# Meditation with pencils

**Materials list**

❑ Two or three sheets of nice drawing paper for use with pencils to rough out designs and build up letters or symbols – it could be copy paper or cartridge paper, or bring along your sketchbook.

❑ A sheet of tracing paper and a pair of scissors.

❑ A piece of scrap paper to put under your drawing hand – this will help against smearing while you work.

❑ Two A5 (or thereabouts) sheets of hot-pressed (smooth) watercolour paper,   
160–300gsm.

❑ Pencils: 2B, or HB, or a mechanical pencil.

❑ Watercolour pencils – two or three of your favourite colours.

❑ Fineliner pen – any size between 0.05 and 0.2.

❑ Pencil sharpener, ruler and eraser.

❑ A t-square ruler.

❑ Water jar and small pointed brush – size 1 is good.

❑ Two or three images that you may like to use as a starting point for designing your letters.

❑ A word or short quote.

❑ A sloped board if you like to work at one.

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