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## 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
  - Highlights in History: Neurographic Art and Mindfulness
  - Activity: Creating a Neurographic Drawing
    - Featuring Alcohol Markers
    - Featuring Watercolors
    - Featuring Acrylic Paint
  - Activity: Spins on Neurographic Art -- Different Designs, Mark Making and Integrating Zentangle®
  - Next Steps: Hunting and Gathering
  - Preview of April 2026 Meeting
  - The 4-H Project e-Portfolio
  - Creative Challenges
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## Supplies:

Just a reminder -- You do NOT have to have any or all of the supplies. Use what you already have at home! If you have none of the supplies, 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! Please don't let the supply list intimidate you! That is not it's purpose!!!

### List of Supplies:

- Plain white paper
- Your Choice -- Markers (*any kind will work*), Watercolors and/or Acrylic Paint
- Sharpie® or some type of black, waterproof marker with a thicker nib
- Paint Brush (*if you are using watercolors or acrylic paint*)
- Cleaning Supplies -- Be sure to have supplies on hand to keep your workspace neat and clean! Paper Towels, Paper Plate (*to pour paint on*); Water Cup (*for rinsing brush*); Soap (*for washing your brush*) -- all of these are important.

OR

### Alternative Supplies:

- Black, Ball Point Ink pen
- Crayons
- If you have paint pens left over from last year's CAD VPG ... you might like to use these too ... but it's not necessary!

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See Ya Soon! TUESDAY, MARCH 17, 2026 AT 7:00 P.M. (eastern time)/6:00 P.M. (central time); ZOOM LINK: <https://tennessee.zoom.us/j/83179783946>

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Creative Arts  AND Design  
VIRTUAL 4-H PROJECT GROUP