

## **Life Book 2019 - Art and Wellbeing Summit - Galaxy Affirmation Cards with Lucy Brydon**

Supplies:

- Watercolour paper (I used hot pressed 300gsm)
- Masking tape and board to attach to
- Print out affirmation words or phrases in font of your choice
- Carbon paper to trace
- Masking fluid
- Watercolours and watercolour paintbrush in medium size
- White acrylic ink and toothbrush
- White gel pen
- Craft knife to cut up afterwards