**Positively Embodied**

A Virtual Therapeutic Clay Sculpture Workshop for Body Image and Embodiment

**Materials list**

* + Ceramic clay of desired colour (non-air dry if possible) Approx 2kg – 4kgs (4lb – 8lb)
  + Basic tools e.g. <https://www.dickblick.com/items/30361-1009/>
  + A basic paint brush with a ½ to 1 inch head
  + Paper towel
  + A bowl for water
  + A protective working surface: plastic placemat, cardboard

Join the Facebook group for Positively Embodied (<https://www.facebook.com/groups/782515755874177>) to potentially divide materials with people located near you as clay often comes in bulk bags of 25lbs (12.5kgs) 3-4 people could split a bag.

**Where to purchase clay and basic tools:**

If these store options aren’t possible for your location use google terms like ‘clay supplies \*insert location\*’. Art or clay supply stores will be more than happy to help a beginner – ask for a basic low fire clay for making sculptures. If you can’t find any tools like the example above, you can also use popsicle sticks, match sticks, old cutlery etc. Ideally, you will be using your hands anyway ☺

Tools: Basic starter kits available where clay is purchased, or any art shop

* + USA/Canada - allow approx $15 for materials
    - Blicks – Ceramic clay and tools
      * <https://www.dickblick.com/products/sculpture-house-hugo-stoneware-clay/>
      * <https://www.dickblick.com/products/activa-blackjack-clay/>
      * Tools: <https://www.dickblick.com/items/30361-1009/>
  + UK – allow approx £10-15 for materials
    - Clayman
      * <https://www.claymansupplies.co.uk/Products/Details/1020~12@5>
      * <https://www.claymansupplies.co.uk/Products/Details/1030~12@5>
      * Tools: <https://www.claymansupplies.co.uk/Products/Tools_Sets/6231>
  + Australia/NZ – allow approx $25 for materials
    - Clays
      * Perth: <https://thepottersmarket.com.au/products/clays/>
      * Brisbane: <https://www.potterysuppliesonline.com.au/products.html>
      * Melbourne: <https://www.northcotepotterysupplies.com.au/product-category/clay/earthenware/?v=6cc98ba2045f>
      * Sydney: <http://store.blackwattle.net.au/clay/earthenware-clay/>
      * Adelaide: <https://www.pugmill.com.au/shop/clayworks%20school%20white/clayworks/clay/page/shop/detail/offset/0/orderby/product_name>?