

Can I experiment with
Zentangle patterns?

Fast Five

What is the name of the drawing technique where different patterns are used to show shape and tone?

Look at this image. What different shapes can you see?



Fast Five

What is the name of the drawing technique where different patterns are used to show shape and tone?

Mark making

Look at this image. What different shapes can you see?

Circles, curves, flowers, lines, leaves, spirals etc...



Zentangle

Zentangle is a drawing method, which promotes relaxation and mindfulness. It began in the USA when a monk noticed how relaxed people were when they were drawing. The Zentangle method is a great way of relieving stress.

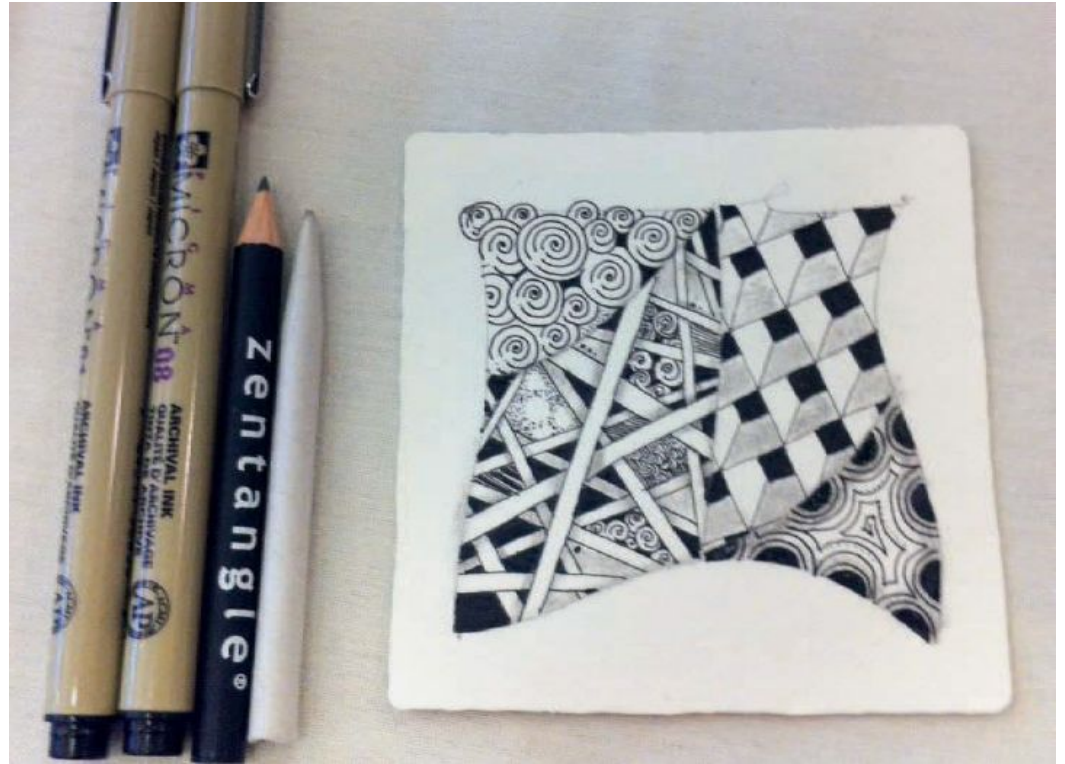
'Anything is possible, one stroke at a time.'



You will need:

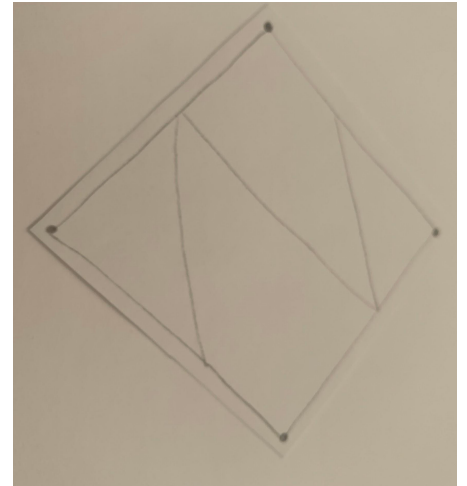
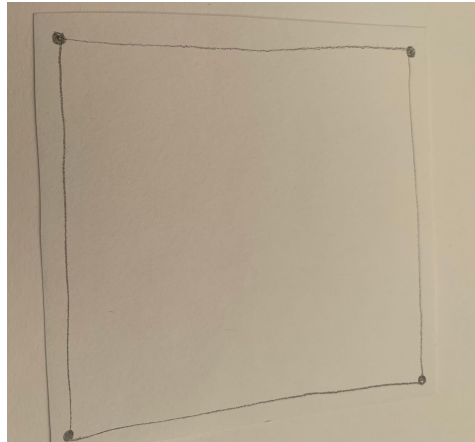
- 9cm square piece of paper.
- Pencil
- Black pen (if you have one)

Today we are going to create a Zentangle tile using some step-by-step patterns.



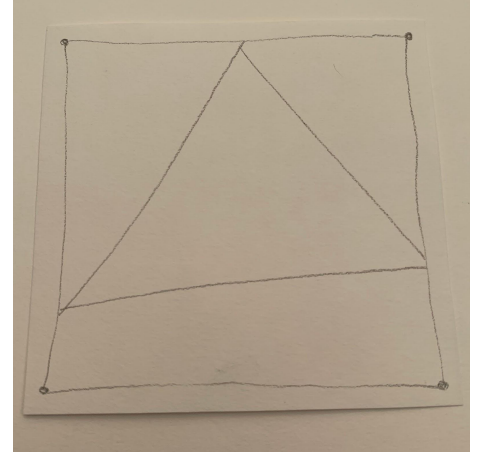
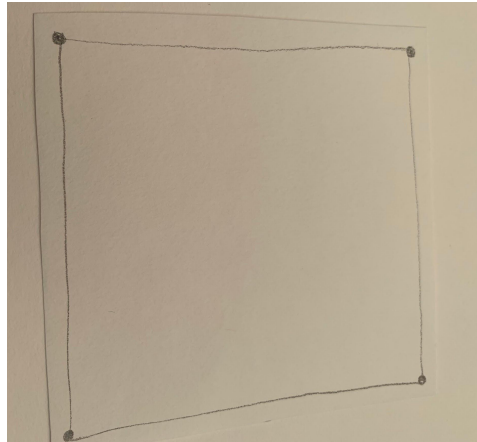
Choosing your tile style- Z string tile

1. On a 9cm x 9cm paper tile, draw 4 dots in each corner.
2. Draw a rough line between each dot to make a square.
3. Draw a Z shape, from each side of the square to create 4 spaces to draw in.



Choosing your tile style- Triangle string tile

1. On a 9cm x 9cm paper tile, draw 4 dots in each corner.
2. Draw a rough line between each dot to make a square.
3. Draw a triangle, where the three points touch sides of the square to create 4 spaces to draw in.

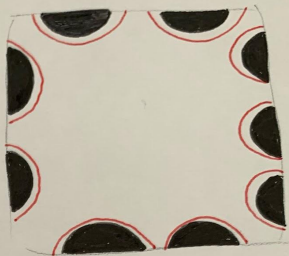


Some Zentangle styles for you to try

Step 1:



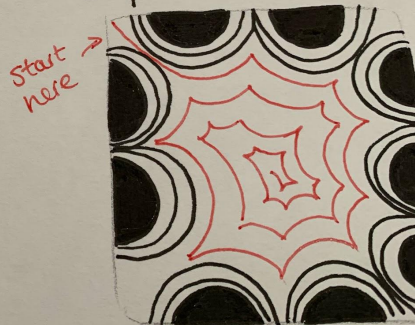
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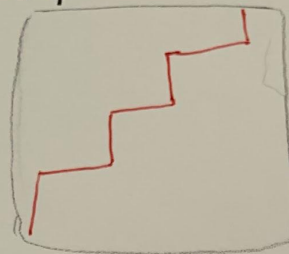
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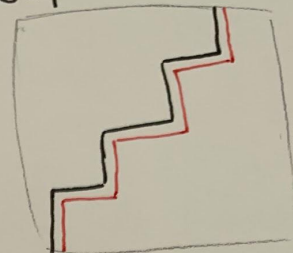
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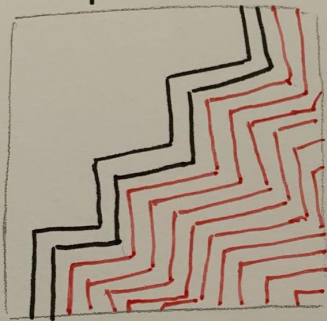
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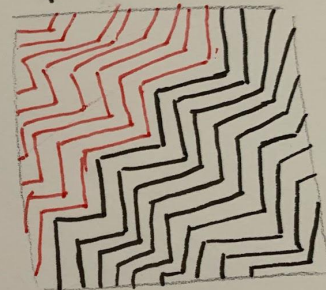
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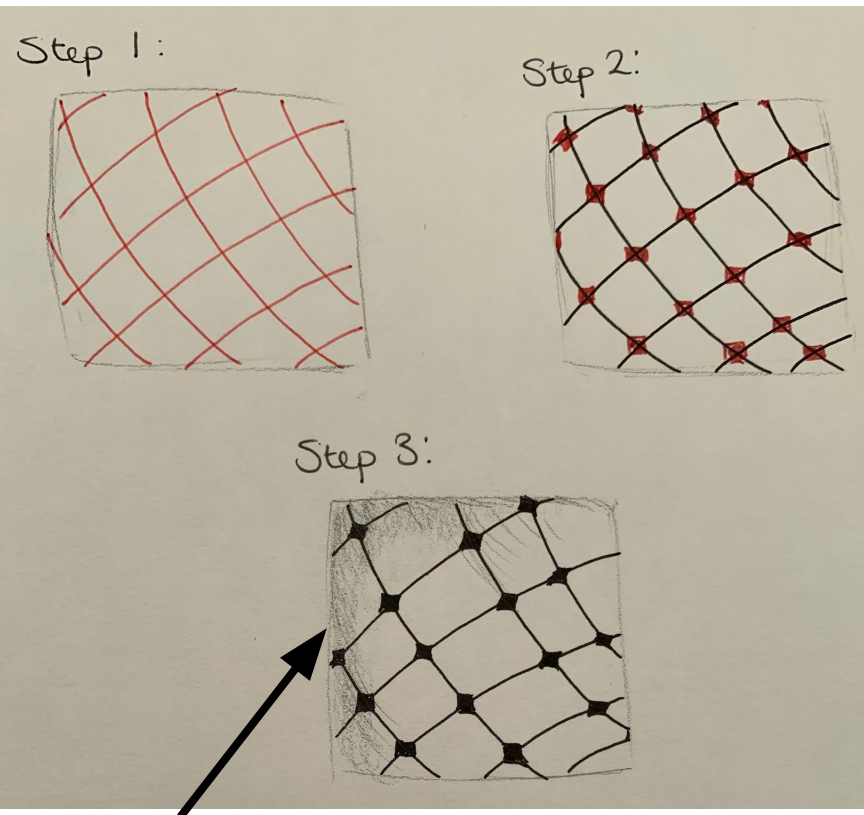


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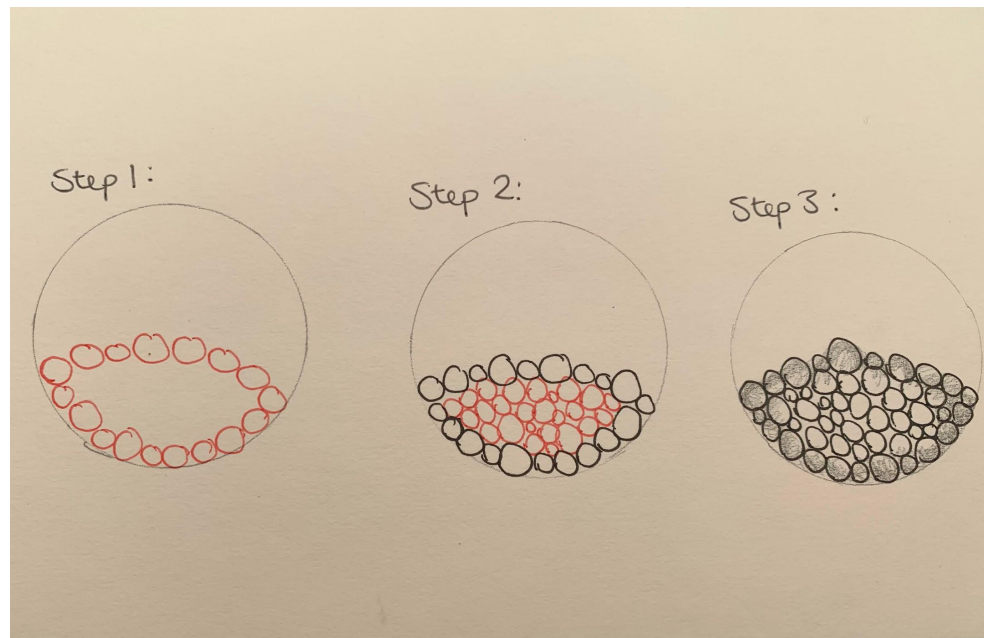


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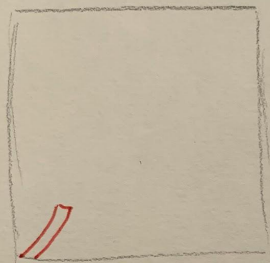




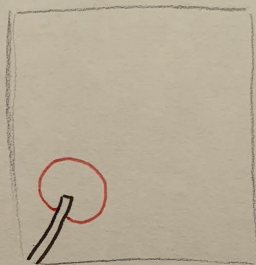
Use a pencil to add some tone if you want!



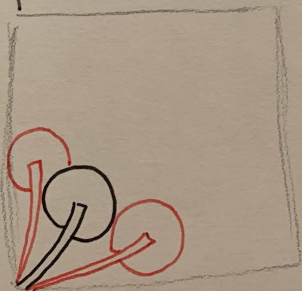
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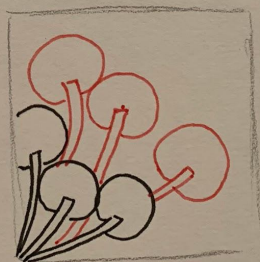
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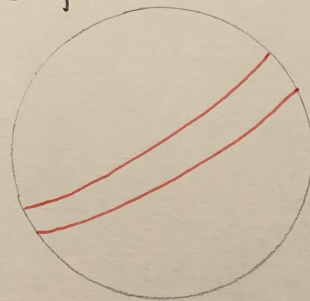
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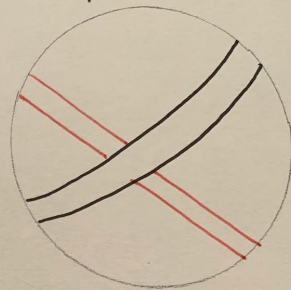
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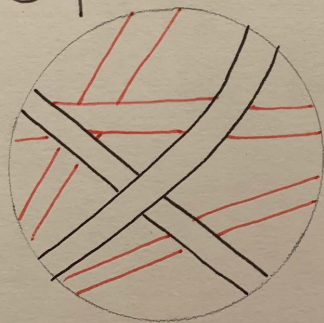
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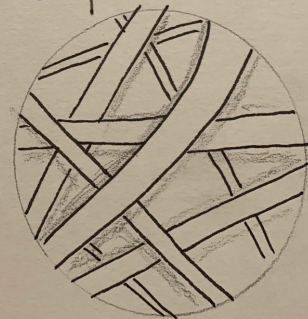
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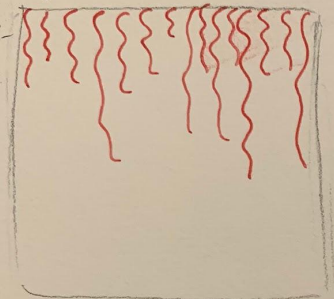
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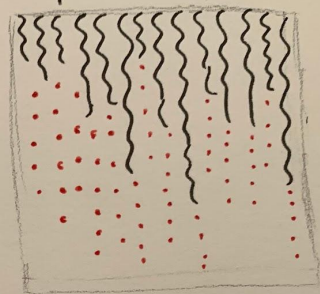
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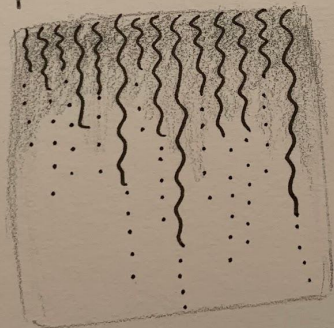
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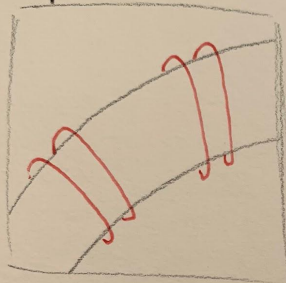
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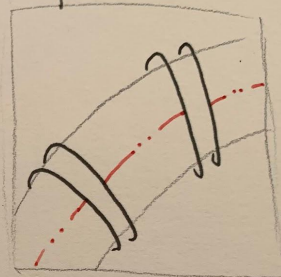
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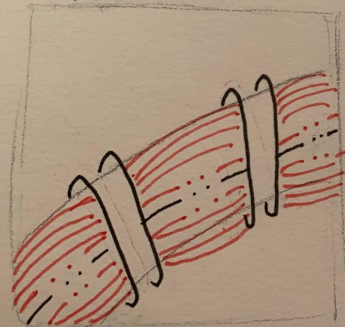
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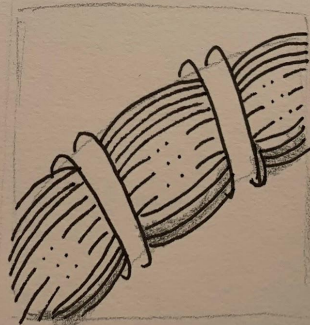
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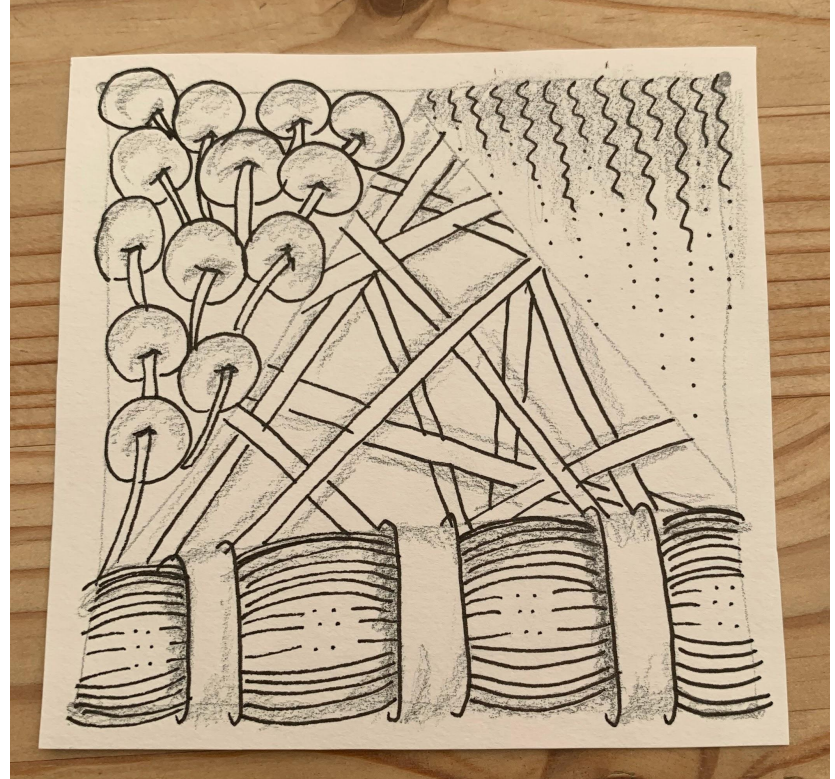
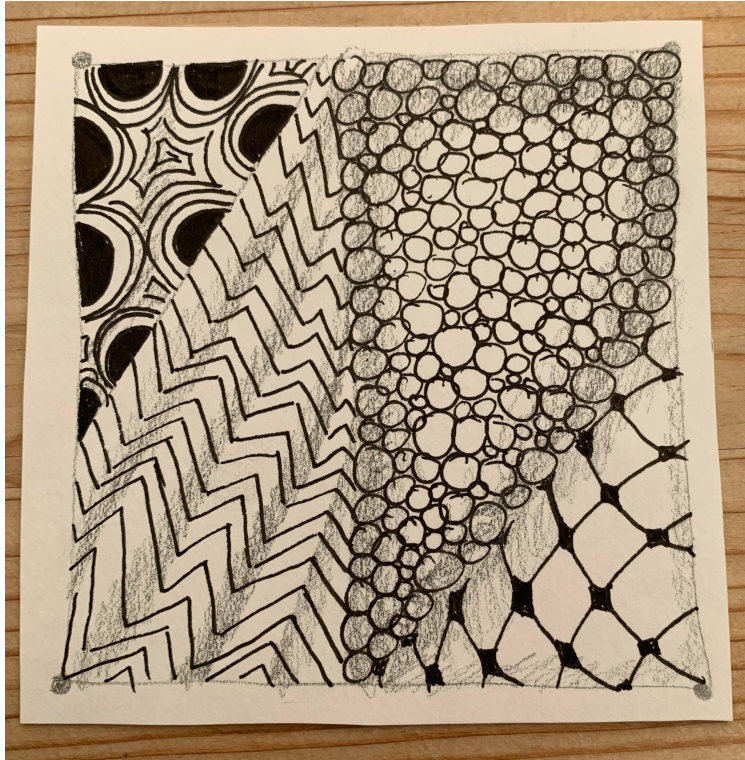
Step 3:



Step 4:



Your task is to draw your own Zentangle tile using some of the styles show.



Watch the YouTube videos to help you.

Z string Zentangle tile:

Triangle Zentangle tile: