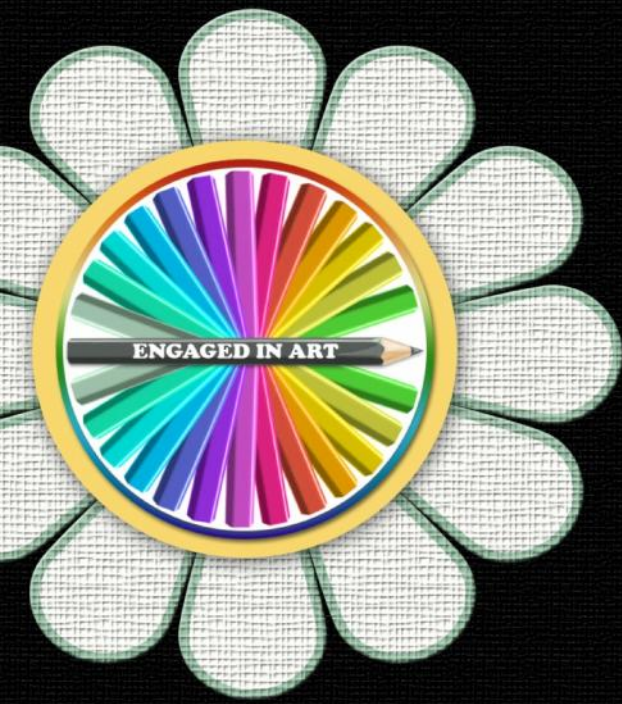


a guide for ➡

children ages 8+



zentangle INSPIRED hand

by Lesley Smitheringale



a fun activity

learn about
zentangles

ideas for patterns
included

the best pens to use

BOOKLET



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SO WHAT IS A ZENTANGLE?

The Zentangle® Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It was created by Rick Roberts and Maria Thomas. "Zentangle" is a registered trademark of Zentangle, Inc.

True *Zentangles* are not supposed to represent anything. They are abstract, unplanned, black and white patterned drawings which can be viewed from any angle with no right or wrong way of drawing or looking at them.

The original *Zentangle* artworks are small tiles, measuring only 3.5² inches. The focus involved while working on these tangled drawings can be very meditative.

Creating a *Zentangle* is known as *tangling*.

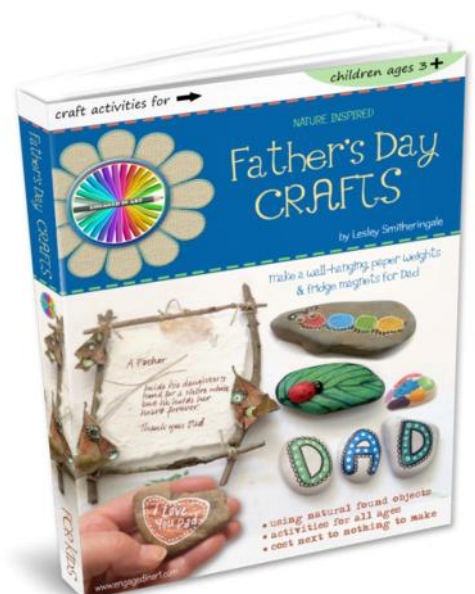
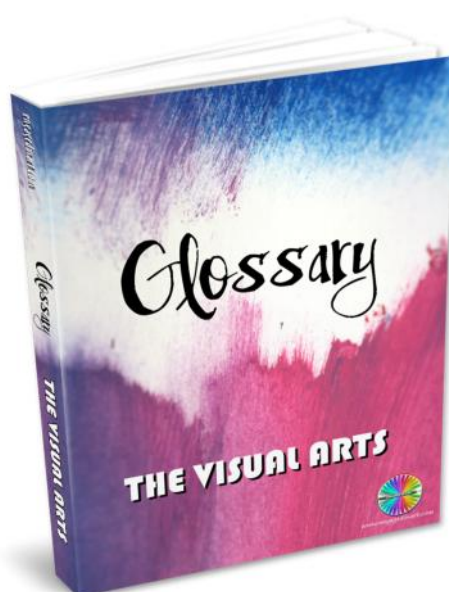
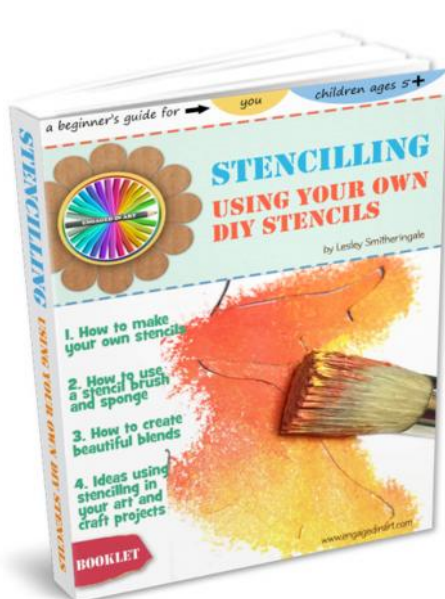
The activity in this e-book is not a traditional Zentangle artwork but is Zentangle-inspired as it represents a hand.



what's in this issue?

1. brief introduction about Zentangles
2. step-by-step tutorial for drawing a Zentangle-inspired hand
3. materials & equipment required and where to purchase them
4. ideas for repeat patterns

SOME OF OUR OTHER E-BOOKS





materials and equipment

It's best to use permanent markers for tangled drawings.

Sharpies can be used which come in different thicknesses but the ink in your drawings will turn brown over time. Sharpies are readily available and you can buy them in Newsagents, Office Works, Kmart, BigW etc.

For the best results such as a wider range of nib thicknesses and longevity it's best to use water and fade proof **pigment ink pens** or archival **micron pens**. These usually come in sets.

Artline has a range called "drawing system".

Uni Pin has a range called "Fine Line" available from Office Works.

White Pigment Ink Pens such as **Signo** by **Uni-Ball** which can be used on top of filled in black sections. Available from Office Works.





Zentangle - INSPIRED hand

This is an example above of a finished Zentangle – inspired hand.

The hand can be sub-divided in lots of different ways with an infinite number of repeat patterns applied so that no two Zentangle – inspired hands will ever be the same.

You could even include your forearm in the drawing and fill this with patterns too rather than just doing your hand.

MATERIALS REQUIRED

- white paper (not too thin) or the pens will bleed through
- pencil
- eraser
- white gel or pigment ink pen
- a range of thicknesses of "Sharpie" pens or Micron permanent waterproof pens (these come in sets with pens of various thicknesses)

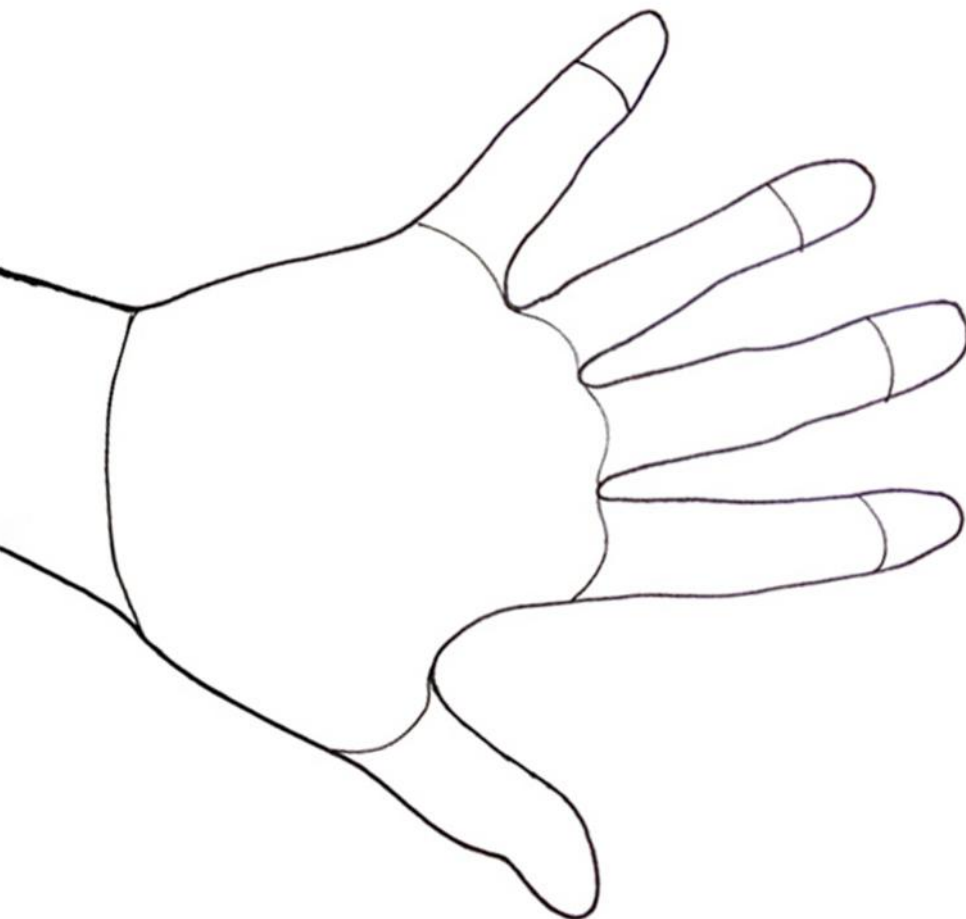
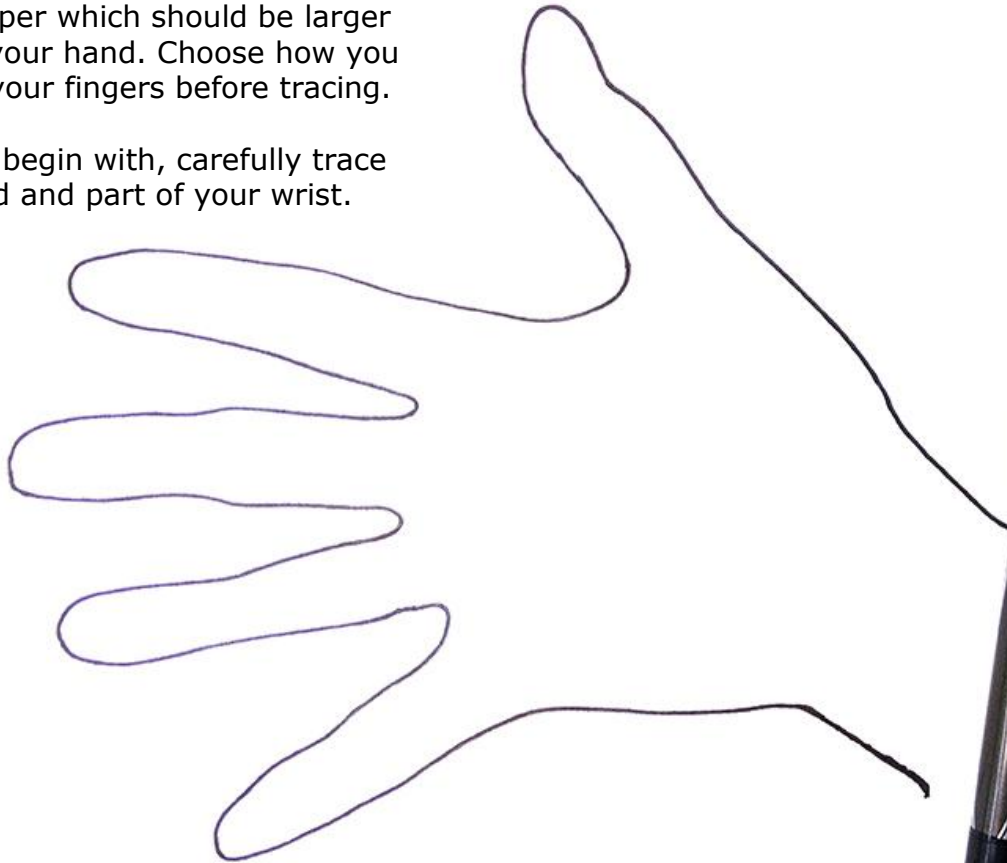
1. Trace round your hand

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Place your hand, palm facing down, flat onto a piece of white paper which should be larger than the size of your hand. Choose how you wish to arrange your fingers before tracing.

Using a pencil to begin with, carefully trace around your hand and part of your wrist.



2. Subdivide your hand drawing into sections

Start to think of ways to subdivide the hand drawing as in the example to the left. For instance, the fingers and finger nails could be separate shapes. Be as creative as you can and have as many subdivisions as you wish.

Go over all of your final outlines in a medium thick pen.



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3. Let's start practicing patterns

Before you start decorating your hand drawing you will most certainly want to practice drawing repeat patterns and coming up with a variety of lines and shapes.

Try repeating lines such as straight, curved, thick and thin, zigzag, wavy, hatched, cross-hatched, spirals.

Try doing repeated shapes such as small dots, circles, hearts, squares, rectangles, triangles, diamonds, etc.

Look at natural patterns such as the veins on leaves, scales on a fish, tiger and zebra stripes, feathers on a bird, a spider's web, and flower petals, etc.

Think about man-made, geometric patterns such as a checkerboard, bricks on a wall.

Fill some shapes in solid black and leave some shapes white.

More inspiration for Zentangle patterns can be found on the Engaged in Art Pinterest boards. Visit <http://www.pinterest.com/engagedinart> and look for the Zentangle-inspired patterns board.

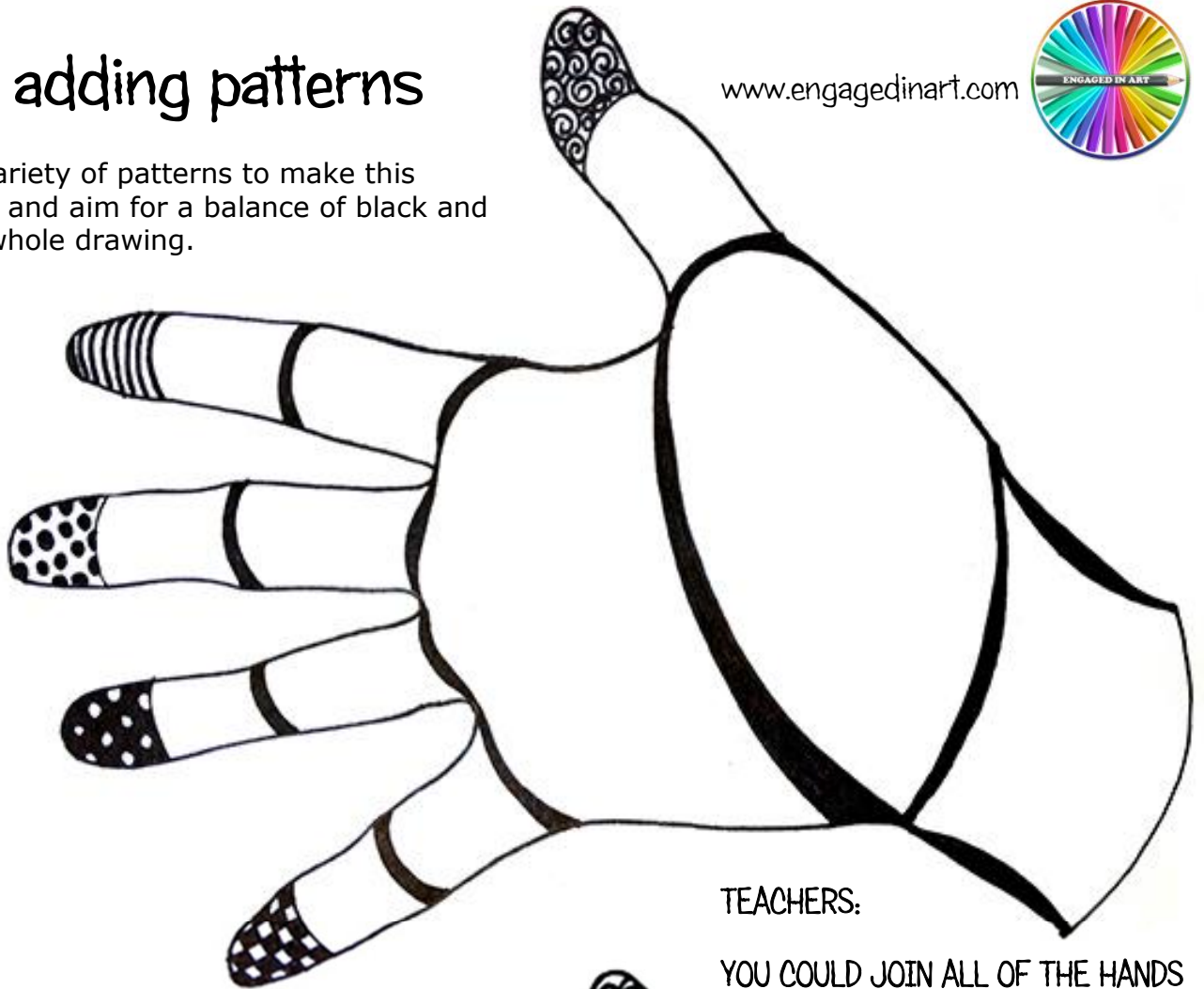


TIP: Try filling a solid shape with black then doing a pattern on top using a fine white pen.

4. Start adding patterns

You want a variety of patterns to make this drawing work and aim for a balance of black and white in the whole drawing.

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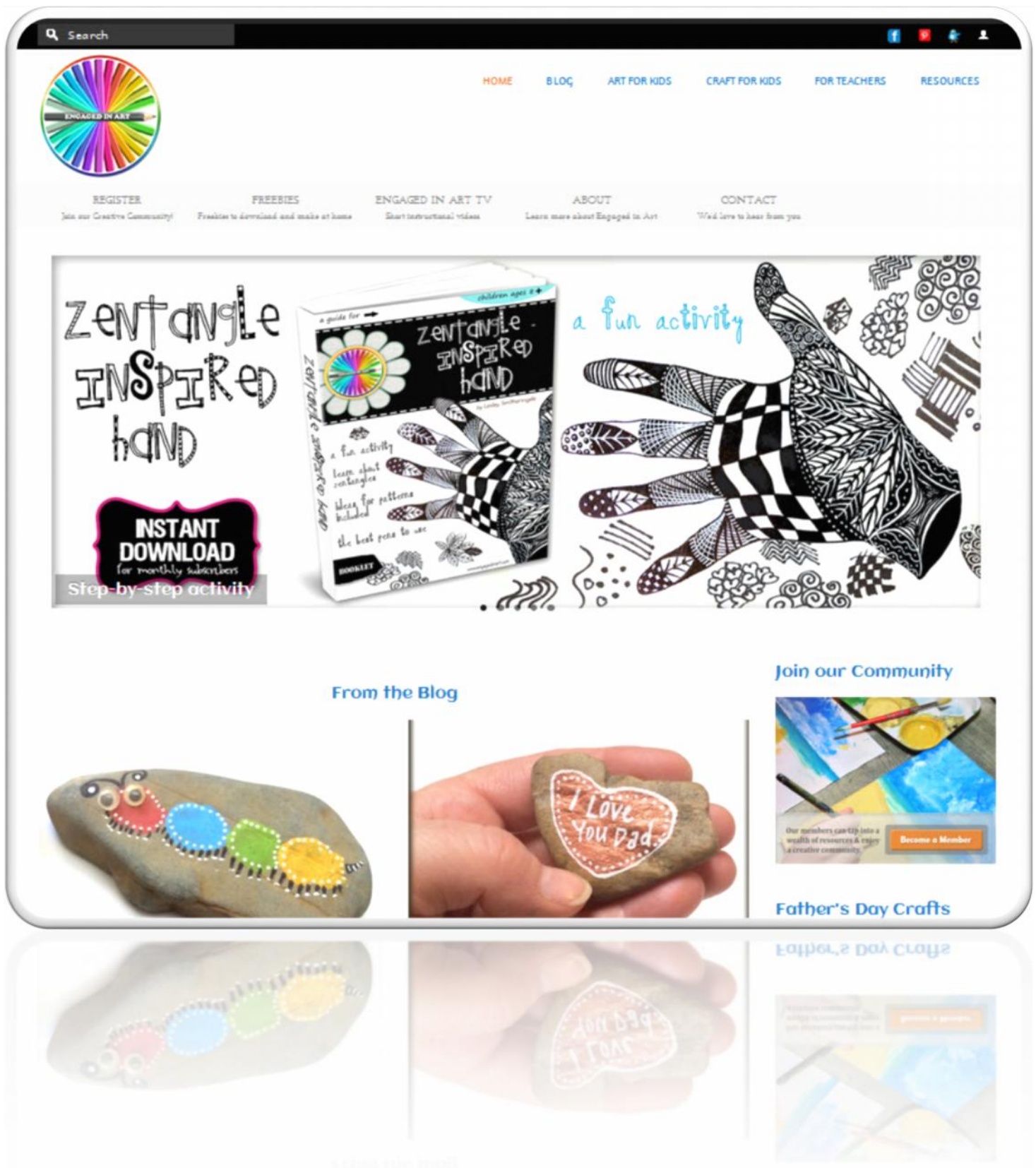
TEACHERS:

YOU COULD JOIN ALL OF THE HANDS TOGETHER AND PLACE THEM ROUND THE WALL OF YOUR CLASSROOM

5. The Finished Hand



Visit the Engaged in Art Website



The Engaged in Art Community would love to see the Zentangle-inspired artworks your children create. You may send any photos to lesley@engagedinart.com and we will pop them up in our galleries and Pinterest boards.


Founder and
creator of Engaged in Art