

# Zentangle 101



## What is Zentangle?

The Zentangle Method is an easy-to-learn and creative way to make beautiful images by drawing structured patterns.

Through the Zentangle Method of drawing, you can relax, focus, expand your imagination, and perhaps most importantly . . . Have fun!

The Zentangle Method offers all this and so much more. It may look simple, but there's a lot going on here. Savor this time as you discover and enjoy all that the Zentangle Method (and you!) have to offer.

## Materials:

- 4 tutorials + 1 inspiration page (stapled pack)
- 6 practice squares page
- Fine tip sharpie (If you want thinner lines, a ballpoint pen or smaller felt tip would work, too)
- 3 template starter sheets to fill in (cardstock)

## Instructions:

1. Begin by practicing the designs on the tutorial sheets in the practice squares provided.
2. These tutorials teach different motifs that you'll find popping up in other zentangle designs over and over again
  - Cheesecloth- texture design
  - Kathy's Dilemma- geometric design
  - Beelight- grid design
  - Lettuce Farm- floral design
3. Once you finish these tutorials, feel free to practice some of the others designs on the inspiration page.
4. When you are done practicing, put your new skills to work and fill in the empty spaces in the starter sheets with different designs!

## Final Tip:

**YOUR DESIGNS WON'T BE PERFECT!**

That's just how it goes. Zentangle is free-flowing mindful doodling. Let it happen and be at peace!

## *Additional Resources:*

- Visit <https://zentangle.com/pages/online-zentangle-resources> for virtual resources
- Check out some books from the Library's Nonfiction section!
  - Pattern play : a zentangle creativity booster by Cris Letourneau (Adult Nonfiction - 741.2 LET)
  - One zentangle a day : a 6-week course in creative drawing for relaxation, inspiration, and fun by Beckah Krahula (Adult Nonfiction - 741.2 KRA)
  - Joy of Zentangle : drawing your way to increased creativity, focus, and well-being by Suzanne McNeill (Adult Nonfiction - 741.2 MCN)
  - Tangle journey : exploring the far reaches of tangle drawing, from simple strokes to color and mixed media by Beckah Krahula (Adult Nonfiction - 741.2 KRA)

*Share pictures of your creations on Facebook by tagging @bkglib!  
(or just send pictures to [mneubauer@cityofbrookings.org](mailto:mneubauer@cityofbrookings.org),  
because Mikaela wants to see how everything turns out!)*

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