavy twine, roll end from paper towels, dried leaves, brayer, plastic fork or spoon, clean rags, piece of rubber, sink or drawer liner scraps or bottle caps (you get the idea)
- ‡ Smock (or wear your painting clothes)
- ‡ Bring your ideas, creativity, excitement and good cheer!

### **Optional**

- ‡ Artist's tissue or rice paper
- ‡ Artist's blotter paper
- ‡ Fluid paint, sprays or inks
- ‡ Gloves if you use them
- ‡ Glazes
- ‡ Note paper and pen
- ‡ Lunch or snacks

**REMEMBER** there is going to be lots of fun as we experiment with ideas and materials. Anxiety and nervousness are not invited!

**Any questions?** Please contact instructor Alx Fox at [alx@alxfox.com](mailto:alx@alxfox.com)

