

## Sheila Frampton-Cooper

### Expressing Yourself: One Piece at a Time

#### **Supply List:**

- 100% cotton fabric, preferably solids LIGHT/MED/DARK VALUES FOR EACH COLOR (*details below*)
- At least one yard each of various neutral colors. (*see below*)
- Sewing machine (*with knee-lift if you have one*)
- Needles (*I like SCHMETZ Microtex Sharps 70/10*)
- Neutral thread for piecing (*I suggest very light gray*)
- Seam ripper, scissors and thread snippers
- Rotary cutter (with extra blade)
- Ruler (optional)
- Cutting Mat (at least 24" for cutting width of fabric)
- Table top lamp (optional)
- Multi-plug extension cord with surge protection and a 3 prong adapter if needed for classroom outlets.
- Small spray bottle (*This is for water and a fine mist is best. You can find this at most art supply stores*)
- Sketchbook (*for note taking, drawing etc.*)
- Regular pencil
- White pencil
- White flannel for your design wall

You will be using solid colored fabric in this workshop. I know many people may not have this in their stash. You may purchase fat quarter packs to give you more variety without having to buy a lot of fabric. Also, you may choose your palette in advance and purchase multiple values in each color you use. For example, If you like blue, make sure you bring a very dark blue value, a very light, and a few shades in between if possible. (\*See example below)



\*Notice the different values of the same colors.

Neutral fabric is very important in this workshop. I suggest bringing grays and taupes (warm and cool), but keep them on the light side. Bring black or brown (at least a half yard of each). For example, if you want to use earth tones, you might want very dark brown or black, if you are using cooler colors, a charcoal/black would be nice. The main thing is to have options. Please feel free to email with any questions regarding fabric or anything else for the workshop. I am more than happy to review your fabric choices and provide feedback in advance! [sheila@zoombaby.com](mailto:sheila@zoombaby.com)