

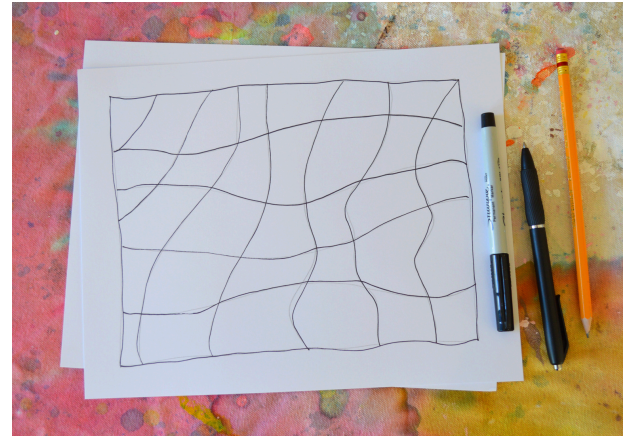
Creative Expression

Zentangles

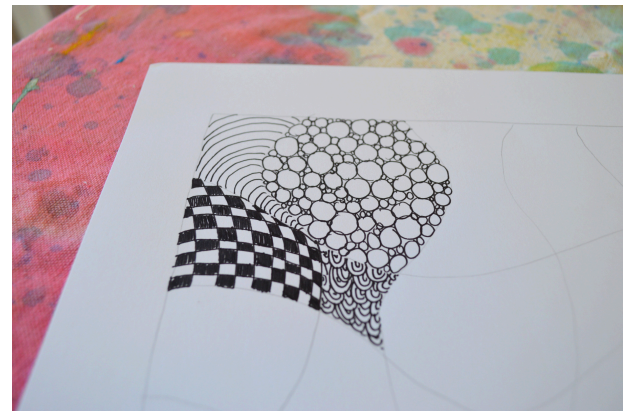
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Supplies: pen and paper (any size will do, even a napkin or the back of a receipt)

- Section your paper with small tiles using vertical and horizontal lines across the page. Make the spaces or tiles about 2" by 2" in size. To add interest or if you are feeling fancy, when you section off your paper for these tiles, you can make the lines curved or even zig-zag.



- Begin to fill in the tiles with patterns using repetitive lines, shapes, or marks. Do not overthink this. Each mark informs the next. Ways to fill a tile: circles, vertical lines, crescent moon shapes, checkerboard, etc.



- Remind yourself there are no mistakes and to keep going. Feel free to add shading for depth. Once the page is filled, sit back and appreciate the work and layers creating something beautiful and unique.

