How to Zentangle

What is Zentangle and how can it help you learn about art? A zentangle is a miniature abstract work of art created by a collection of patterns. It is typically done on a 3 ½ x 3 ½ paper “tile” using a pencil and black pen. The small size allows for a work of art that can be completed in a relatively short period of time. The “zen” part of it is that it can be very relaxing and meditative experience.

Material:
- White piece of paper (You can use any size paper you like, but using a square shaped paper is a good idea!)
- A black Pen (Fine Point)
- A pencil

Instructions:
1. Using a pencil, put a small dot in each of the corners of your paper.

2. Connect the dots with a line, not necessarily a straight one though.

3. Using the pencil, sort of “scribble” in some lines, going this way and that, until you have created several spaces on the paper.

4. Using your black pen, create a different pattern in each one of the spaces that you have drawn with your pencil.

5. Get creative and you can do some shading with your pencils.
• Another idea is to draw an object – anything – a flower, an animal, even your name – and proceed to create the spaces as described above and do the patterns within the spaces.

• Zentanglers create a signature of sorts, most use initials, and put these in the bottom right hand cover of their Zentangle. You can also give your work a title and date in the back.