

Craft-spirations! Zentangles

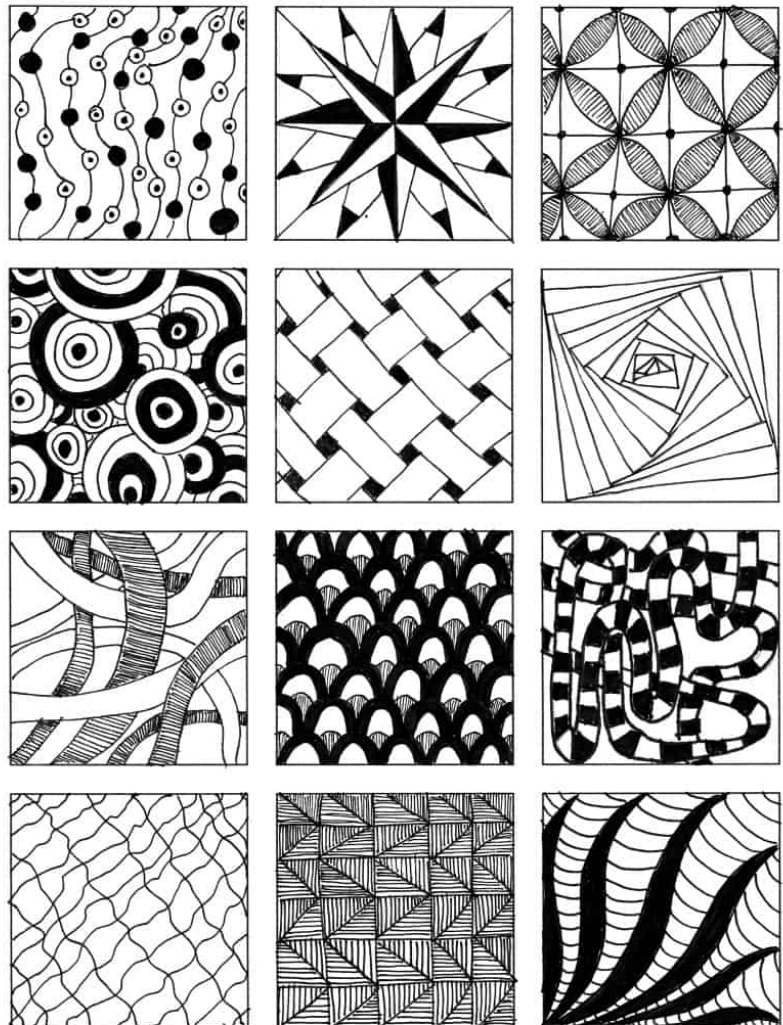
Materials:

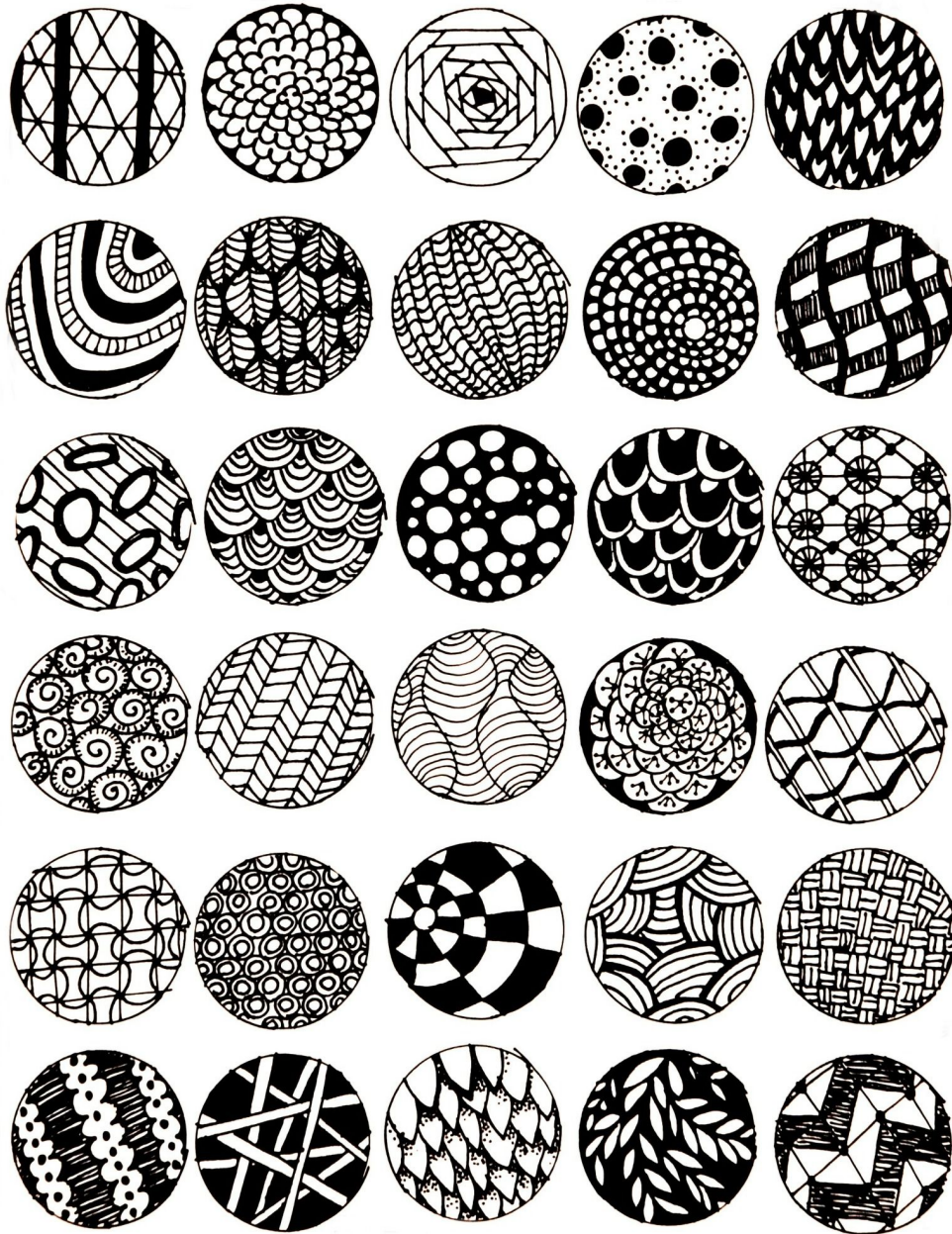
- Paper – any paper works, but you'll like using nicer paper, if you have some
- At least one nice pen – many people like pens with an ultra fine point, but whatever you have will work
- Pencil
- Additional color pens/markers/pencils (optional)

Zentangles are a meditative and fun drawing technique that allow you the freedom to create beautiful pictures. Creating patterns in different shapes is a fun and easy way to relax and recharge. There are many patterns and any patterns can be used.

Patterns are everywhere!

- Animals – cheetah, elephant, bird feathers, zebra, lizards, turtle shells
- Architecture - bricks, roofing, stone, wood,
- Nature – leaves, waves, flowers, clouds, rivers, nuts, shells, cacti,
- Anything else you may have noticed!





Zentangle Pattern Ideas

CRAFT
whack

Resources:

<https://craftwhack.com/zentangle-patterns-starter-sheets/>

<https://tanglepatterns.com/zentangles>

<https://www.husd.org/cms/lib08/AZ01001450/Centricity/Domain/1044/ZenTangles%201.pdf>

<https://mymodernmet.com/zentangle-art/>