

## What Are We Doing?

In our Creative Arts and Design Virtual Project Group (CAD VPG) this year, we are learning new art techniques, making crafts and exploring other types of arts and crafts besides mixed media art. If you were a part of this group in 2024, the techniques we are learning can be added to your junk journal you made last year.

### Agenda:

- Welcome, Overview and Masters in the Making
- Demonstration and Activity: Dyeing Papers (Part 1) -- COMPLETE BEFORE SESSION BEGINS (instructions below)
- Alternative Demonstration and Activity -- Marbeling with Milk and the Science of Why It Works
- Demonstration and Activity: Dyeing Papers (Part 2)
- Demonstration and Activity: Using Spices, Food Coloring and Easter Egg Dyes to Dye Paper
- Demonstration and Activity: Dyeing Papers (Part 3)
- The Science Behind Color Change -- Using Binders and Ph Balance Tricks
- Using Stencils to Create Patterns
- Ideas for Using Dyed Paper

## Supplies:

Just a reminder -- Because use of a heat source and hot water is involved, adult supervision/assistance is important for this activity. Many of these items you may already have. However, if you don't ... no worries ... you can still watch and learn. I watch lots and lots of art videos and take a lot of online classes -- and not make anything. I'm just learning too! This is just a fun learning experience. No pressure! No competition!

### List of Supplies:

- Food Dyes (Pick what you want/what is easy and accessible -- but you don't need all. I will be using one fruit and one spice only.)

- |                                     |                           |                  |
|-------------------------------------|---------------------------|------------------|
| • ***Avocados                       | • ***Blueberries (frozen) | • ***Onion Skins |
| • ***Red Cabbage                    | • Food Coloring*          | • ***Spinach     |
| • Beetroot spice                    | • Turmeric spice          | • Paprika spice  |
| • Coffee or Tea (make night before) |                           |                  |

\*\*\* Adult supervision required -- place \*\*\* item in a saucepan, add 1.5 cups (approx.) of water, bring to a boil AS SOON AS YOU GET HOME ON THE DAY OF OUR MEETING. Bring to a boil, and then reduce to a simmer. Watch carefully! Add water if needed. The more concentrated the solution, the stronger the color.

\* If using food coloring, paper bowls are best to prevent staining

- |                                 |   |               |
|---------------------------------|---|---------------|
| • Plastic grocery bag/trash bag | • Saucepan                              | • Heat source |
| • Slotted Spoon or Colander     | • Paper Towels                          | • Water       |
| • Potato Masher (optional)      | • Old bowl/plastic take-out/paper bowls |               |

### Alternative Activity: Marble Milk Paper

This is an optional activity. You are welcomed to play along or just watch. You will need the following:

- Paper Plate or plastic take-out container
- Milk -- (Note: the heavier the fat content the better (think whole milk), but almond, skim and lactose-free milk will also work.)
- Food Color OR Acrylic Paint
- Dish Soap
- Q-Tips
- Paper Towels
- Plastic grocery bag/trash bag

See Ya Soon! TUESDAY, FEBRUARY 17, 2026 AT 7:00 P.M. (eastern time)/6:00 P.M. (central time); ZOOM LINK: <https://tennessee.zoom.us/j/86799716099>

Creative Arts  AND Design  
VIRTUAL 4-H PROJECT GROUP