

Zentangles

One reason artists create is to **express** and check-in with their emotions. Zentangles are abstract (they do not contain recognizable objects), with very careful lines. The Zentangle method is very focused, while doodling is generally something you do with your hand while your thoughts are occupied with something else.

Materials:

- Paper
- Pencil
- Coloring Tools (optional)

Directions:

1. Lightly draw "strings" or different lines across your page.
How can you express different emotions based on the different types of lines you draw? Are your lines thick or thin? Smooth or bumpy? Twisted or straight?
2. Between the lines, draw in abstract patterns called "tangles".
How can you express yourself with different colors! What happens if you use just primary colors? What about just warm/cool colors? Or complimentary colors!? Or monochromatic?

