



## Art Materials for “Altered Book” Activity

★All materials listed below in **bold** are highly recommended. Other materials listed are optional (additional material recommendations that you may desire to use).

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### ★Hardcover Book\*

\*A book that you do not mind ‘altering’ into an expressive arts journal. This book will be transformed through the creative process into a scrapbook. If you do not have one at home that you want to use, you may purchase one from the Dollar General or local thrift stores for around \$1.00.

Types of books that work great: Hardback fiction books, Cookbooks, Textbooks

Note: If no hardcover book is available, you can use blank paper (or even create your own handmade journal using several sheets of letter-sized paper folded together in half, stapled together in the center folded line).

### Collage materials:

#### ★Scissors

#### ★Glue and/or Tape

- Magazines
- Colored construction paper

### Drawing & painting materials:

- Crayons
- Colored Pencils
- Acrylic or watercolor paint + water + paintbrush
- Stencils or stamps

### Writing materials:

#### ★Pen

- Sharpie marker pen (fine point)
- White gel pen
- Colored markers

### Mementos:

- Photos of meaningful memories
- Saved greeting cards
- 3D items such as buttons, ribbons, etc.
- Printed items for keepsake (song lyrics, poems, etc.)