



The Art Materials

Here you will find a list of the art materials used at Earth Art Therapy, including links to each item online. The majority of art materials are sourced from the UK-based, family-run shop [Conscious Craft](#). You can read about their shop ethos [here](#). Other retailers mentioned include: [Plastic Freedom | Your One Stop Eco Shop](#), [Babi Pur | ethical shopping for kids – Babipur](#), [Etsy UK - Shop for handmade, vintage, custom, and unique gifts for everyone](#)

Questions to consider:

- What art materials are essential for my practice?
- What art materials do I value over others and why?
- What does my choice of art materials communicate to my clients?
- What do my art materials provide or offer my clients?
- How do I imagine my art materials will be responded to by my clients? (How might this impact the relationship/work?)
- What businesses am I supporting with my art material purchases?
- What are my art materials made of?
- Do they contain any harmful substances?
- Where are they made?
- Who makes them?
- How are they packaged?
- How are they distributed?
- How do I display, store & transport them?
- How do I care for my art materials?
- How do I dispose of art materials? (throw 'away', recycle, pour down the drain etc)
- What are my feelings around being 'wasteful' or creating 'waste' with art-making?
- Can I make, re-purpose or find the art materials myself?
- Can I swap something for a more earth conscious alternative?

Drawing

- Sketching pencils:
[Lyra Art Design Assistant Grades 12 | Conscious Craft](#)
- Colouring pencils:
[Lyra Graduate Coloured Pencils 24 | Conscious Craft](#)
- Fine liner pens:
[Lyra Graduate Fineliner 12 | Conscious Craft](#)
- Felt tip pens:
[Lyra Art Pen 30 | High Quality Felt Tip Pens – Conscious Craft](#)
- Charcoal:
Willow charcoal available from various art supply shops with plastic-free packaging
- Chalk pastels:
[Lyra Pastel Polycrayons \(24\) Conscious Craft](#)
- Oil pastels:

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Olio Maxi Oil Pastels | 24 - Conscious Craft

Painting

- Watercolour paints:
[Stockmar Opaque Watercolour Set | Conscious Craft](#)
- Acrylic paints:
[Natural Earth Paint Natural Acrylik Paint Set | Conscious Craft](#)
- Finger paints:
[ökONORM Finger Paint | 6 colours | Conscious Craft](#)
- Gouache paints:
[Art Gouache Set Basic | Conscious Craft](#)
- Ink:
Artist inks available from various art supply shops in glass containers
- Paint palettes:
Ceramic (handmade, local) available from various makers via [Ceramic Palette - Etsy UK](#)
Stainless steel available from various online distributors
Wood [Wooden Painter's Palette | Art Supplies | Conscious Craft](#)
- Paint brushes:
[Painting Brush Set - Conscious Craft](#)
- Water cups:
Re-purposed glass jars
Stainless steel or enamel cups available from various homeware distributors

Paper

- A4 Drawing paper:
[Fabriano Eco Pad A4 | Conscious Craft](#)
- A3 Drawing paper:
[Fabriano Eco Pad A3 - Conscious Craft](#)
- Watercolour paper:
[Fabriano Studio Watercolour Pad | Large Portrait | Conscious Craft](#)
- Coloured paper:
[Assorted Colour Craft Paper Pad | Conscious Craft](#)
- Tissue paper:
[Tissue paper | A4 - Conscious Craft](#)
- Craft paper/card:
[Coloured Craft Paper Pad | Super Earthy Colours | Conscious Craft](#)

Sculpting

- Playdough:
[ökONORM Eco Play Dough Primary Colours | Conscious Craft](#)
DIY recipes [Natural Dyes for Play Dough - The Imagination Tree](#)
- Playdough tools:
[Wooden Modelling Tool Set \(7\) - Conscious Craft](#)
[Glückskäfer Children's Wooden Rolling Pin - Babipur](#)

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Wooden block stamps available from various online distributors

- Clay:
[Das Modelling Clay 1kg White | Conscious Craft](#)
Locally sourced 'wild' clay
- Clay tools:
[Pottery Tool Set | Kids at Work | Conscious Craft](#)
[Das Clay Metal Moulds | Conscious Craft](#)
- Sand:
[Sandy Clay® | Conscious Craft](#)

Tools

- Ruler:
[Wooden Ruler | Conscious Craft](#)
- Pencil sharpener:
[Kum Brass 2-hole Sharpener - Conscious Craft](#)
- Eraser:
[Rico Design Art Eraser | White Conscious Craft](#)
Natural rubbers available from various art supply shops
- Scissors:
[Kids at Work Scissors | Conscious Craft](#)
Stainless steel scissors available from various homeware shops
- Glue:
[ökonorm Eco Multi Purpose Glue 500ml | Conscious Craft](#)
- Tape:
Paper tape [Plastic Freedom Paper Tape - Plastic Freedom](#)
Washi tape [Washi Tape | Dried Flowers | Conscious Craft](#)
- Paint sponge:
[Mercurius Painting Sponges | Conscious Craft](#)
- String:
[Paper String | Conscious Craft](#)
- Glitter:
[Eco-friendly Cosmetic Glitter | Conscious Craft](#)

Found & Foraged

- Cardboard scraps (packaging, egg boxes, cereal cartons)
- Newspapers & magazines
- Buttons
- Scrap fabric (cloth/rags, ribbons, off-cuts)
- Sticks
- Dried petals & leaves
- Seasonal natural items (acorns, pinecones, conkers)
- Stones
- Shells
- Feathers

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