

**Jacqui Lewis**  
**Art therapy and Counselling**



m. 0437689751  
ABN. 52822141688  
[jacquilewisarttherapy@hotmail.com](mailto:jacquilewisarttherapy@hotmail.com)  
[www.jacquilewisarttherapy.com](http://www.jacquilewisarttherapy.com)

## Art Journaling for Teen Wellbeing Online

Welcome to Art Journaling for Teen Wellbeing. Just a few housekeeping things before the session.

### **What to expect**

Participants will be introduced to a variety of journaling methods alongside and exploration of a relevant topic. (This changes with each session and can be driven by what they would like to explore based on their situation.) Participants are invited to participate in general discussion on a topic yet are not required to share their art journal with the group (unless they choose to). I will also be inviting participant to 'explore, experiment or challenge' themselves with the techniques or tools used within the session.

### **Materials**

It is expected that participants will have some art materials, even if coloured pencils, pens, and a glue stick. I will be mindful of those that may have limited access to art materials when we are creating. I have attached a list of materials, however it is not necessary to have everything on this list.

Participants will need paper of some sort. This paper does not need to be a visual diary, although a bonus if there is one handy!

### **Zoom links and expectations**

A zoom link will be provided for each session on receipt of payment. It is expected participants will have somewhere suitable (preferable without others around) that can be set up so that they can be creative and have zoom operating.

### **Payment**

Payment needs to be made prior to the session to access zoom link, by direct debit using Child's name as reference. (A screen shot of payment is fine as payment proof.)

Amount: \$35

Account name: Jacqueline Lewis

BSB: 633000  
ACC: 114868607

Please let me know if you require a receipt.

**Art Journaling Materials List**  
**(All of this is optional and it is not meant to be a definitive list)**

Pens – various colours and weights, ballpoints, sharpie, felts etc.

Graphite pencils

Ruler

Eraser

Scissors

Coloured pencils, including water colour pencils

Pastels – hard (chalk), soft or water colour pastels are good

Paints – water colour, gouache, acrylic, liquid acrylics

Inks – indian ink, various colour inks

Brushes, a variety dependent on what media you are using

Gesso

Glue – glue stick, mod podge, acrylic medium, pva

Stencils

Stamps and ink pads (preferably water proof ink)

Collage material –

photocopies of photographs including:

- family
- favourite places
- self (recent and past)
- pets

decorative paper, magazines, old book pages, maps, sewing patterns, dictionaries, labels, old tickets, travel brochures etc.

Paper towels, wet wipes

I am looking forward to starting this journey to help others establish their creative selves, express their feelings, support growth, empowerment and celebration of self.

Feel free to contact me if you have any further questions or queries.

Cheers  
Jacqui