

- Canvases
- Acrylic paints (basic set of primary + black + white)
- Paintbrushes (variety: small detail, medium, large flat brushes)
- Paint palettes (cheap plastic ones or even paper plates)
- Cups of water (for rinsing brushes)
- Paper towels/napkins (for drying brushes & cleaning spills)
- Table covers (plastic or butcher paper to protect tables)

Roars

R – Respect

- Cultural Respect: R&B music celebrates Black artistry and history. Curating a playlist that honors classic and modern R&B helps participants connect with and respect the genre’s cultural roots.

O – Ownership

- Engagement: Participants are encouraged to be fully present—choosing their designs, managing their space, and contributing to the energy of the room.

A – Accountability

- Commitment to Participation: Showing up on time, engaging with the activity, and cleaning up afterward models accountability in a shared space.

S – Self

- Self-Expression: Painting and music together allow deep personal expression. Participants can explore feelings or ideas through art in a low-pressure setting.
- Self-Care: R&B’s calming vibe paired with the therapeutic nature of painting creates a relaxing and restorative experience—supporting emotional wellness and self-awareness.
- Confidence-Building: Completing a painting, even as a beginner, boosts self-esteem and pride in personal creativity.