

Zentangle

The Zentangle Method is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

What you need:

- Sharpie Pens, 0.8 mm Fine Tip, Assorted Colours
- Paper

STEP 1 – Draw a square border outlining the shape of your Zentangle, usually about three inches wide.

STEP 2 – Use a pen or pencil to draw strings. Strings are the lines that divide the shape into individual sections.

STEP 3 – Choose a section to start with and fill it with a repetitive pattern. Don't spend time planning a pattern, just draw.

STEP 4 – Repeat step three for each section. Change the patterns and get creative!

STEP 5 – Add colour or shade the areas you'd like to define.