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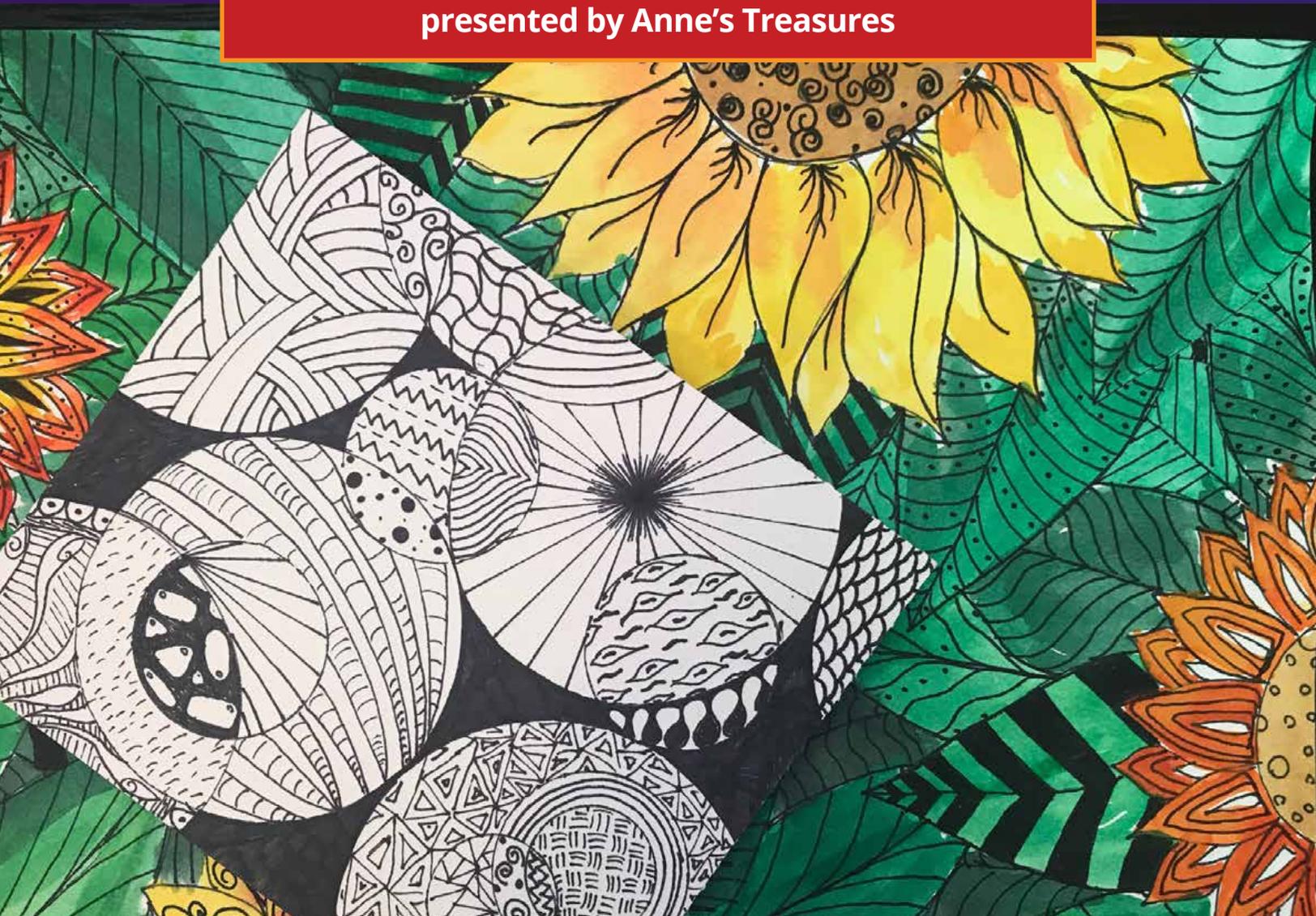
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Art Projects for the entire family,  
presented by Anne's Treasures



# ANNE'S TREASURES

## ZENTANGLE

Relax and meditate while creating patterns.

### MATERIALS:

Drawing paper  
Pencil  
Compass, or round objects

Scissors  
\*Coloring pencils/  
crayons/watercolors

\*optional

Black pen or thin marker  
Ruler or straight edge

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### CONTEXT:

Zentangle is a combination of meditation and drawing. It is meant to be simple and fun to help relax and focus. The inventors of Zentangle define *tangle* as a sequence of simple strokes that make up a pattern.

### TIPS:

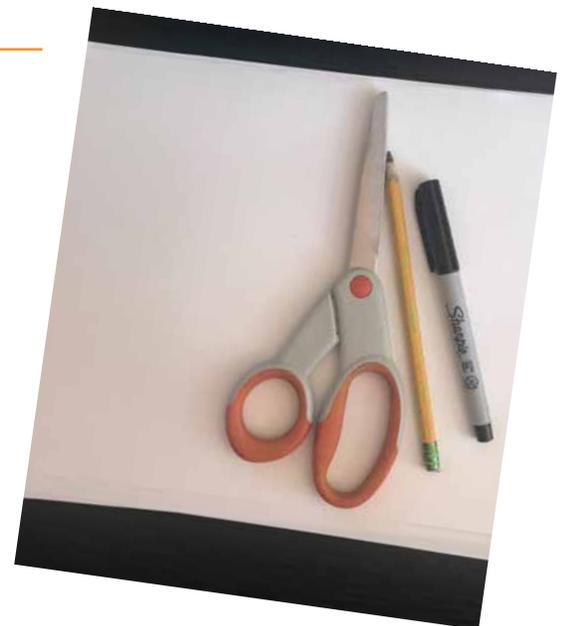
- Start small – large drawing paper can be overwhelming, so start with small squares, then move up to larger spaces.
- We prefer to use a thin sharpie, but pencils are encouraged for starting out.
- The possibilities are endless and can be overwhelming. Start simple and stop if it becomes too stressful.

### PROCEDURE:

Zentangle is a simple project to help you relax but can be difficult to instruct. The creators of Zentangle have a website you can visit, and there are thousands of Zentangle patterns online to inspire you.

The following instructions will get you started on using basic shapes and lines.

- 1 Cut the drawing paper into 4-inch squares. You should have at least four squares.





2

Take one square and divide it into four parts (use a ruler or straightedge)

- a. Make this first paper a discovery of shapes, with a different shape in each block.
- b. Squares and triangles are easily drawn and can be filled in a variety of ways, Fig. 1 & 2

3

Take a second square paper and divide it into parts again, either blocks or rectangles.

- a. Experiment with the 5 types of line – vertical, horizontal, vertical, zigzag, and curved, Fig. 3.
- b. Mix and match all the lines to make different patterns.

4

Take the third square paper and fill it with circles (use the bottom of a cup or a lid). Overlap the circles and make different sized circles.

- a. Make a different design inside each circle and a different design where the circles overlap, Fig. 4

5

Take the last square paper and either continue with new patterns or combine your favorites.

- a. After all this practice, you will probably notice that you prefer certain patterns over others. Take all your favorites and put them together on this sheet, Fig. 5
- b. Or, try a new outline, Fig. 6

6

Additional Projects:

- Frame your squares or glue them on a base to display them.
- Move on to larger sheets of paper, Fig. 7
- Bring some color into your work. Use coloring pencils, markers, or watercolors to make your tangles pop.

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