



# Zentangles

Louisa Higgins,  
Arts Administrator,  
Riverside County Office of Education



# Background

- Zentangle, developed by Rick Roberts and Maria Thomas in the early 2000s, is a meditative art form characterized by the creation of intricate and structured patterns within defined boundaries.
- Drawing inspiration from calligraphy, doodling, and meditation techniques, Zentangle offers a simple and accessible way for people to experience relaxation, focus, and creativity.

# Background

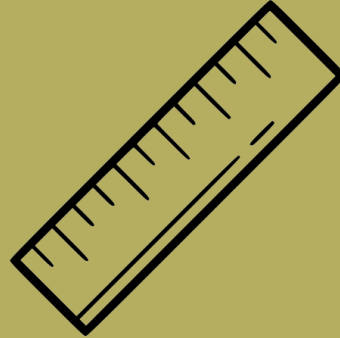
- Through deliberate and repetitive strokes, practitioners create small-scale abstract artworks known as "tiles," emphasizing the process rather than the outcome.
- Zentangle has gained global popularity as a therapeutic practice, fostering mindfulness, stress relief, and personal growth through the deliberate creation of patterns and shapes.

# Examples of Zentangles





- White Paper
- Pen
- Rulers (optional)



Necessary materials



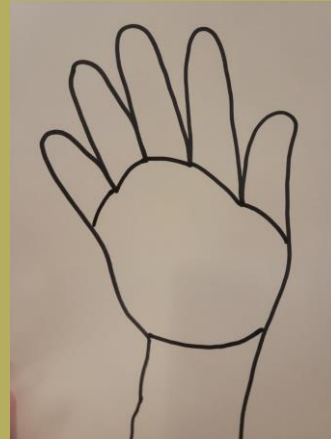
# How to Make a Zentangle



- Draw an outline of your hand(s) in pencil
- Position it on your paper with intention
- Take up as much of the paper as you can

# How to Make a Zentangle

- Go over your hand with pen
- Section off your five fingers
- You can also section off the palm into multiple sections



# How to Make a Zentangle

- Choose a different mark to make in each section
- Work slow and small, no erasing!
- Continue until the whole hand is patterned







A picture is worth a  
thousand words



A decorative floral border in the top-left corner, featuring dark green vines, red flowers, and small red berries.

# Art Making Time

Put the music on

Whatever is going to relax you and put you into a creative “flow”

Make your art

You can either follow the instructions strictly, or modify as it suits



# Gallery Walk

Show your work and let us know which elements you thought were especially successful + share praise for others' creativity!





Thank you!

- I appreciate you taking the time to make **and** behold art today.
  - Art is for everyone.
  - It is the process, not the product.

