

Zentangle 101



What is Zentangle?

The Zentangle Method is an easy-to-learn and creative way to make beautiful images by drawing structured patterns.

Through the Zentangle Method of drawing, you can relax, focus, expand your imagination, and perhaps most importantly . . . have fun!

The Zentangle Method offers all this and so much more. It may look simple, but there's a lot going on here. Savor this time as you discover and enjoy all that the Zentangle Method (and you!) have to offer.

Materials:

- 1 practice page of circles & 1 practice page of squares
- 3 sheets of pattern ideas to try
- Fine tip sharpie (If you want thinner lines, a ballpoint pen or smaller felt tip would work, too)
- 3 template starter sheets to fill in (cardstock)

Instructions:

1. Begin by practicing the designs in the practice squares and/or circles provided or come up with your own to try out!
2. When you are done practicing, put your new skills to work and fill in the empty spaces in the starter sheets with different designs!
3. Feel free to add to your starter sheets and fill the whole page if you'd like!

Final Tip:

YOUR DESIGNS WON'T BE PERFECT!

That's just how it goes. Zentangle is free-flowing, mindful doodling. Let it happen and be at peace!

Are you participating in the Teen Fall Reading Challenge? Submit a photo of your completed Zentangle on ReadSquared to earn points for your new creation!