ZENTANGLE

BASICS

A Creative Artform where all you need is paper, pencil and pen.

• Learn how to create intricate tangles step-by-step.
• Turn drawings into art designs.
• Creating Zentangles improves focus and develops dexterity.

by Suzanne McNeill, CZT

No. 3450
Printemps*
1. Draw a small spiral, sort of like a cinnamon bun or jelly roll. Start with a small “C” shape then spiral around it and close the end of the spiral. 
2. Make more spirals to fill the section. 
3. Add small circles to fill spaces in the section. 
4. Color the background with black. 
* Original Zentangle design - Variation

Hollibaugh*
1. Draw two parallel lines across a section. 
2. Rotate the tile then draw another pair of lines letting the shape appear to go “behind” the first one. 
3. Rotate the tile again and draw another pair of lines that goes under. Rotate and repeat until the section is filled. 
4. Color the background with black if desired. 
* Original Zentangle design
3. Color the zigzag shape with black.
4. Draw on the right side of the black bolt to add an echoing line (don’t let the lines join at the ends). Draw additional zigzag lines to fill the section.
5. Turn the tile and draw on the other side of the black bolt to fill the section.

Tip: If you are left-handed, draw on the left side.

*original Zentangle design - Variation

**Shading Your Zentangle**

Shading adds a touch of dimension.

1. Use the side of your pencil to gently color areas and details with gray.

Suggestions of where to add shading...
- In the center of the Moon Walk section
- On one side of each Spiral
- On the right and left of the first set of parallel lines
- On the lower zag of each parallel zigzag line
- Along the edge of some sections to add depth to the sections of the design
- Along the right edge and the bottom of your finished shape, about 1/8" wide, to “raise” it off the page

Note: Use shading sparingly.

Use the pencil to add shading and use a paper stump to rub the pencil to smudge and blend the gray areas.
Squares

Growth

Cubine*

*original Zentangle design

Corn Rows
Swirls

Queen's Crown

Growth  Squares  Queen's Crown

King's Crown

King's Crown  Corn Rows
Where to find more patterns...

Start with the basic patterns in this book. Then check out books two and three. More designs can also be found at zentangle.com in the newsletters and gallery.

Also look at quilts, books, furniture, nature, illustrations and the bottoms of sport shoes... wonderful patterns and designs are everywhere.

I learned about "Zentangle" when my friend Mary Ann White emailed a link to a website along with, "Here's something you might like..." I went to zentangle.com and ordered a kit right away. I love drawing Zentangle patterns.

Gayle Bunch is an innovative elementary art teacher. Gayle suggested many of the wonderful educational ideas in this book.

My enthusiasm really blossomed when I attended a seminar and workshop taught by the Zentangle originators, Maria Thomas: a calligraphy artist and Rick Roberts, a former monk.

I hope you enjoy Zentangle as much as I do.
**Chartz** adaptation

Variation

**Waves**

**Knightsbridge**

*original Zentangle design

Variation

**Tagh**
Jongal*
*original Zentangle design - Variation

Chillon*
*original Zentangle design - Variation

Knightsbridge  Swirl  Tagh  Queen’s Crown

Fence  Variation

Waves
**Cadent***

*original Zentangle design - Variation

**W2***

*original Zentangle design

**Flying Geese**

**Web**
Cross Stitch

Flukes*
*original Zentangle design - Variation

Keeko*
*original Zentangle design

Flying Geese