

Title of Activity

SUBJECT: Zentangle

SUMMARY:

Creative doodle project

MATERIALS NEEDED:

Paper, pencil optional....pen, colored pencils, markers, computer, printer

DIRECTIONS: Get a piece of paper and fold it hamburger and hotdog way creating four quadrants. In each box draw a loopy scribble line or draw and X which will create sections to doodle in. Then fill in each section with a repeating pattern. If you don't feel overwhelmed, you may choose to use the whole page. You can also print off a color book page or draw an image and section it off to fill in sections with doodle patterns. Could also print or draw a giant letter or spell a word and fill it with patterns. Try to focus on creation and not perfection and you will feel the stress melt away! Could be a cool gift for a friend or loved one.

RESOURCES:

Here is an article on why it helps your health:

<https://www.psychologytoday.com/us/blog/arts-and-health/201403/calm-down-and-get-your-zentangle>

Examples: Darth Vader

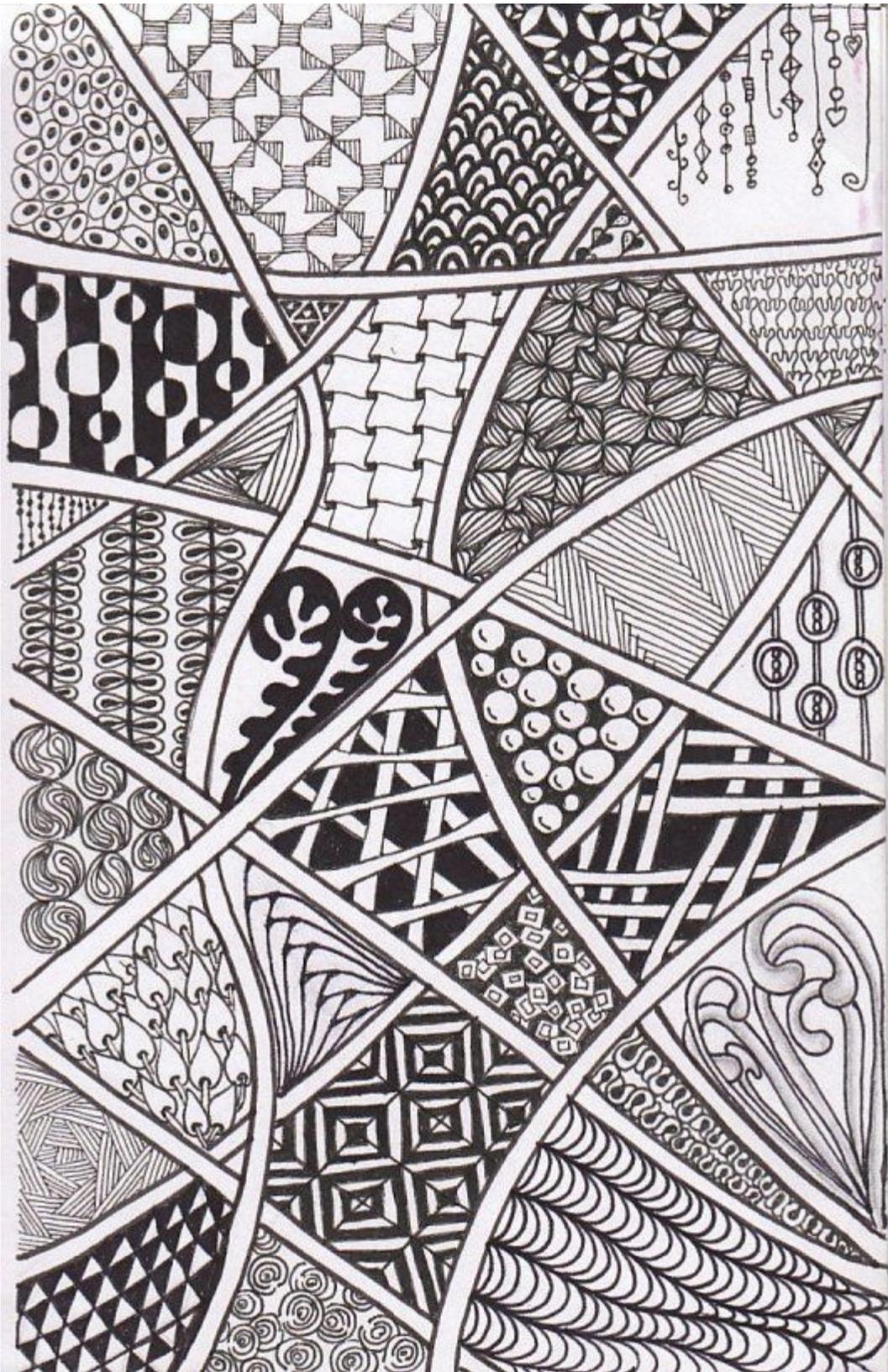
https://www.inprnt.com/gallery/taco_designs/zentangle-vader/?_cf_chl_jschl_tk_=50f5b3795492d7c53e3978512ed3254f3463ade0-1588780954-0-ATh_KP5x5g-6zdK4kL6q9Dx1g15g4ndoxQUpXHBpGOA2k2NN_BBR4A7hyzq3Fr0OmTFZwjWKrgWt2F8QzFvX991i9jSXoCJOkdNDXgJpY4wh3h0iTPc9DdKeaiS88matx3jlsKU1PdHrVLdq8v5-Ky84nyTeoi1ah95EpAJrw-MgRrNDdwF3K2mRr7KwMZseJ558QFsZCL3TPS8j8fw10nTJkm-focRiapnIEf4C4rHOUBSAZ9Smzk59PegUWzjAPj4CZtN97ASxEeMG2pZ9aOpa7983wvfo0gLo9xGULVisveMvOJO0E8XcPj0WOtds5VXZW8HbZayyYQW8NTP5QNFpcjTBcWmDsMOI5nAqQQ2tipBrmdFLLApAHjJVRORCkw

Zebra:

https://www.google.com/imgres?imgurl=https%3A%2F%2Fih1.redbubble.net%2Fimage.548679514.6138%2Fflat%2C750x1000%2C075%2Cf.u5.jpg&imgrefurl=https%3A%2F%2Fwww.redbubble.com%2Fi%2Fipad-case%2FZebra-with-Blue-Eyes-in-Zentangle-Design-by-PaulC71%2F31306138.MNKGF&tbid=N2QmQp1fmzQWTM&vet=12ahUKEwi80sOCy5_pAhWSIZ4KHSLwDxAQMygZegQIARBr..i&docid=IMxo83HJt1c7oM&w=750&h=920&q=zentangle%20designs&saf=strict&ved=2ahUKEwi80sOCy5_pAhWSIZ4KHSLwDxAQMygZegQIARBr

Some pattern examples:

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DIkliye1wNa0&psig=AOvVaw2p9R9t2hvpDwjMogemLD5X&ust=1588866480359000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPiyzYXLn-kCFQAAAAAdAAAAABAP>



EXAMPLE:

IF YOU HAVE QUESTIONS CONTACT: (email address of teacher who created this)
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