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Art Projects for the entire family, presented by Anne’s Treasures
Zentangle
Relax and meditate while creating patterns.

**MATERIALS:**
- Drawing paper
- Pencil
- Scissors
- Black pen or thin marker
- Ruler or straight edge
- *Coloring pencils/crayons/watercolors
  *optional

**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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