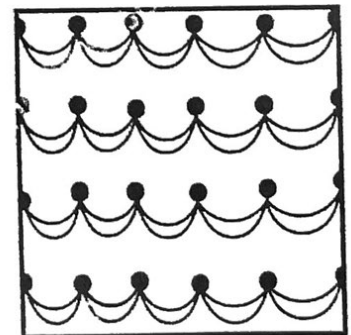
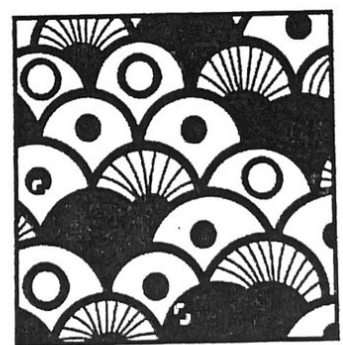
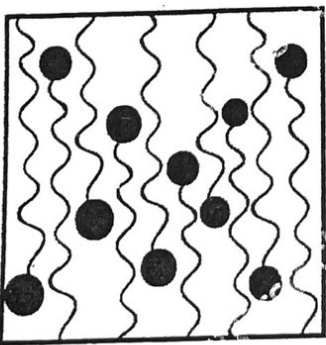
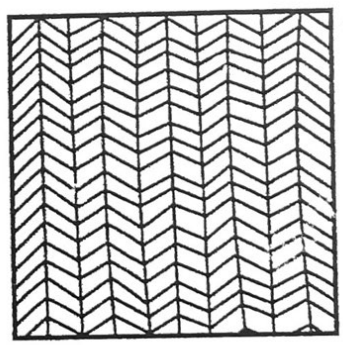
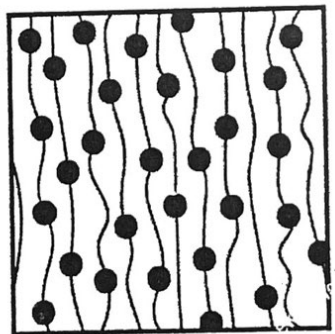
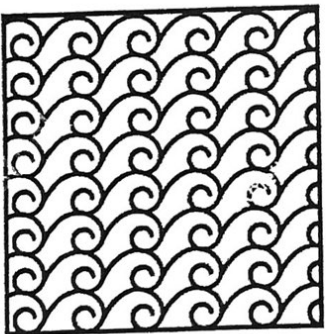
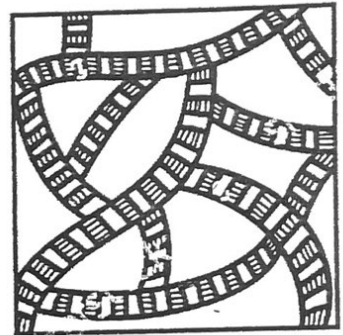
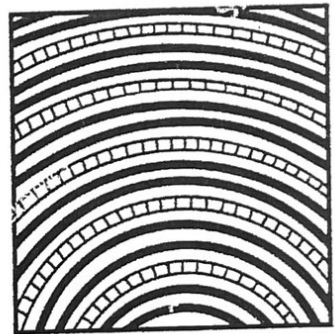
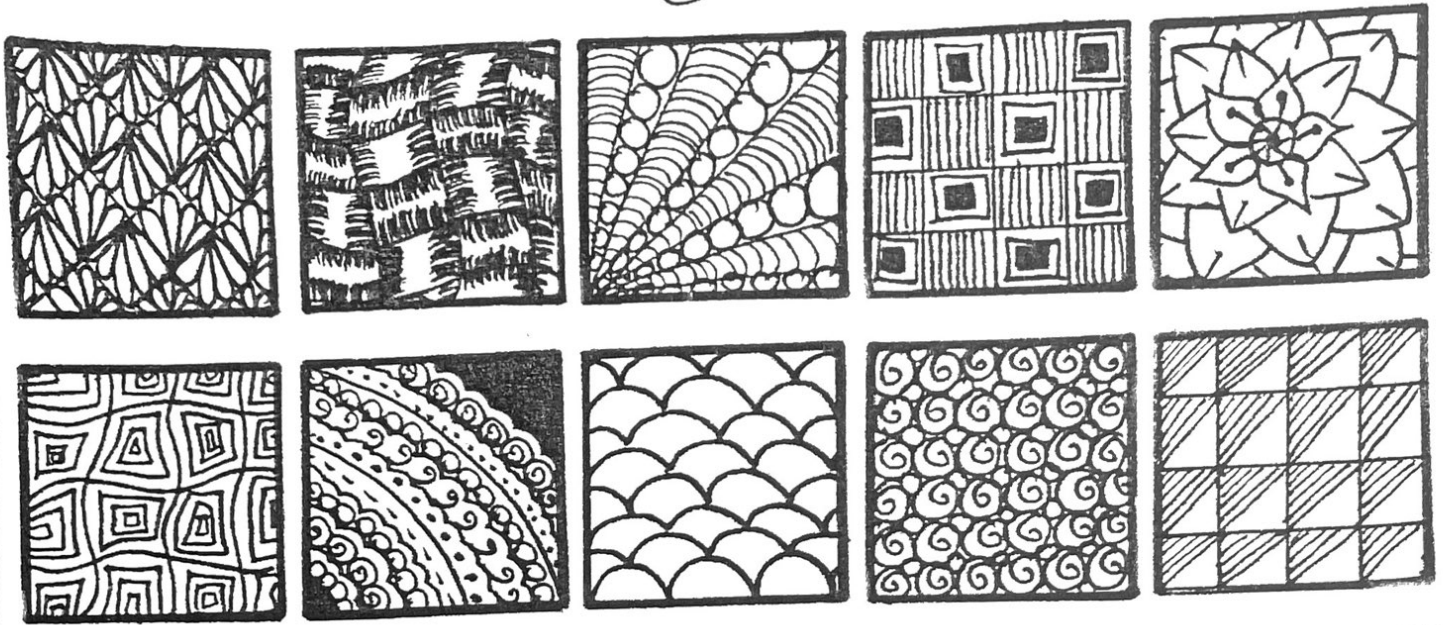
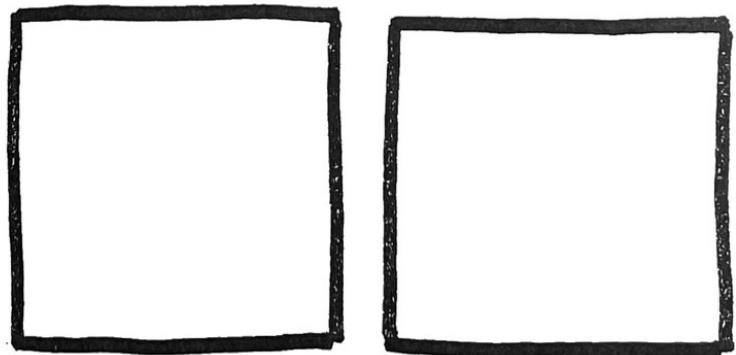
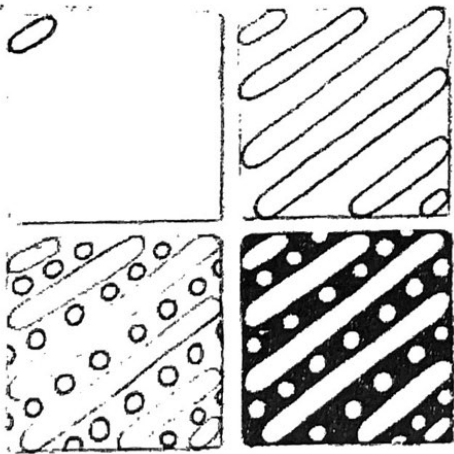
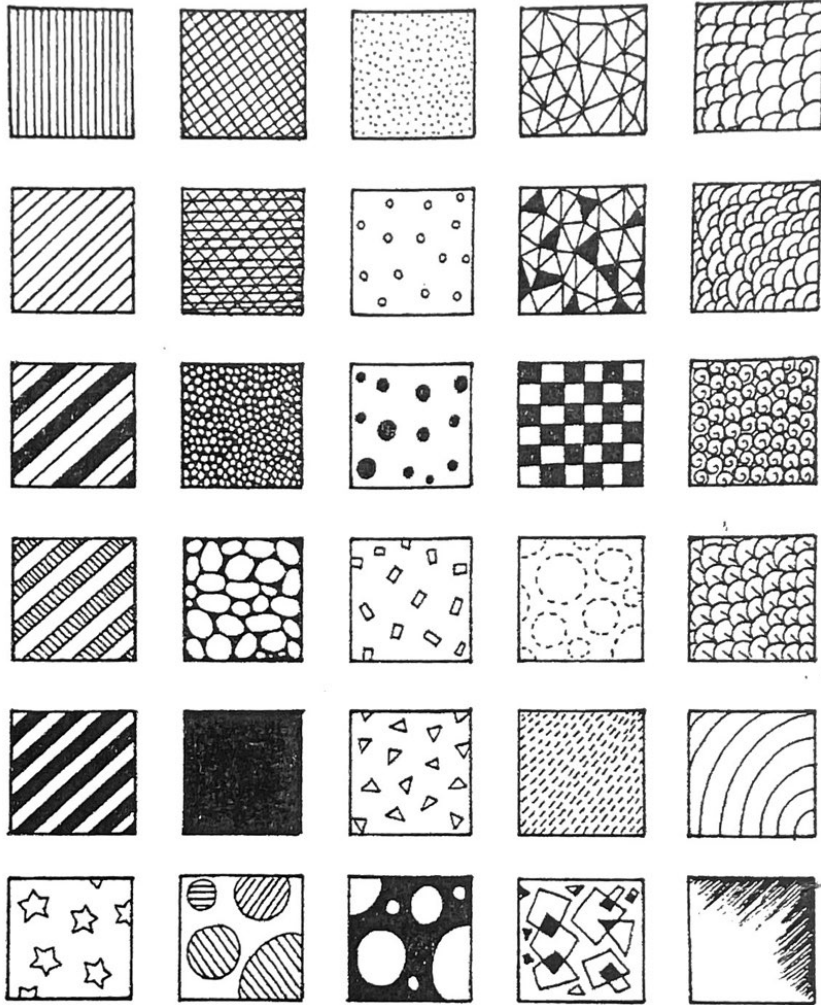


Zentangle Patterns



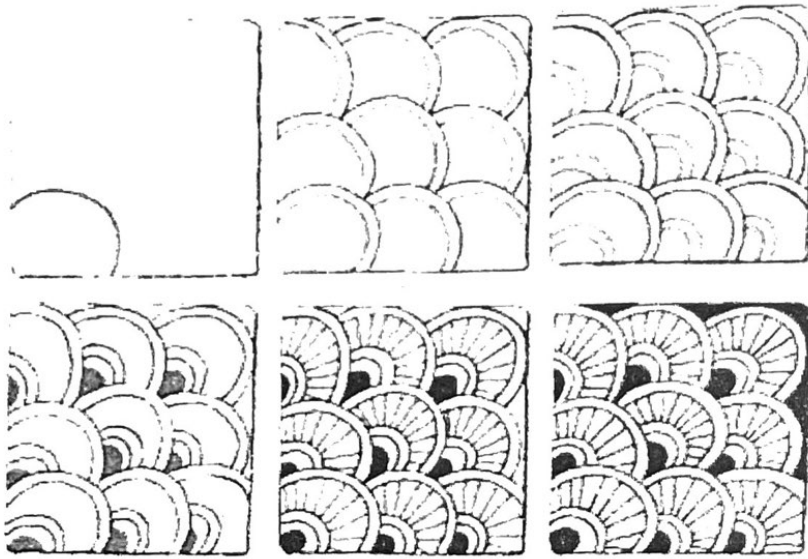
DOODLE PATTERNS

30 patterns for filling gaps



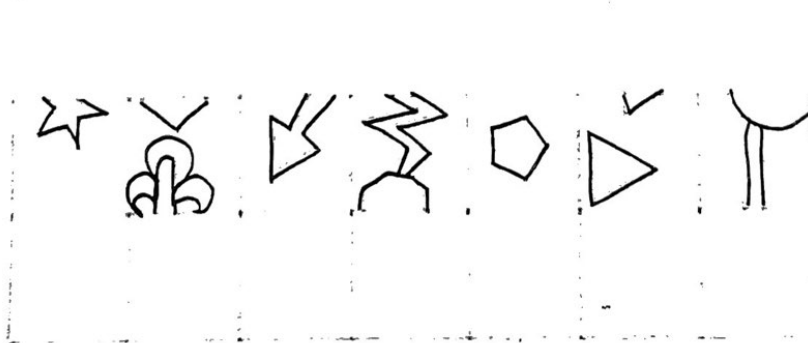
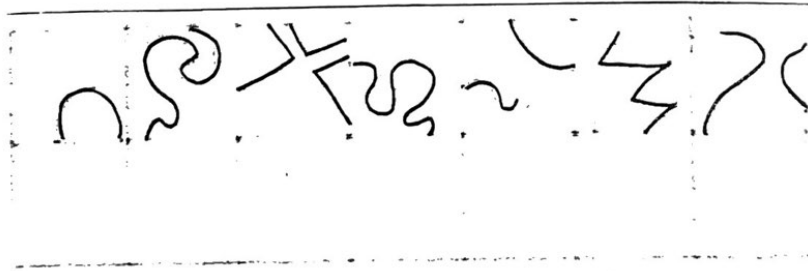
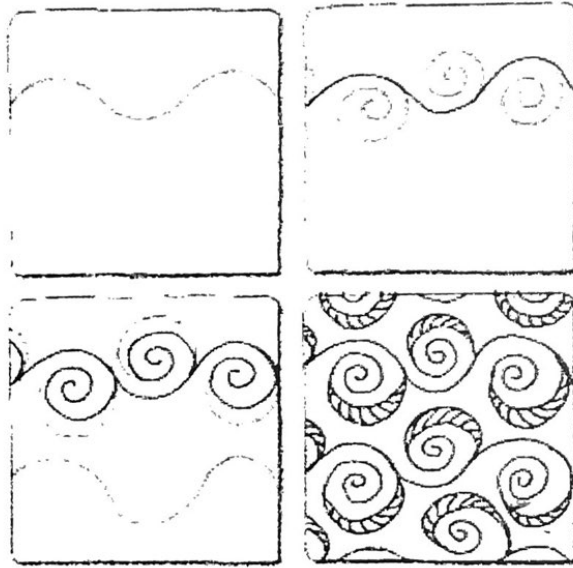
Name:

Teacher



Finish
these

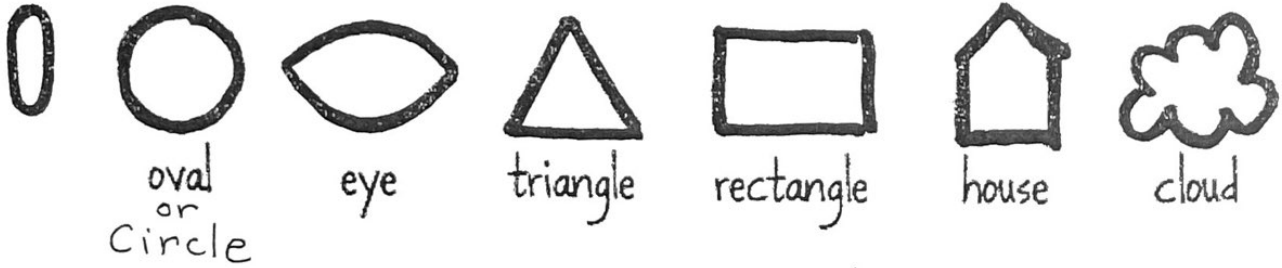
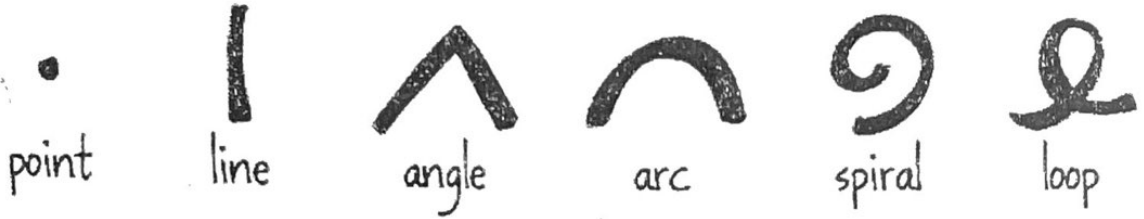
Fun Tangles



Teacher: _____

Name: _____

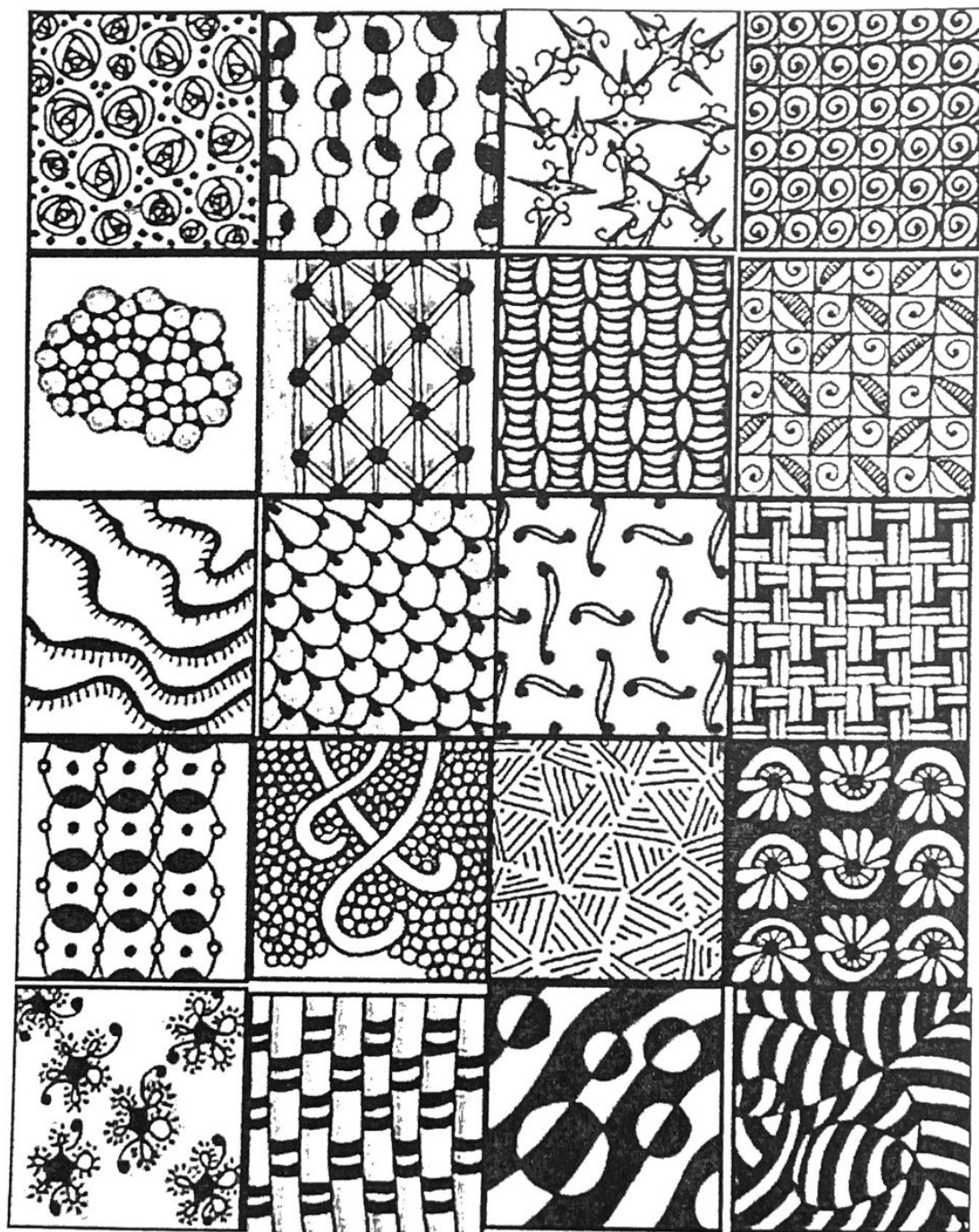
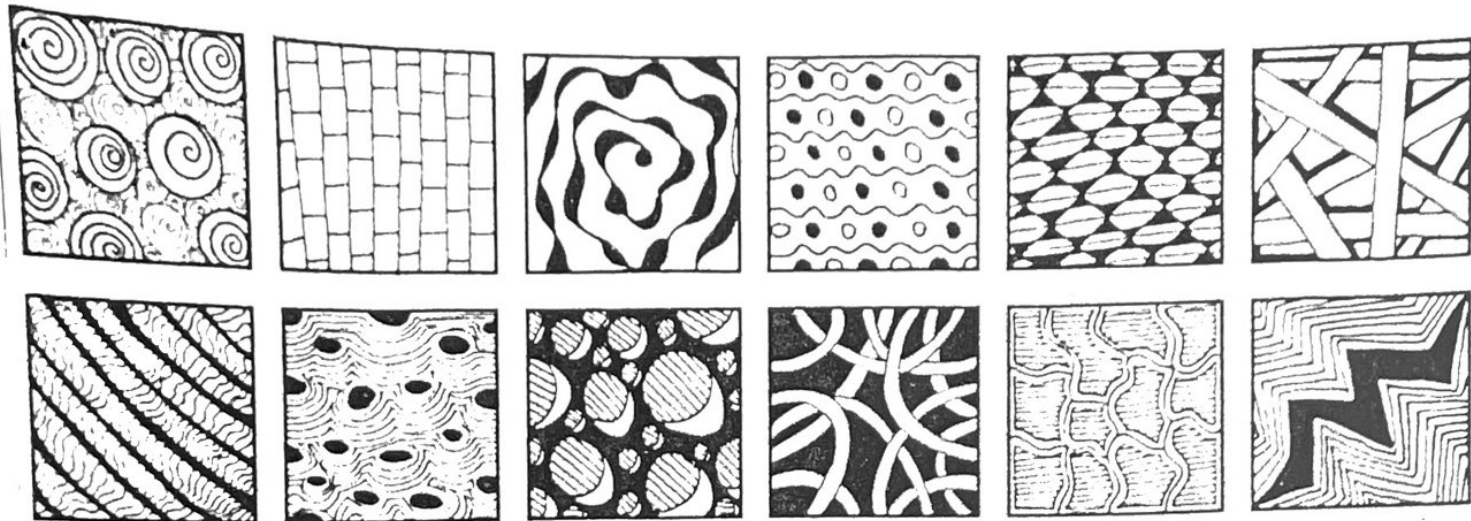
THE VISUAL ALPHABET

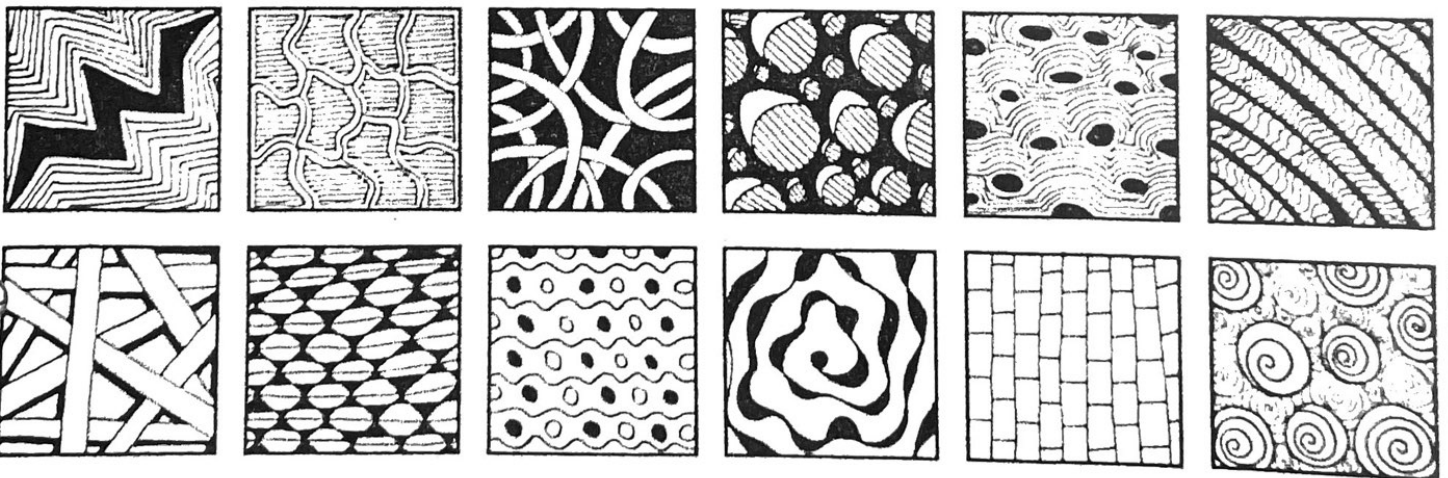
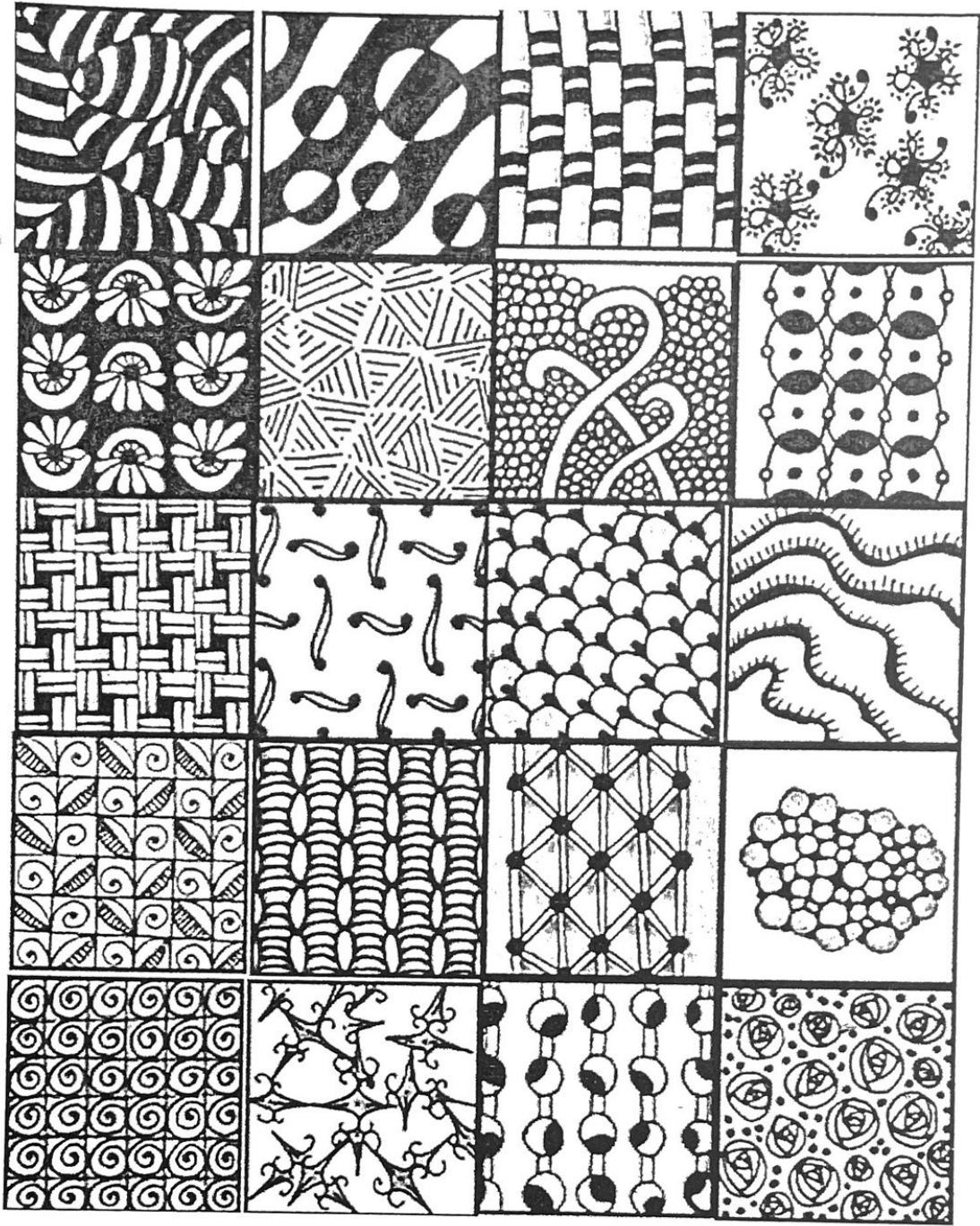


NAME:

Teacher:

Create your own Zentangle patterns using the Visual Alphabet

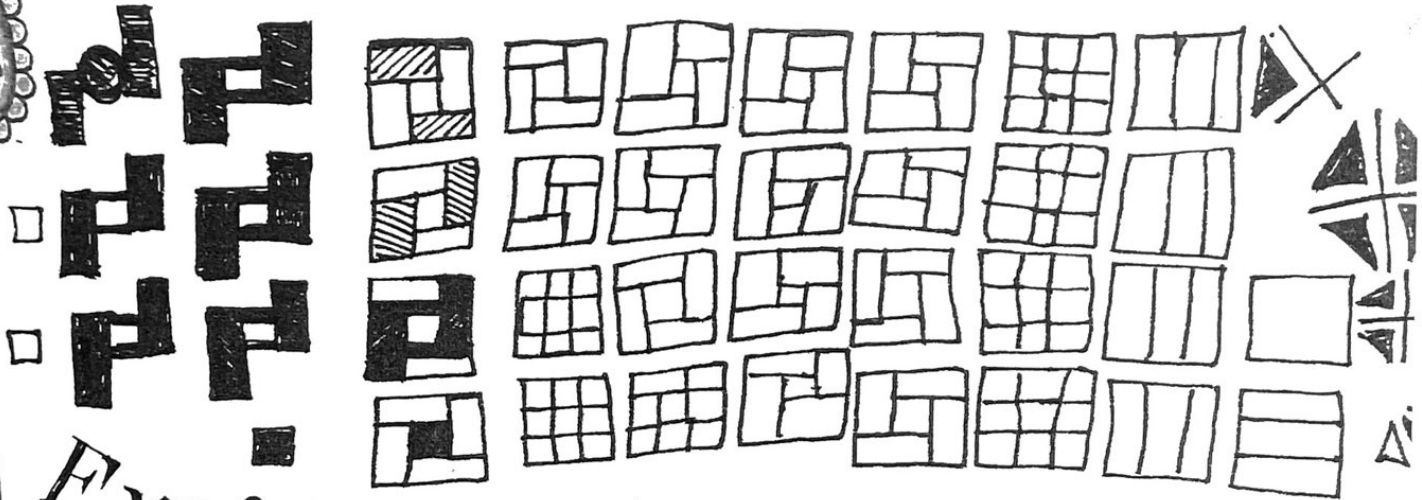




Basic patterns

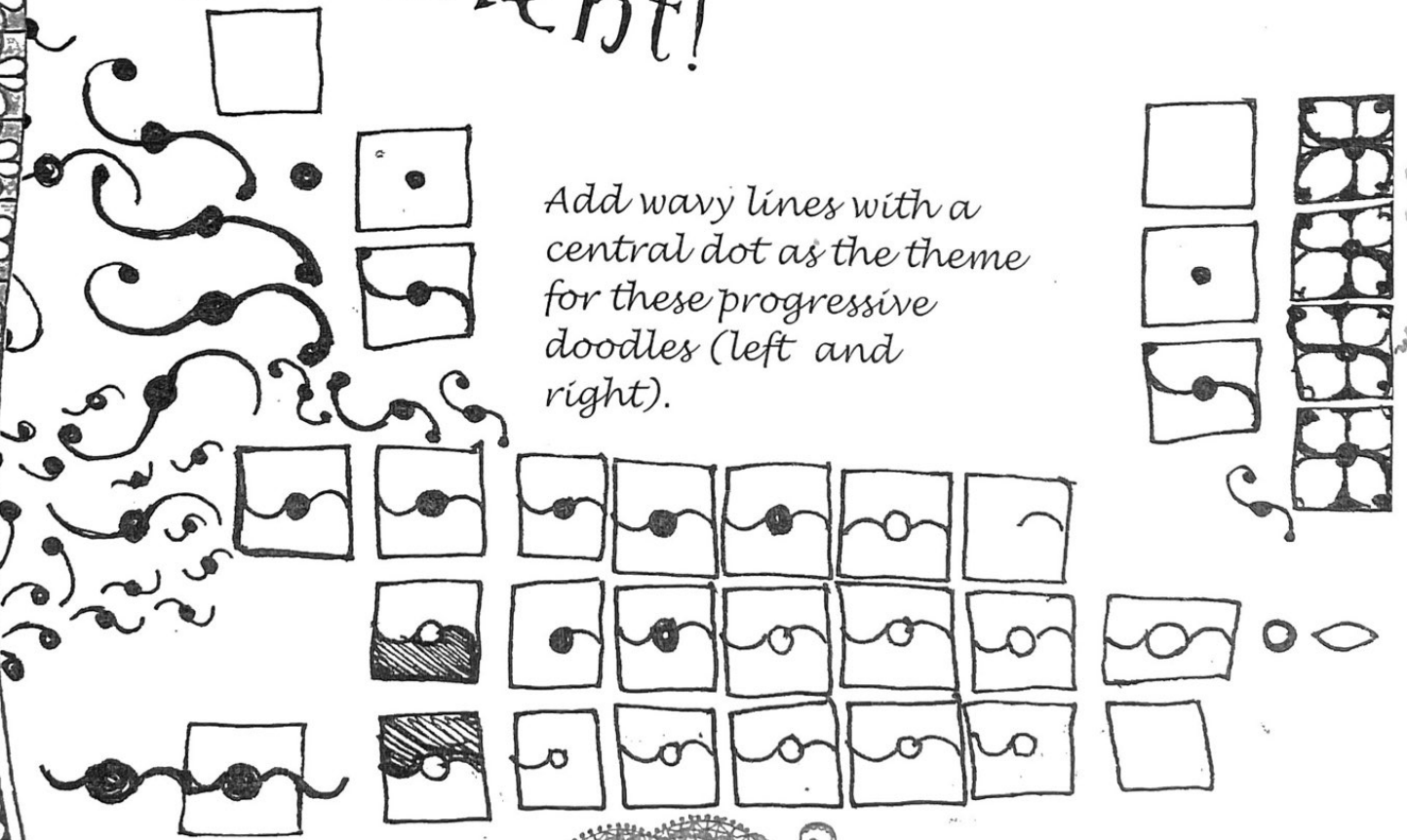
Building blocks

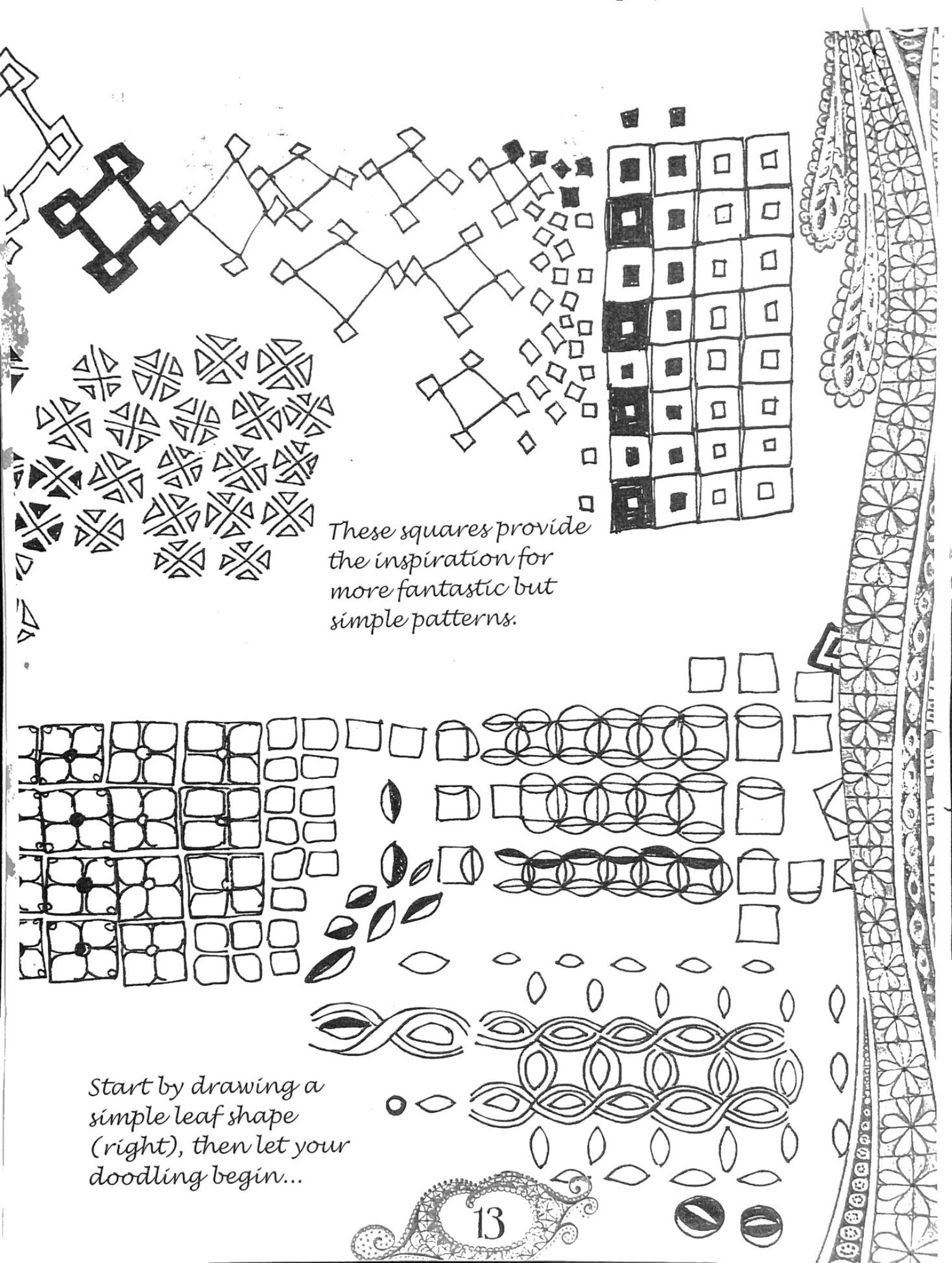
Draw a simple square, then add rectangles and shade them in. The initial square is the building block for you to explore using other combinations. See what patterns develop...



Experiment!

Add wavy lines with a central dot as the theme for these progressive doodles (left and right).





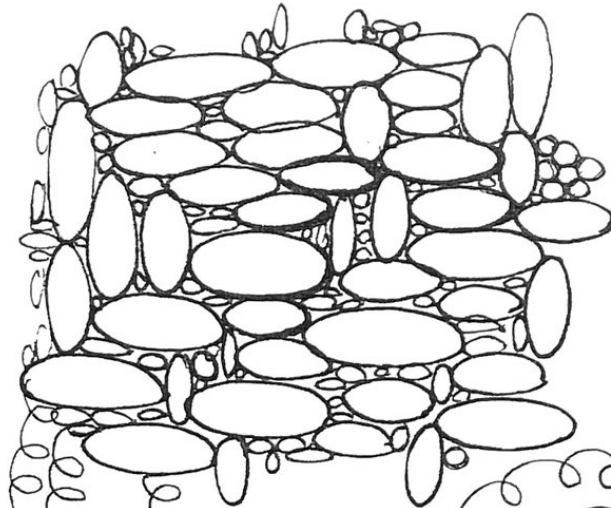
These squares provide the inspiration for more fantastic but simple patterns.

Start by drawing a simple leaf shape (right), then let your doodling begin...

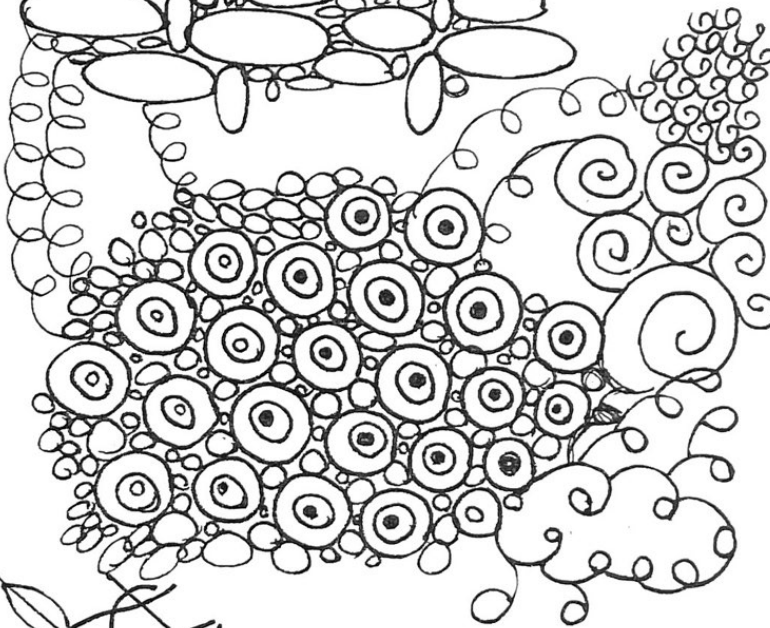
More patterns...

Starting point

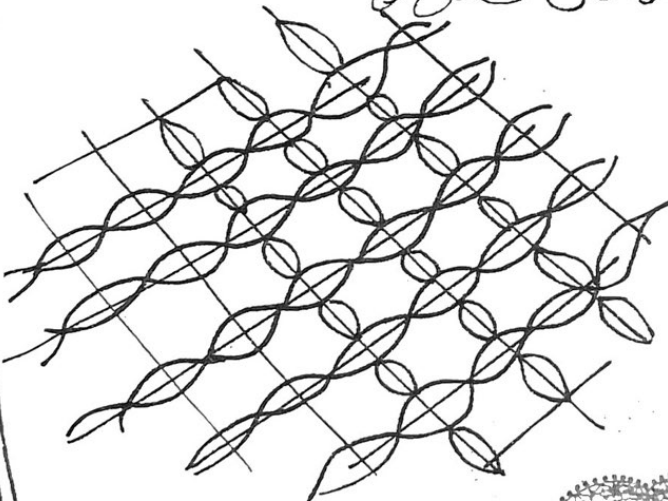
Draw an oval shape, then start to add different-sized ovals—you are already well on the way to creating fabulous patterns!



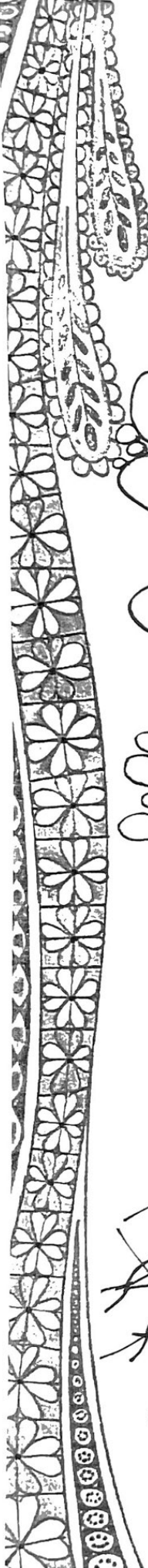
Draw small squiggles...



...then larger squiggles.

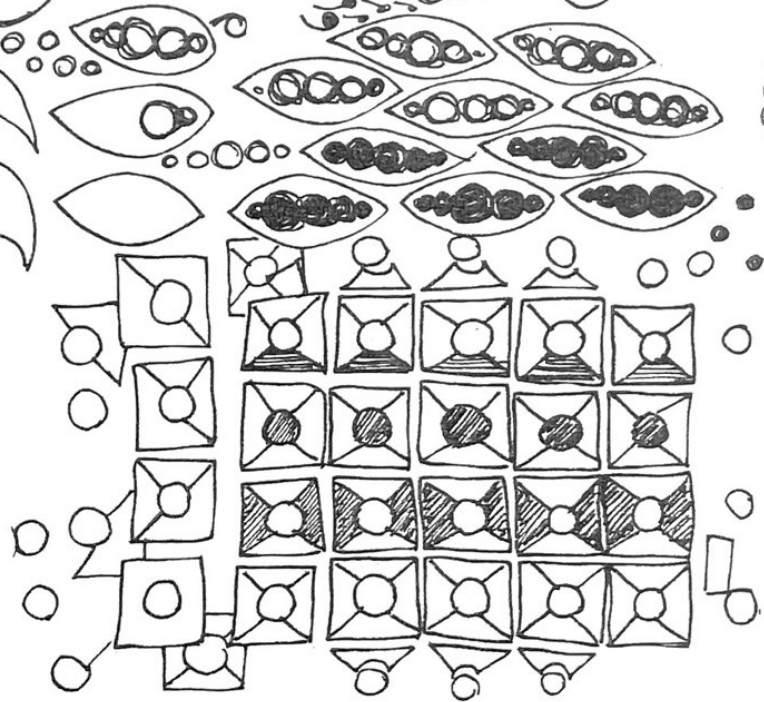


Lightly pencil in a grid. Draw in leaf shapes on the horizontal grid lines. Now draw smaller leaf shapes on the remaining grid lines.

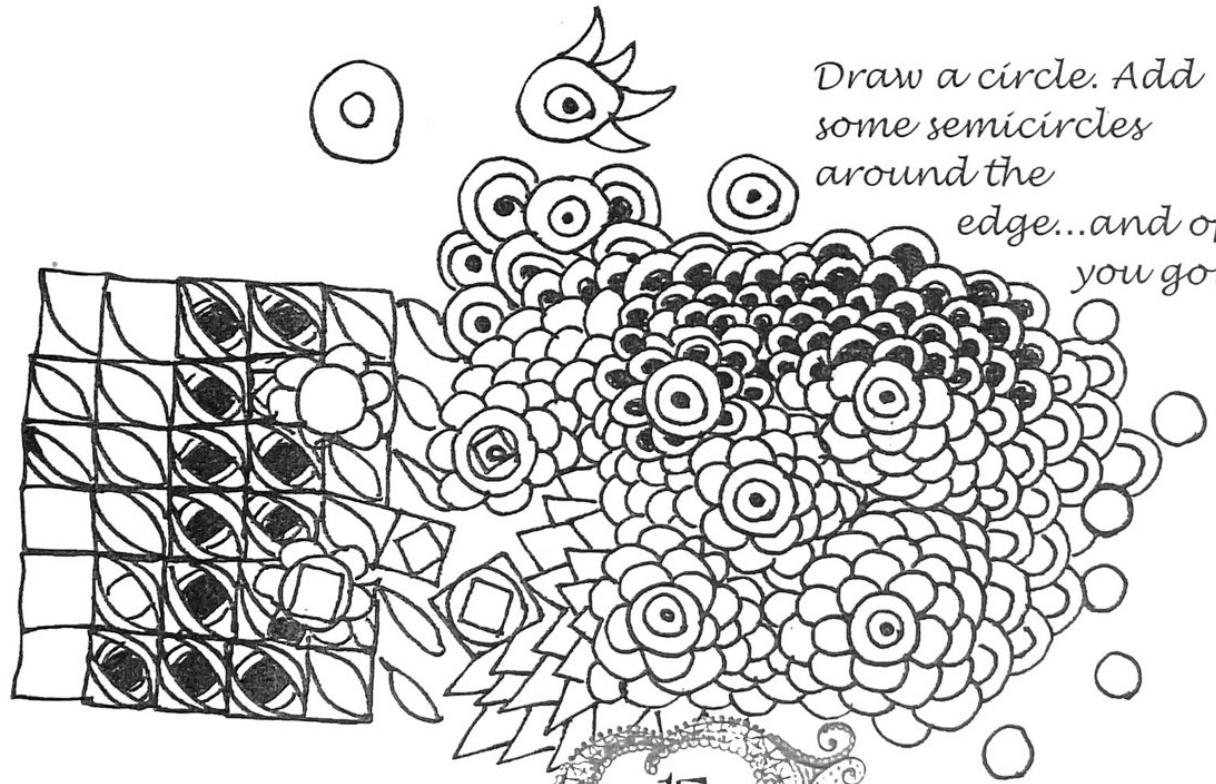




See how this doodled pea-pod shape (above right) develops into a fabulous flower or a flock of birds!



Draw a circle. Add some semicircles around the edge...and off you go!

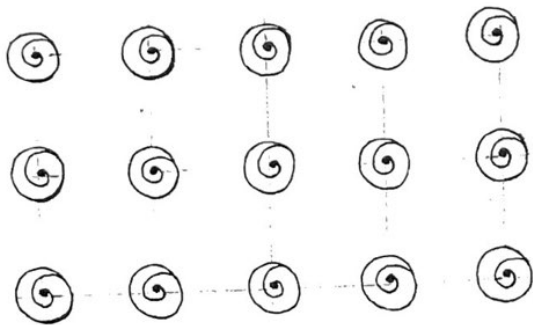


Deconstructing

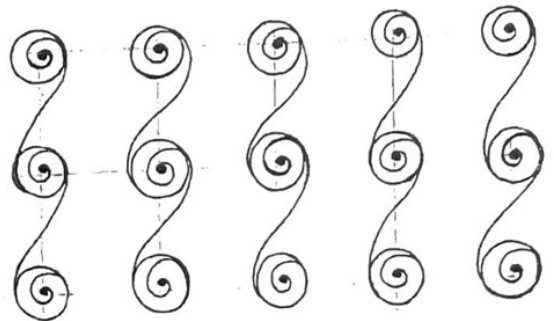
Breaking it down

If there is a particularly complicated pattern that you would like to doodle, first study the shapes, then break the design down into the main components.

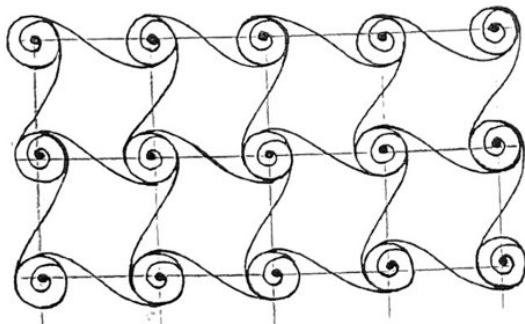
To create this pattern (below), start by drawing in a pencil grid:



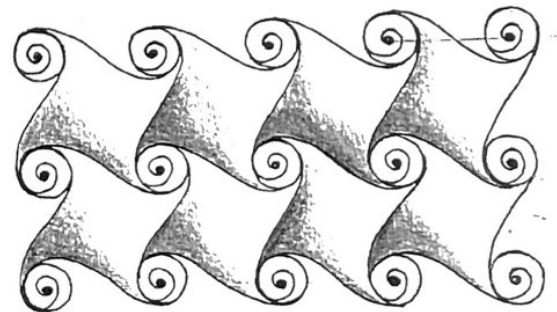
Add circular spirals where the grid lines cross.



Link the spirals vertically using curved lines.

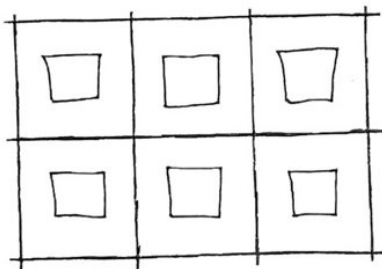


Then draw in curved lines horizontally.

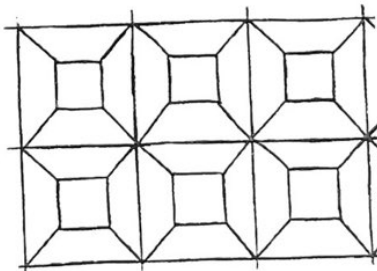


Add some pencil shading.

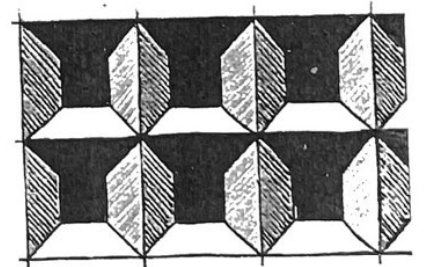
To create the 3-D pattern (below), start with a pencil grid:



Draw small squares within the grid boxes.



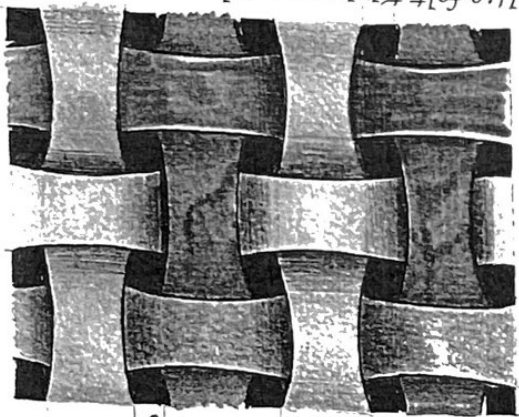
Add lines to connect the small and large squares.



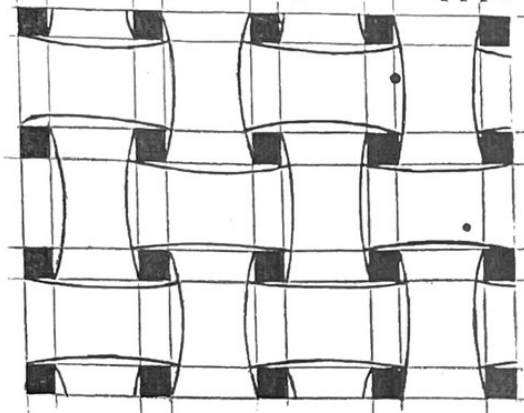
Leave some areas white and color the others black or shades of gray.



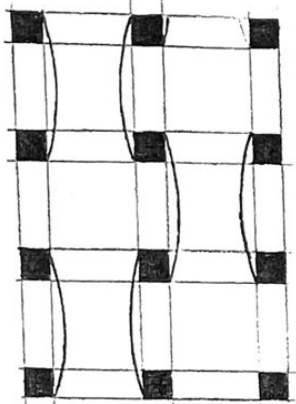
Use felt-tip pens and crayons to add contrasting colors to the woven strips. Use a pencil to add shading.



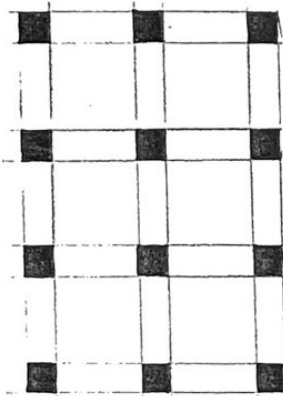
Add horizontal curved lines as above.



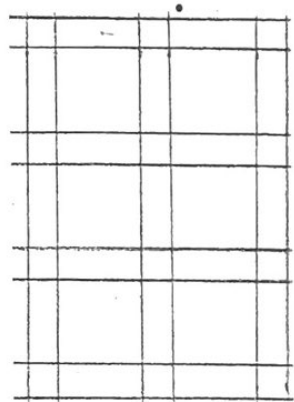
Add vertical curved lines as above.



Color in the smaller squares.

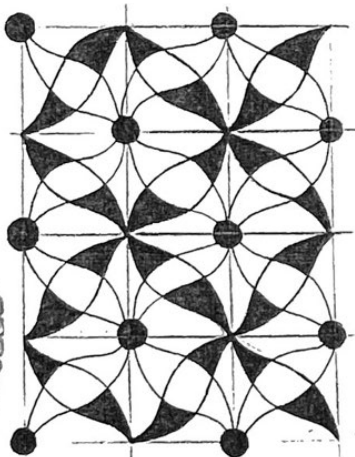


Draw this grid (above).

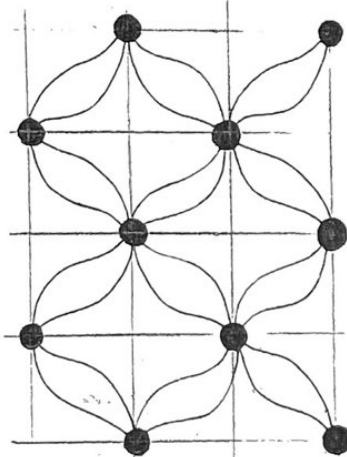


The woven pattern (below) requires a more complex grid:

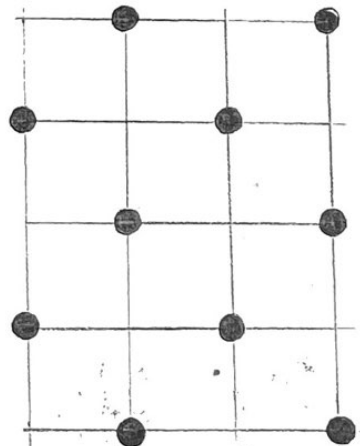
Draw in more curved lines across the first set. Color as above.



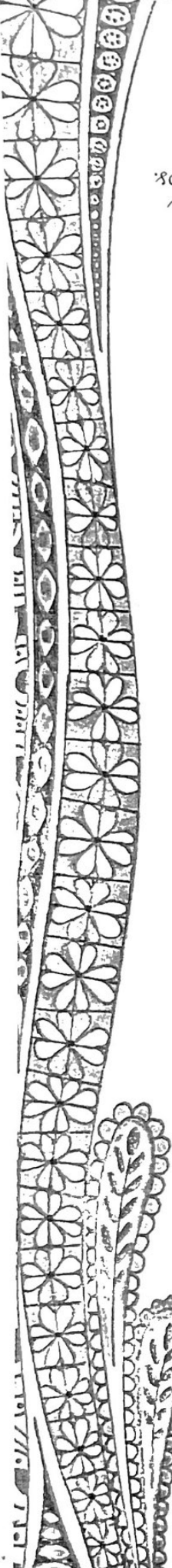
Link the black circles diagonally with curved lines.



Add solid black circles where the grid lines cross.



For this flowery pattern, start by drawing a pencil grid:



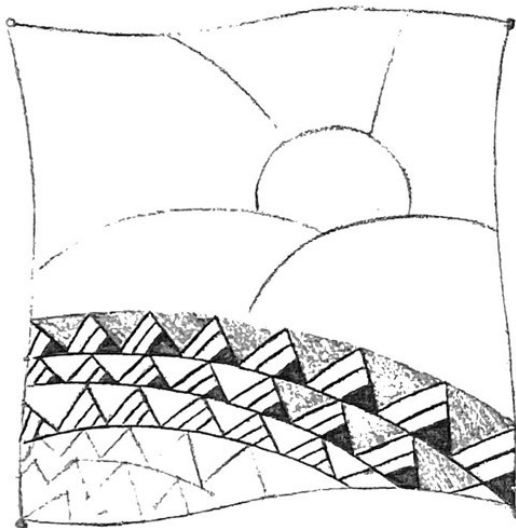
Getting started

When you first start Zen Doodling it is best to work on a small scale, using the materials that you have on hand.

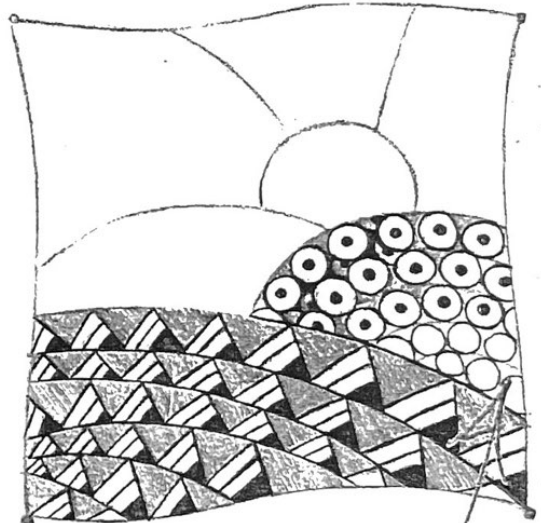
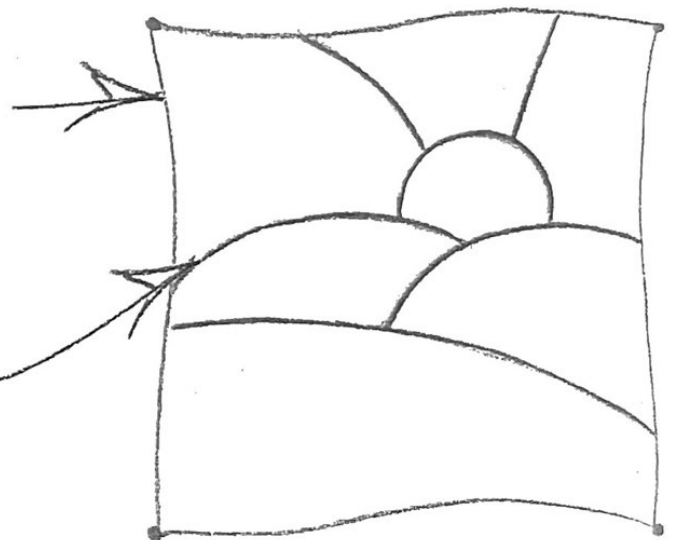
Note: Each step of creating a Zen Doodle is highlighted in dark pink.

Pencil in a squarish shape on a small (3-4 in./75-100 mm square) piece of paper.

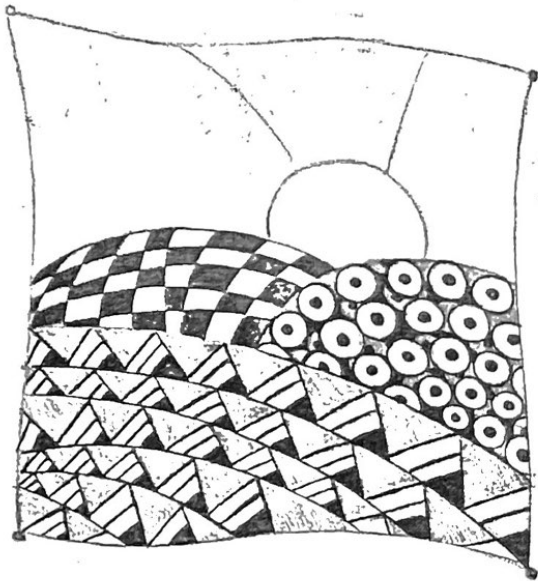
Now draw in simple shapes that divide it into different areas.



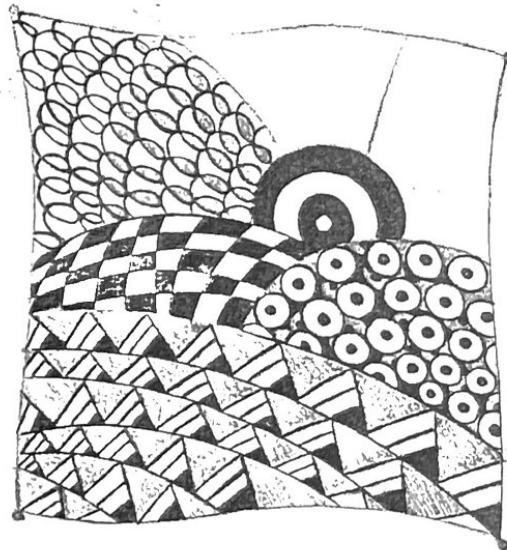
Lightly pencil in some guidelines. Use ballpoint pen to draw in your first doodle pattern.



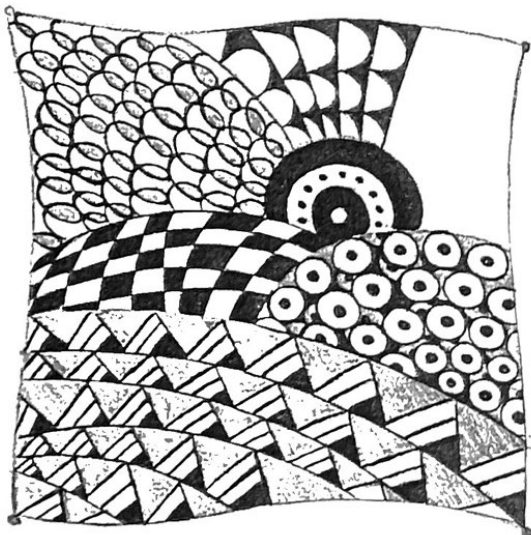
Pencil in some more guidelines and ink in another doodle. Use a pencil to shade in the gray areas.



Always finish one area of doodle before moving on to the next.



Use simple doodle patterns at first—they can be just as effective as complex designs.



It is best to work in black and white before you introduce colors.

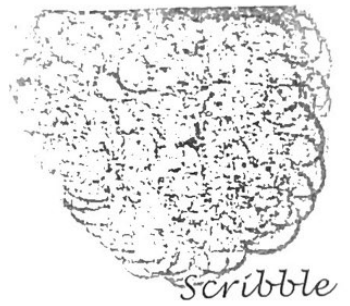


Keep your Zen Doodles in a notebook—they are wonderful sources of inspiration.



Light and shade

Practice creating areas of pencil shading. Press down more firmly to make darker lines. Try using different types of pencil, from soft to hard.



Scribble



Hatching

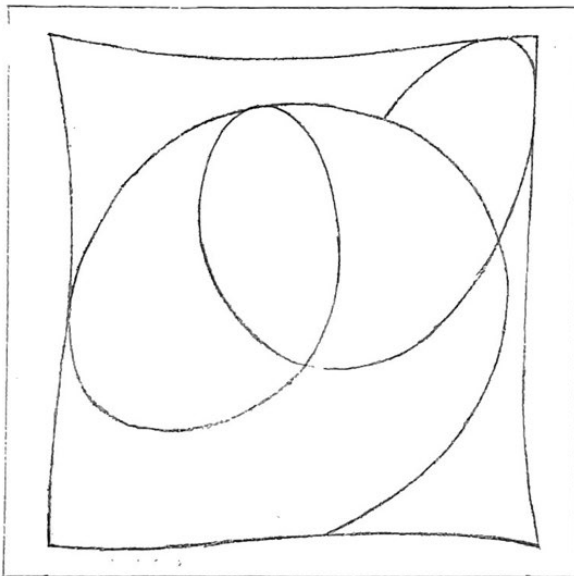


Cross-hatching



Smudging

Experiment with shading techniques such as hatching, cross-hatching, or scribble. Vary the density of tone by making the hatched lines either farther apart or closer together. Try smudging the pencil shading.



Pencil in a squarish shape. Doodle a series of loops.

2



Ink in areas of pattern until your Zen Doodle is complete.

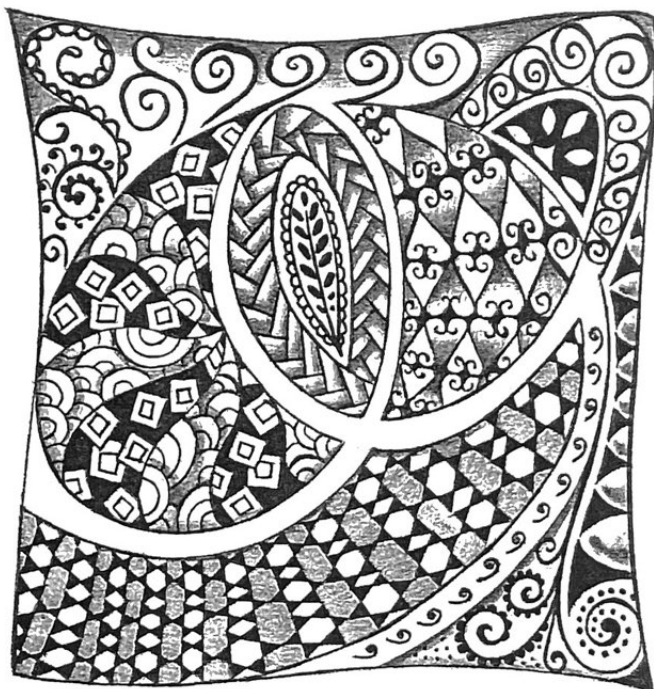


This background shading is darker at the edges and fades to white.

3



Graduated shading makes the plait look 3-D.



Graduated shading on these heart shapes adds a richness and depth to the doodle.

Use a pencil to shade in areas of your Zen Doodle.



Make white areas of the doodle look more prominent by lightly shading back other parts.

The shading used here makes these shapes look rounded.



Creating borders



The design (right) was created using elongated curls. Blocks of color were then added.

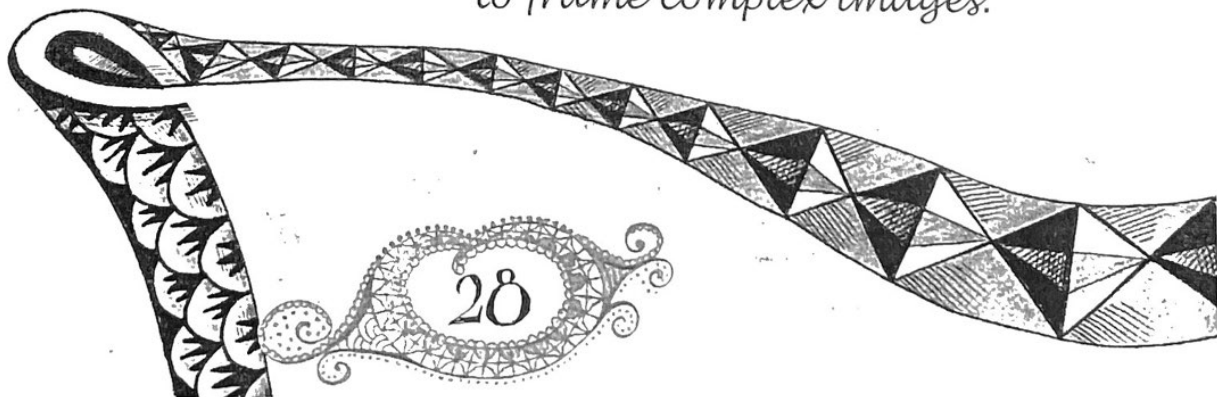
There are no hard-and-fast rules when it comes to creating borders. Start with a basic shape and begin Zen Doodling.

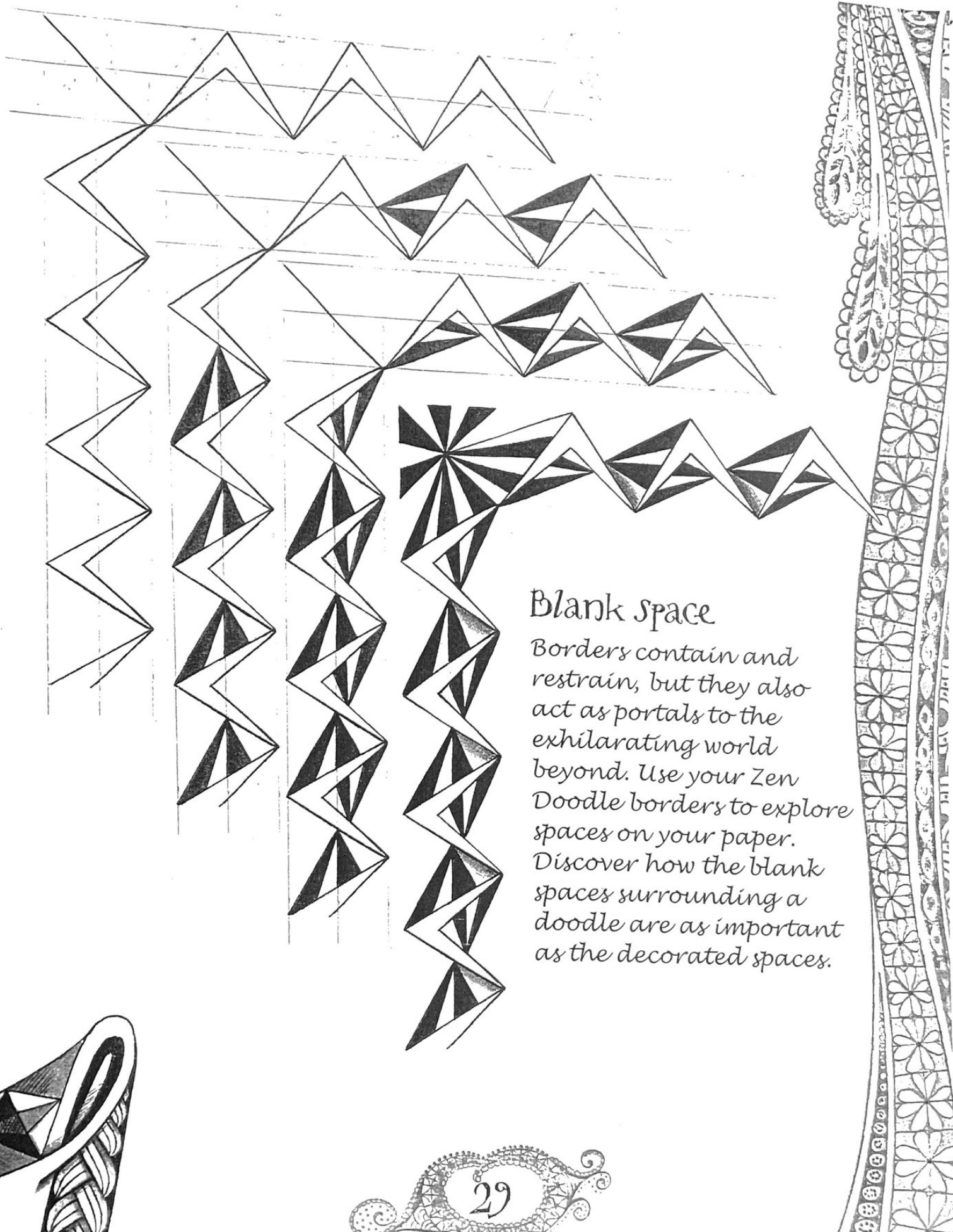
Corners

The corners where two lines of doodle meet are great fun to experiment with. In this paisley-inspired border, the curves from one line curl around to join the opposing line of doodling.

Frames

Ornate borders are best for framing simple images. Use simple or geometric borders to frame complex images.





Blank space

Borders contain and restrain, but they also act as portals to the exhilarating world beyond. Use your Zen Doodle borders to explore spaces on your paper. Discover how the blank spaces surrounding a doodle are as important as the decorated spaces.