

# Sketching for Joy With Lorraine Wilson

## The Victory Summit® Virtual Event: How to Live Well with Parkinson's

### Basic

1. Something to write with: pen or pencil (preferably with a sharp point)
2. Something to write on: paper (preferably plain)
3. Something to add color: a few colored pencils or watercolors such as the 8-pan set from Crayola
4. Printed "squares template" (at the end of this document)

OR

### Good

1. A fine liner pen like a Micron in .01 or .05
2. Drawing/sketching or watercolor paper
3. Watercolors (8-pan set from Crayola is fine)
3. Printed "squares template" (at the end of this document)

OR

### Better

1. Two fine liner pens like a Micron in different sizes (i.e., .01 and .05)
2. Watercolor or sketch paper cut to size: four to six 2" squares, one to four 3" squares
3. Watercolor paper in size of choice (at least as big as your hand)
4. Watercolors (8-pan set from Crayola is fine)
5. Printed "squares template" (at the end of this document)

**AND**, if using watercolor paints or pencils:

1. Wax paper or such to protect your working surface
2. A paint brush or water brush
3. Container of fresh water
4. Some paper towels
5. Eraser

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