

# ART MATERIALS TOOLKIT



**The Art Materials Guide for Hubs of Expressive Arts for Life  
Created for HEAL Program Facilitators**



Dear HEAL Facilitator(s),

This visual inventory of art materials is designed to support your facilitation of the HEAL Program. The selected materials are optimized for a closed group of 15 participants and can be used across a range of art modalities, including movement, sound, visual arts, and textile activities, to promote mental well-being.

How to use this inventory: Review it prior to the HEAL program to begin planning and developing art-based activities for each program phase. This inventory was created as part of the Hubs of Expressive Arts for Life (HEAL) Project, funded by the Public Health Agency of Canada's Preventing and Addressing Family Violence: Health Perspectives.

We look forward to witnessing the transformative power of art to improve the mental health and wellness of newcomers.

Create and Imagine,  
HEAL Team

### **Acknowledgements**

Many thanks to Master of Social Work placement students Renée Asselin and Gavin Bejaimal for producing the "Art Materials Inventory" with support from the HEAL Project Team, Axelle Janczur (Executive Director of Access Alliance and Champion of the Project), Akm Alamgir (HEAL Research Lead), and Christen Kong (HEAL Project Coordinator).

### **Disclosure**

This art materials inventory has been prepared by the Research & Evaluation Team at Access Alliance Multicultural Health and Community Services; it reflects work carried out by two practicum students from the University of British Columbia and University of Toronto, with support from an internal Project Coordinator and Research Lead. For any questions or concerns regarding this report please contact [research@accessalliance.ca](mailto:research@accessalliance.ca).

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The Expressive Arts Continuum (ETC) is used as a foundational framework to select art materials that are conducive to improving the mental well-being and creative capacities of HEAL participants. See brief descriptions within each category.

## Movement Materials

- 30 multi-coloured hand held dance ribbons
- 1 portable speaker

## Sound Materials

- 1 golden tong drum - C major
- 1 percussion bag - variety of small instruments
- 1 set of wooden sticks

## Visual Arts Materials

- 1-pack watercolour paper
- 1-pack newsprint
- 2-pack pencil crayons
- 3 -pack 24 colour soft pastels
- Watercolour paintbrushes
- 1-pack markers
- 1-pack oil pastels
- 8 shareable watercolour palettes

## Textile Materials

- 6 sewing kits
- 1-set embroidery multi-colour embroidery thread
- 1-pack multi-coloured hard felt
- 4-sets multi-coloured soft felt
- Bag of small decorative rocks
- 15-packs of clay
- 1 -pack tooth picks
- 2-pack assorted bead collection

## Participant Art-Material Bag

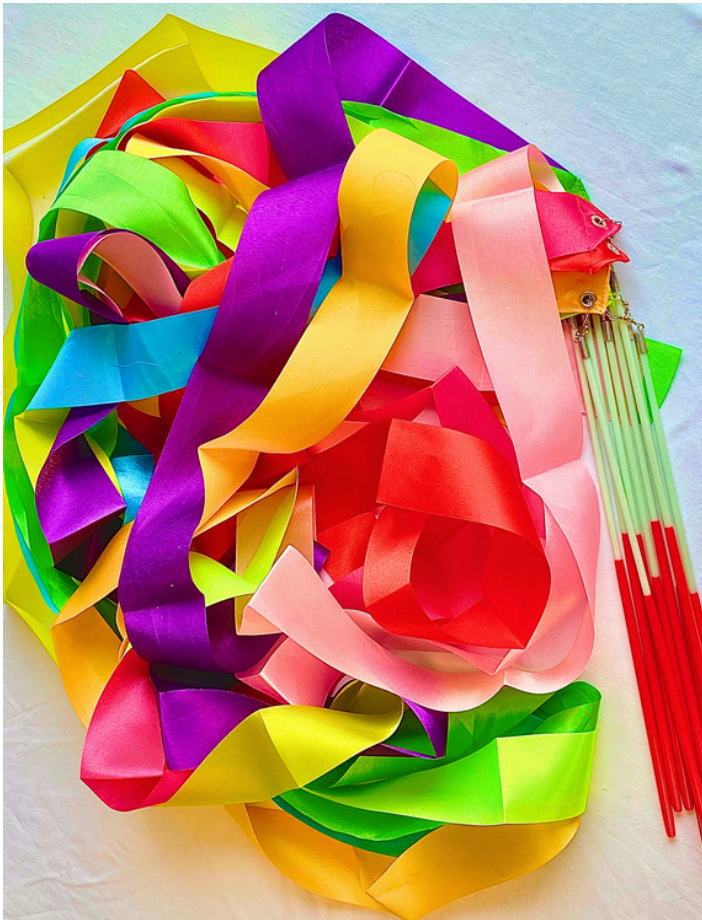
- 1 sketch book
- 1-pack pencil crayons & pack oil pastels
- Pencil & eraser
- HEAL mental health resources

# MOVEMENT MATERIALS

These materials focus on the sensations that inform a person's bodily rhythms, movement, and actions. The Kinesthetic level supports the expression of energy and reclaiming agency of the body. **Therapeutic Goals:** Discharging energy and tension, finding and creating inner rhythm, encouraging self-soothing and reconnect with bodily wisdom.

## Materials include:

- 30 multi-coloured hand held dance ribbons
- 1 portable speaker



# SOUND MATERIALS

These materials focus on internal and external sensations that are experienced through interacting with different art mediums. The Sensory level involved the five senses.

**Therapeutic Goals:** discovering and expressing inner sensations, enhances facilitation of mindfulness, externalizes sensations as a way to manage it, cognitive functioning using senses.

## Materials include:

- 1 golden tong drum - C major
- 1 percussion bag - variety of small instruments
- 1 set of wooden sticks

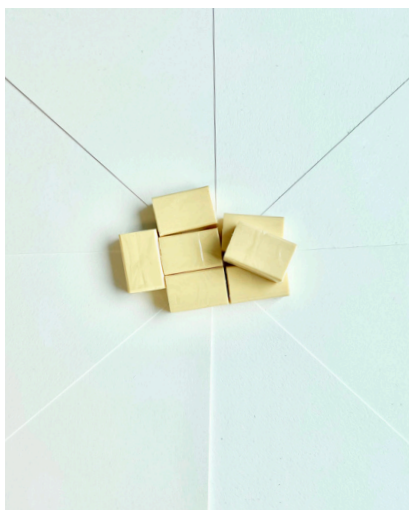


# VISUAL MATERIALS

These materials focus on a person's expression of feeling. Participants are encouraged to use more fluid art mediums to allow for emotions and feelings to be externalized. **Therapeutic Goals:** raises emotional awareness & identify emotions, encourages creative expression of emotions, increases understanding of own and others emotions, develops emotional vocabulary.

## Materials include:

- 1-pack watercolour paper
- 1-pack newsprint
- 2-pack pencil crayons
- 3 -pack 24 colour soft pastels
- Watercolour paintbrushes
- 1-pack markers
- 1-pack oil pastels
- 8 shareable watercolour palettes

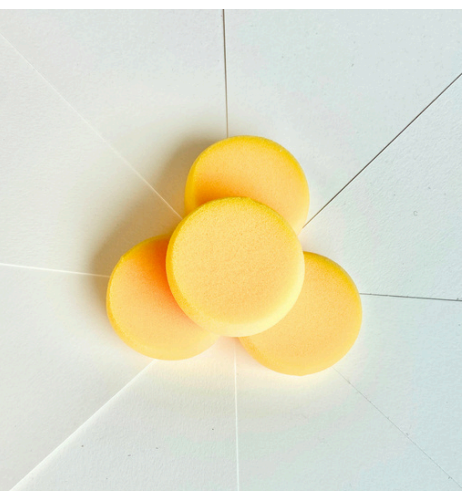


# TEXTILE MATERIALS

These materials focus on the figurative aspects of mental imagery and emphasizes elements of visual arts, Perceptual level. **Therapeutic Goals:** reframing points of view on difficult memories or experiences, develop visual language to depict internal state, increase self-understanding to develop self-compassion.

## Materials include:

- 6 sewing kits
- 1-set embroidery embroidery thread
- 1-pack multi-coloured hard felt
- 4-sets multi-coloured soft felt
- Bag of small decorative rocks
- 15-packs of clay
- 1 -pack tooth picks
- 2-pack assorted bead collection
- Round sponges



# PARTICIPANT ART KIT

All participants will receive a art-material toolkit to bring home. This allows participants to continue creating and practicing the techniques learnt during session. Access Alliance strongly believes in accessibility, this is one way the HEAL programming is providing access to resources and materials.

## Materials include:

- 1 - Sketch book
- 1-pack oil pastels
- 1-pack pencil crayons
- pencil & eraser
- HEAL informational resources



