



Zentangle<sup>®</sup>



# Materials Needed:

- Fine point marker (any brand will do)
- Ultra-fine point marker
- Paper

\*If you do not have markers, you can use pens or pencil crayons



**Zentangle** <sup>®</sup>: "an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured contained patterns". (<http://myhappyobsessions.blogspot.com/2012/10/what-heck-is-zentangle.html>)

**Zen:** a Japanese form of Buddhism that emphasizes meditation.

**Meditation:** the act or process of spending time in quiet thought.

Zentangles are most often done in **Permanent Ink** from start to finish.

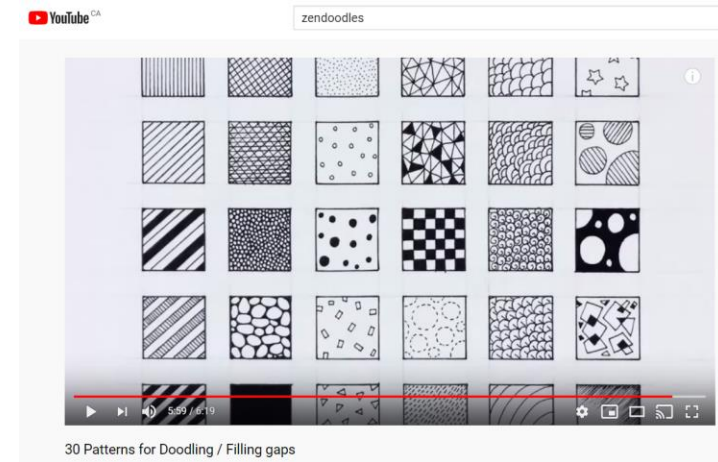
No Pencils! No Erasing! NO DO-overs! If you make a mistake or a line you do not like,  
you must find a way to incorporate it into your design.

# Exploring Patterns:

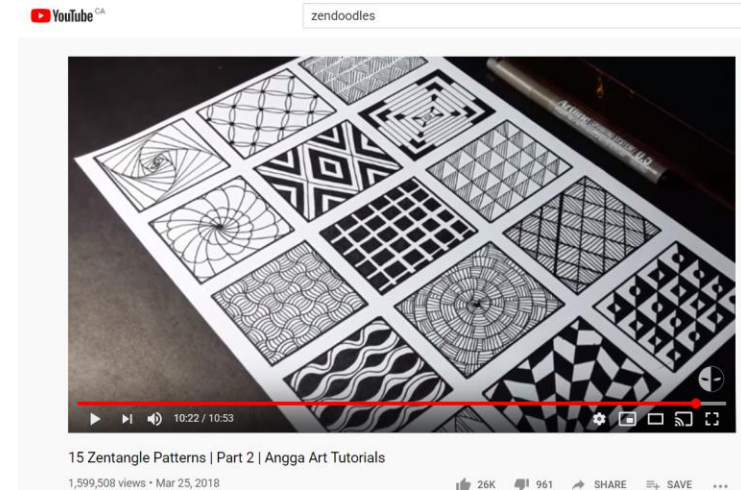
You can invent your own patterns

or

use the links on the right to get ideas /  
practice making patterns

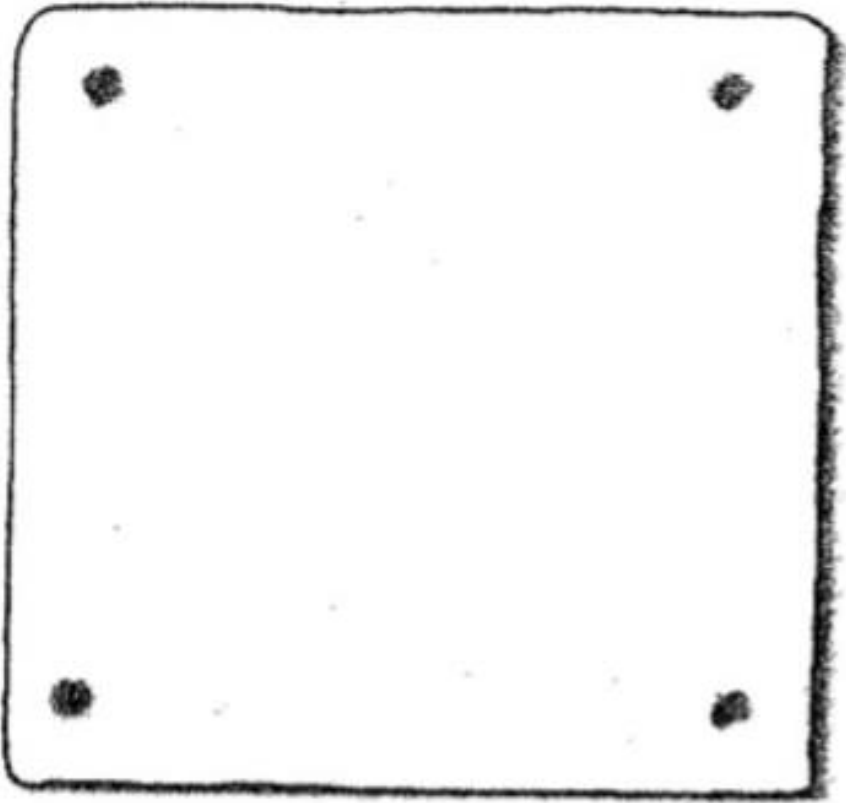


<https://www.youtube.com/watch?v=gldYsoTlun8>

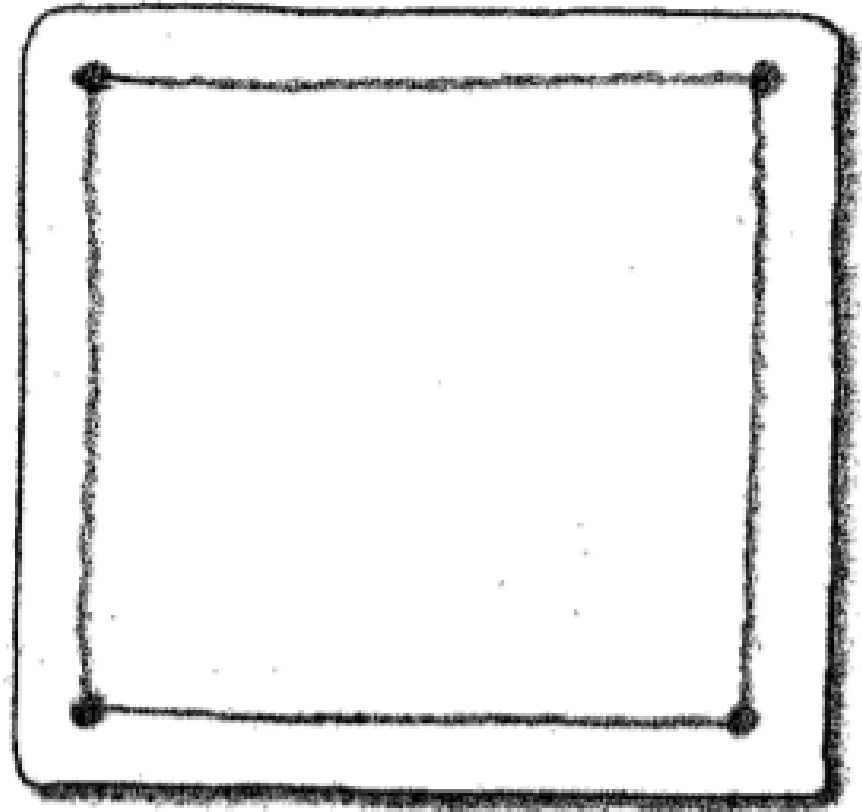


<https://www.youtube.com/watch?v=s8PpYI3cPbE>

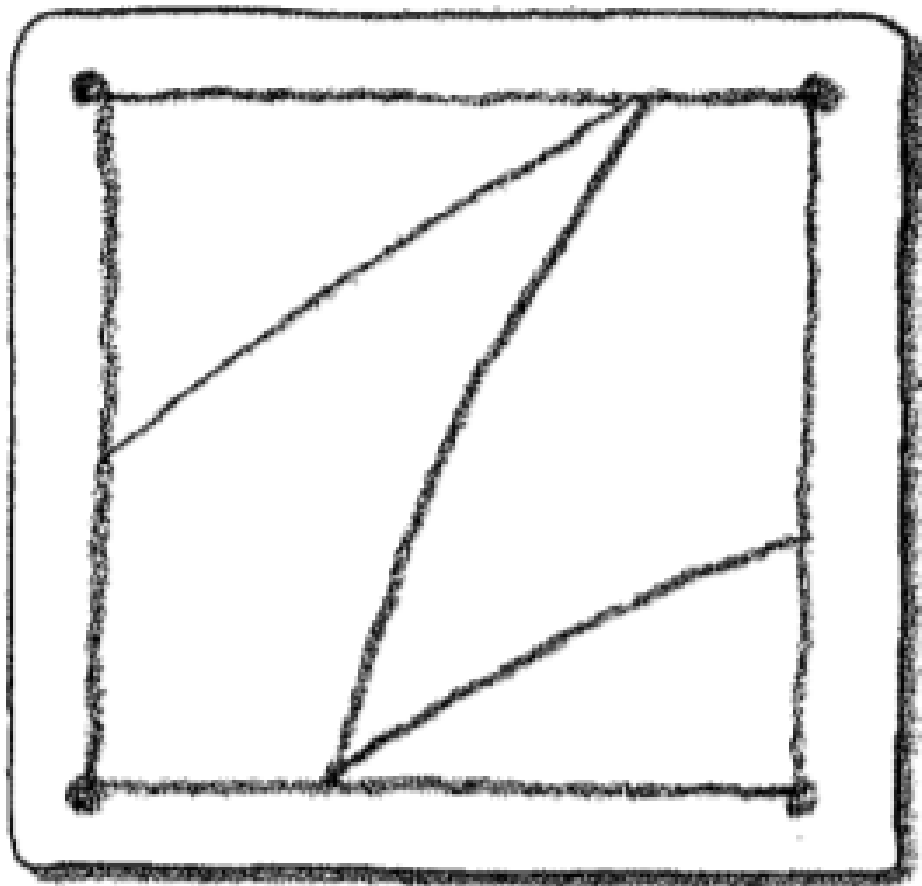
## Getting Started:



1. Use a pencil to make a dot in each corner.



2. Connect the dots.



3. Draw a "string" as a guide line. Try a zigzag, a loop, an 'X' or a swirl.



4. Switch to a pen and draw tangle patterns into the sections formed by the "string".

**Tips:**

- When you cross a line, change the pattern.
- It is OK to leave some sections blank.

A note about:

# Contrast

*noun*

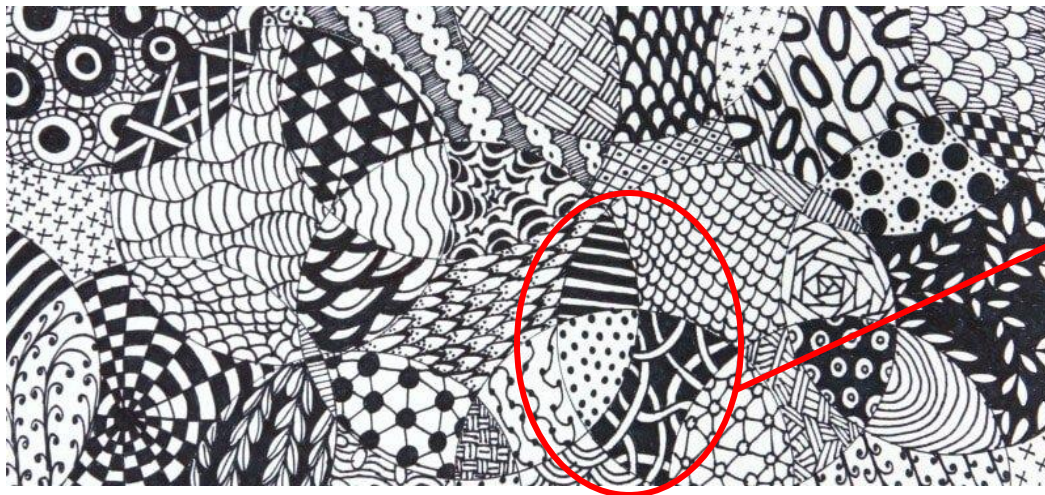
noun: **contrast**; plural noun: **contrasts**

*/'kän, trast/*



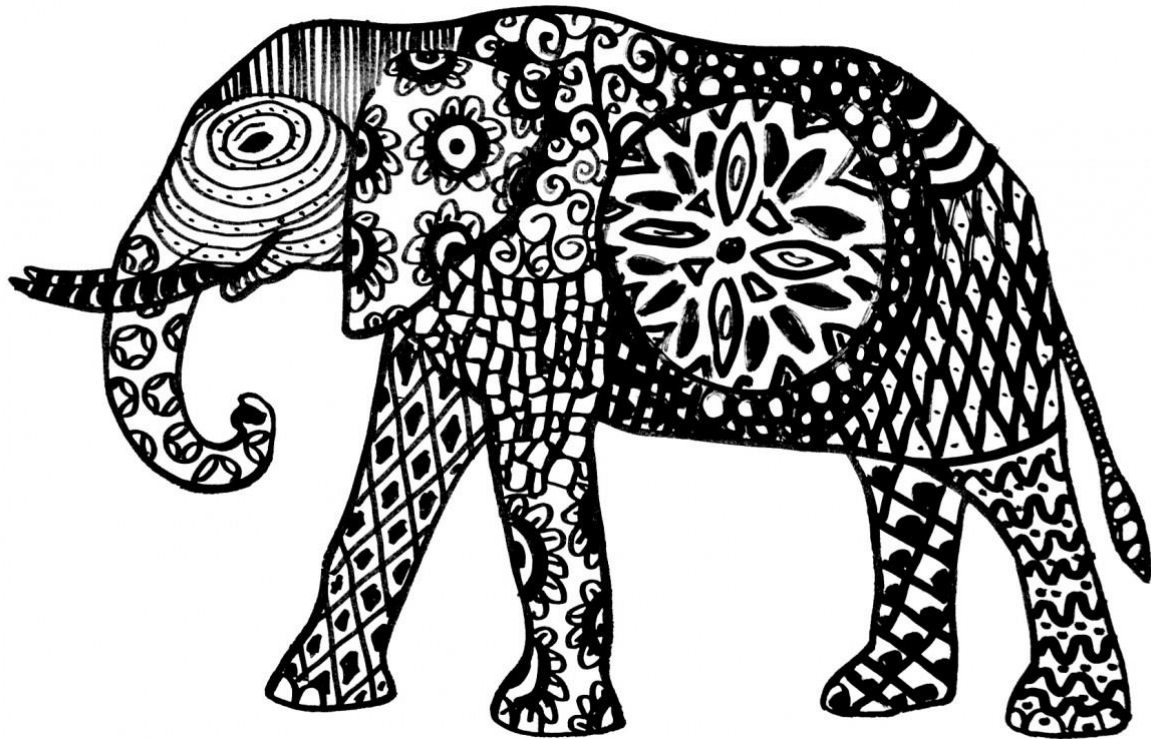
1.the state of being strikingly different from something else in juxtaposition or close association.

Using contrasting patterns within your design can have a dramatic or striking effect



The pattern with a dark background placed beside a pattern that has a mostly white background is an example of **CONTRAST** in a Zentangle.

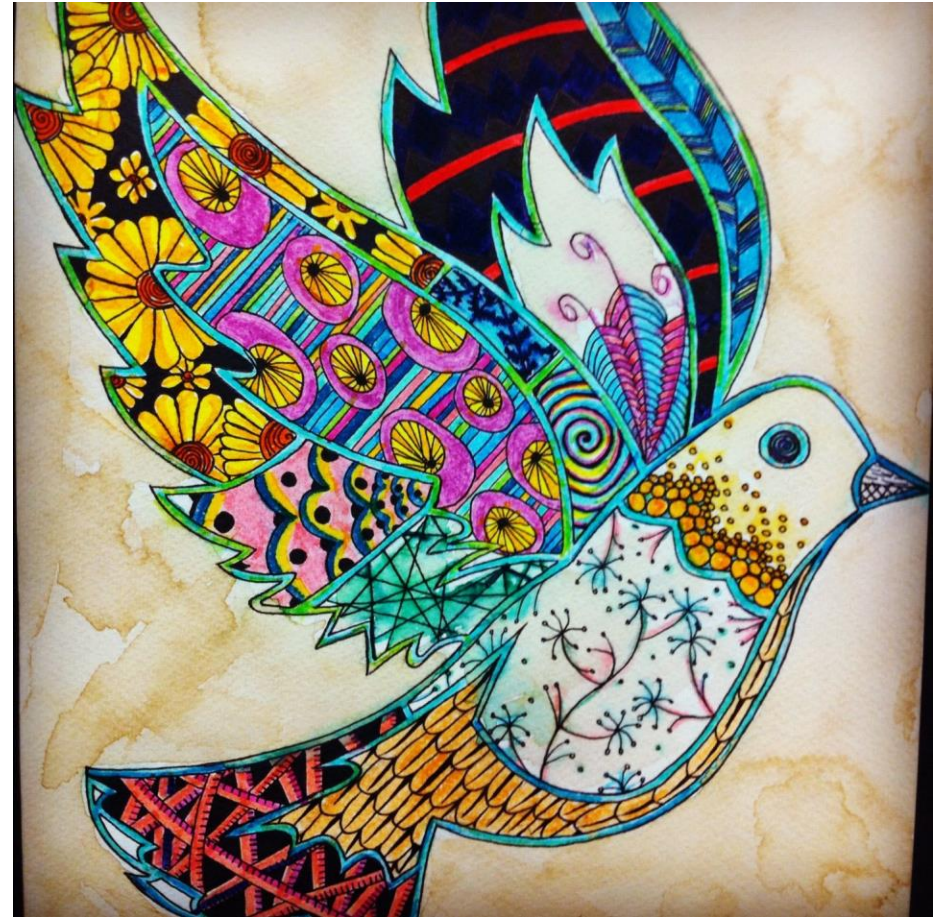
Once you have explored the basics Zentangle, you could create a Representational Zentangle. You can find lots of inspiration on Youtube and Pinterest.



[https://www.youtube.com/watch?v=Nx7RM\\_Q6Spk](https://www.youtube.com/watch?v=Nx7RM_Q6Spk)



You may want to explore adding color to your Zentangles as well using marker, pencil crayon, watercolor paint or whatever you have at home.



## Resources/References:

<https://zentangle.com/pages/what-is-the-zentangle-method>

<https://www.amazon.com/Zentangle-Expanded-Workbook-Suzanne-McNeill-ebook/dp/B00I0GPY84>

Contrast: <http://zentangle.blogspot.com/2010/06/contrast.html>

## Images:

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.staples.ca%2Fproducts%2F11520-en-sharpie-fine-permanent-markers-black-12pack&psig=AOvVaw1qj9YgEFs6Fugch5FAv3P0&ust=1586266515649000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMCR-en10-gCFOAAAAAdAAAAABAD>

[https://www.uline.ca/Product/Detail/S-19421BL/Industrial-Markers/Sharpie-Ultra-Fine-Markers-Black?pricode=YF727&ga\\_dtype=pla&id=S-19421BL&gclid=CjwKCAjwpqv0BRABEiwAySwetTi6fTNhGiG1HPmyXNa3KiDHIImorZmUuw8r7M59\\_EElh4tKWOFBhoCJOAQAuD\\_BwE&gclid=aw.ds](https://www.uline.ca/Product/Detail/S-19421BL/Industrial-Markers/Sharpie-Ultra-Fine-Markers-Black?pricode=YF727&ga_dtype=pla&id=S-19421BL&gclid=CjwKCAjwpqv0BRABEiwAySwetTi6fTNhGiG1HPmyXNa3KiDHIImorZmUuw8r7M59_EElh4tKWOFBhoCJOAQAuD_BwE&gclid=aw.ds)

<https://www.4sgm.com/assets/Image/Product/detailsbig/32099.jpg>

[https://www.pngfind.com/pngs/m/8-89927\\_multicolor-crayons-png-image-transparent-pencil-crayons-png.png](https://www.pngfind.com/pngs/m/8-89927_multicolor-crayons-png-image-transparent-pencil-crayons-png.png)

<https://arteascuola.com/it/wp-content/uploads/2015/02/DSC0262.jpg>

<https://i.pinimg.com/originals/e3/63/9a/e3639a3021b3ad6e69dac685cf9a0e49.jpg>