

# ZENTANGLES



Zentangles are a new trend in the drawing and paper arts world.

It is a way to create structured designs through various patterns. The concept was started by Rick Roberts and Maria Thomas as a way to practice focus and meditation through drawing, by using repetitive lines, marks, circles, and shapes. Each mark is called a "tangle," and you combine various tangles into patterns to create a composition.

It is interesting to see how most of the patterns used in zentangles have been borrowed from other cultures. At the end of this pdf there are many examples of patterns used throughout the world; you may decide to use some of them in your project.

This project allows for you to "lose yourself" in the art through deep focus. To be truly successful, to reach the "Zen" level, you must use extreme focus! Will you be a Zen master and achieve greatness?



**Project Goal:** The goal of this project is to use zentangle repeated patterns and create value and form inside of an object of your choice. This project is concentrating on the following elements of art: Line, Pattern, Value & Space.

## Steps to Completion:

**Step 1-** Chose your subject matter. This could be an animal, plant, person, car, logo, etc.

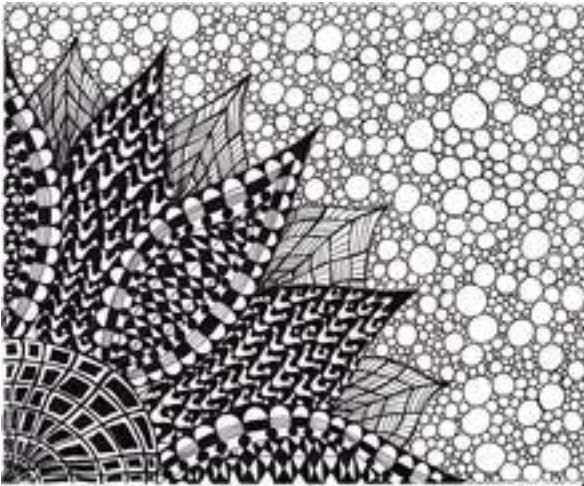
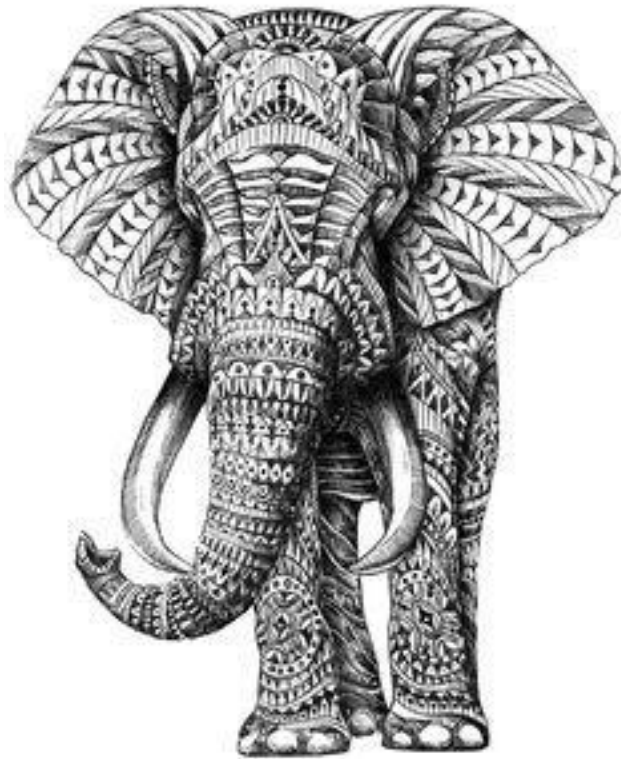
**Step 2-** Before drawing on the final paper think carefully about composition. Think: How am I going to place the object on my page? Consider the rule of thirds discussed in class to help with positioning and focal point. You can also use thumbnail sketches to help with this process. Draw the outline of your object on your paper.

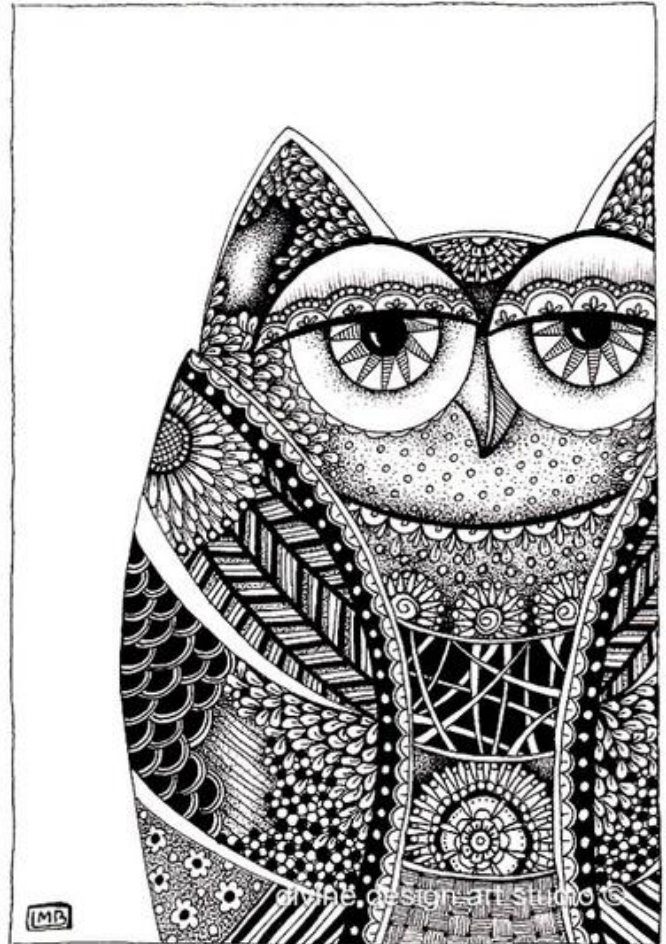
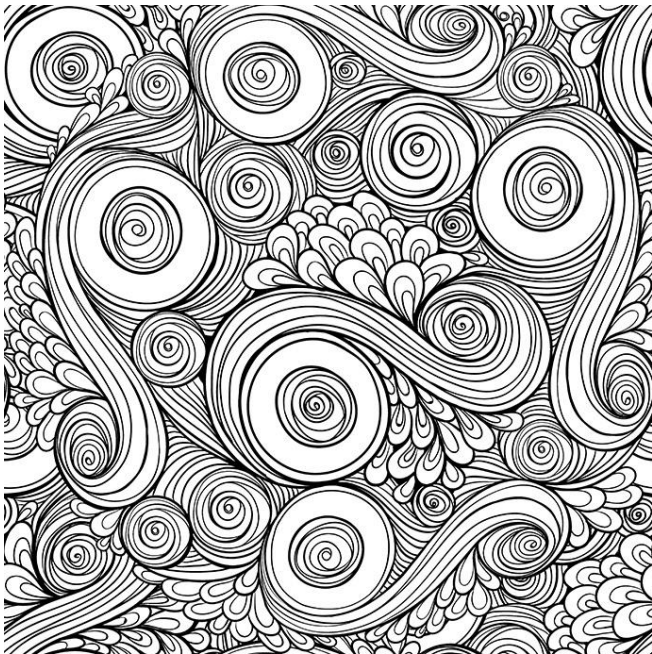
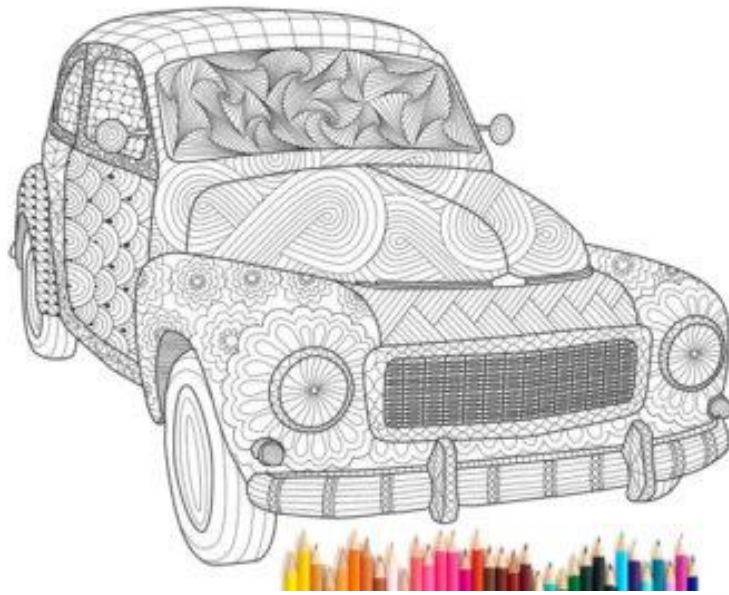
**Step 3-** Brainstorm on what zentangles to use and think of how to create value to help the object have form. Choose at least 10 different types of pattern to use in your composition (refer to the end of this document to see pattern examples). On a separate sheet of paper, make each pattern in a 2" x 2" square.

**Step 4-** Consideration of negative and positive space is also very important in being able to understand the features of your object. Decide how you are going to differentiate between features. For example; Look at the owl below, see how you can tell the wings apart from the body.....They have used different values along with positive and negative space within their patterns to create a separate area. Lightly draw in lines to divide up your object.

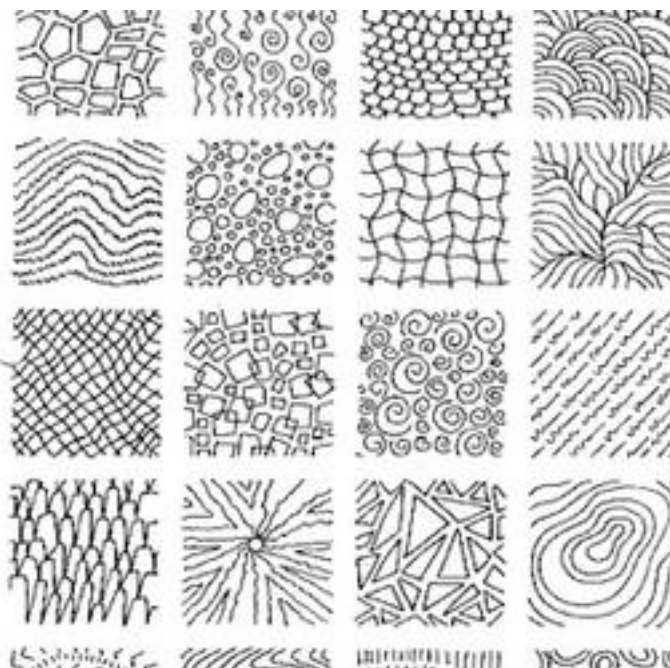
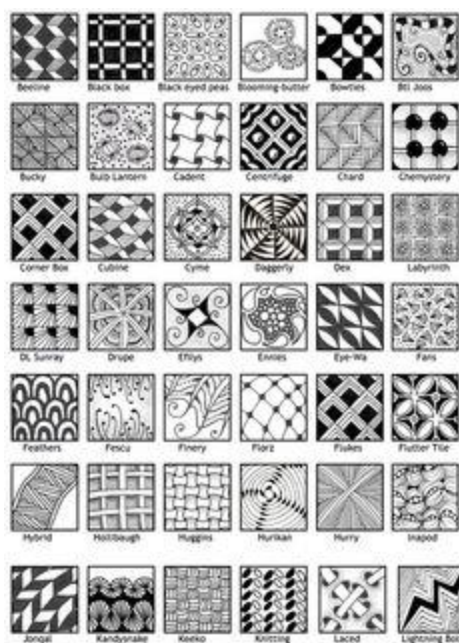
**Step 5-** Using watercolors, paint your object using one of the following color schemes:  
-warm colors  
-cool colors  
-analagous colors (colors that are next to each other on the color wheel)  
Each divided area should have a different color

**Step 6-** Once the paint is dry, use a fine point Sharpie marker, create zentangles within each of the divided areas. You may want to draw in pencil very lightly to plan your design before using the markers.

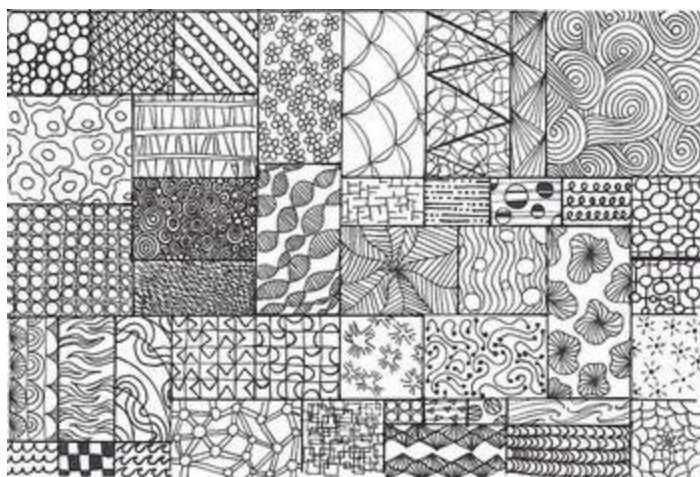
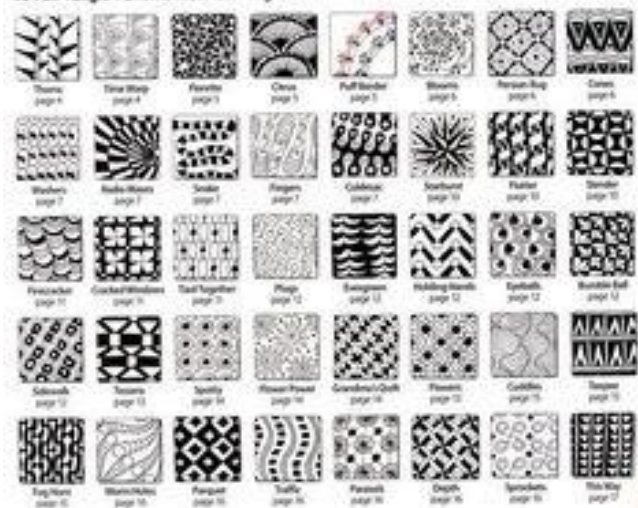




## ZENTANGLE PATTERNS



### 40 Fun Tangle Patterns from Zentangle 7



## RESOURCES:

Step by step zentangles:

<http://craftwhack.com/zentangle/>

Watercolor Techniques:

<https://www.youtube.com/watch?v=wbDawbOO8XY>

## EXAMPLES OF PATTERNS FROM DIFFERENT CULTURES:

### JAPANESE



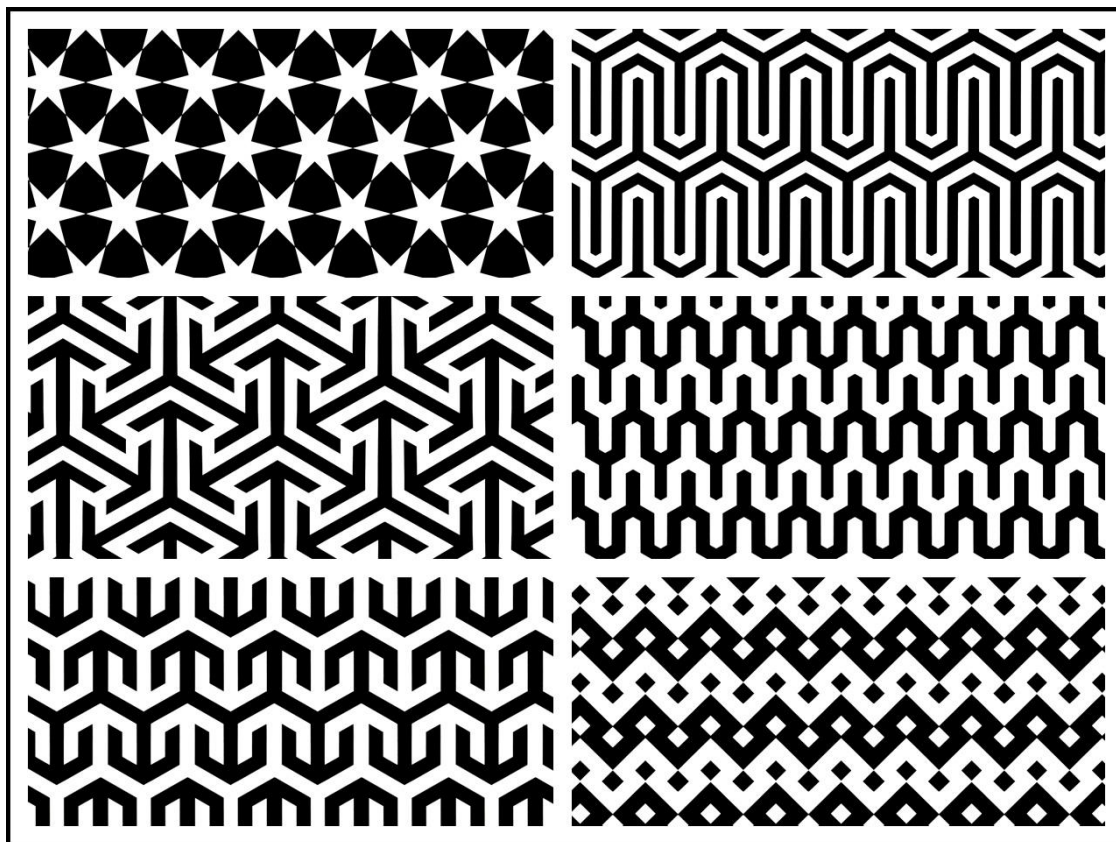
### AFRICAN



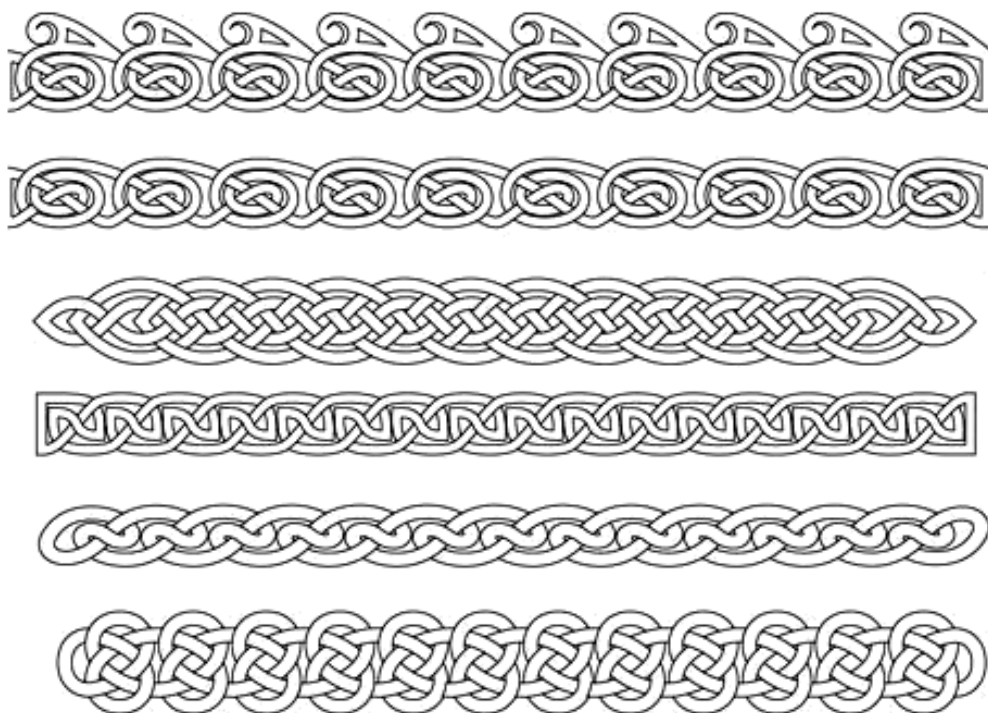
### CHINESE



## EGYPTIAN



## CELTIC



## ISLAMIC

