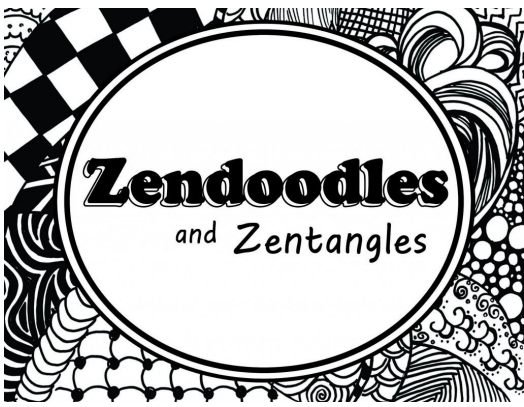


HOW TO CREATE A GREAT ZENDOODLE OR ZENTANGLE PATTERN



WHAT ARE ZENDOODLES AND ZENTANGLES?

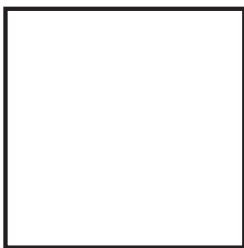
Zendoodling is the art of drawing designs using structured patterns or 'Zentangles'.

When you draw a Zendoodle, you're creating a work of art, but you're also deliberately creating a mood, focus, and state of mind.

Concentrate on drawing small blocks of patterns at a time; going with the flow lets your mind get into a calming zen state. This allows you to follow through on impulsive thoughts, so your doodle won't be restricted by expectations, giving you an unexpected final design and a glimpse into your subconscious!

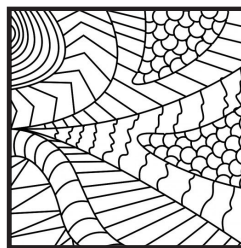
What You'll Need

- Pencil • Felt tip pen/Sharpie • Paper • Your Imagination



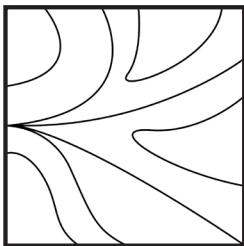
STEP 1

Draw a square border outlining the shape of your Zentangle, usually about three inches wide.



STEP 4

Repeat step three for each section. Change the patterns and get creative!



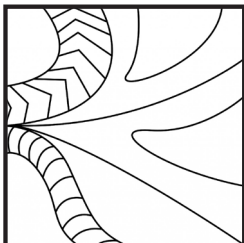
STEP 2

Use a pen or pencil to draw strings. Strings are the lines that divide the shape into individual sections.



STEP 5

Add color or shade the areas you'd like to define.



STEP 3

Choose a section to start with and fill it with a repetitive pattern. Don't spend time planning a pattern, just draw.

TIPS

- Don't resort to an eraser. There are no mistakes in Zendoodling. Something that you thought was a mistake, might be the foundation for a new pattern or take your doodle in an exciting new direction.
- Remember that with Zentangle art, you can't fail. There is no right and wrong, because there is no pre-determined solution to what you're creating.
- Check out [Zentangle Patterns.com](http://ZentanglePatterns.com) for inspiration

Once you're a Zendoodle master, move onto more elaborate patterns and designs. Challenge yourself to get as intricate and detailed as possible, play with different pen thickness, shading styles and color combinations.

There are no limits to your imagination!

Instructions were taken and modified from feltmagnet.com



