



Zentangles

Learn to draw Zentangles and improve your drawing skills through practice.

Year	Level	Duration	Topic
1 - 6	1 - 6	15 - 30	Drawing
1 - 6	1 - 6	15 - 30	Visual Arts

Materials

- 1 Pattern worksheet per student
- Pencils and eraser
- Colouring pencils (optional)
- Pen (optional)

Instructions

1. Give each student a worksheet and a pencil.
2. Ask them to draw a simple shape in the center of the page.
3. Ask them to draw a second shape that overlaps the first one.
4. Ask them to draw a third shape that overlaps the second one.
5. Ask them to draw a fourth shape that overlaps the third one.
6. Ask them to draw a fifth shape that overlaps the fourth one.
7. Ask them to draw a sixth shape that overlaps the fifth one.
8. Ask them to draw a seventh shape that overlaps the sixth one.
9. Ask them to draw an eighth shape that overlaps the seventh one.
10. Ask them to draw a ninth shape that overlaps the eighth one.
11. Ask them to draw a tenth shape that overlaps the ninth one.
12. Ask them to draw an eleventh shape that overlaps the tenth one.
13. Ask them to draw a twelfth shape that overlaps the eleventh one.
14. Ask them to draw a thirteenth shape that overlaps the twelfth one.
15. Ask them to draw a fourteenth shape that overlaps the thirteenth one.
16. Ask them to draw a fifteenth shape that overlaps the fourteenth one.
17. Ask them to draw a sixteenth shape that overlaps the fifteenth one.
18. Ask them to draw a seventeenth shape that overlaps the sixteenth one.
19. Ask them to draw an eighteenth shape that overlaps the seventeenth one.
20. Ask them to draw a nineteenth shape that overlaps the eighteenth one.
21. Ask them to draw a twentieth shape that overlaps the nineteenth one.

Notes

• Encourage students to use the edge of the pencil to get their lines to the right angle. Several students to use a sharp pencil and to press lightly on the pencil lead. Students can go over their pencil lines with a pen.

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Zentangles

Name:

Look carefully and copy the patterns as accurately as you can.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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Zentangle Art Lesson Plan

J Dewey



Zentangle Art Lesson Plan:

Joy of Zentangle Marie Browning CZT, Suzanne McNeill CZT, Sandy Bartholomew, 2013-01-01 Zentangle R is an easy to learn method of pattern drawing that reduces stress while promoting creativity This book will introduce readers to the basic theory of Zentangle and provide instructions for drawing over 100 tangle patterns from such Certified Zentangle Teachers as Suzanne McNeill Sandy Steen Bartholomew and Marie Browning This beautiful book is filled with examples of Zentangle drawings as well as other art projects and compelling stories from those who have improved their well being through Zentangle

Expressive Arts Interventions for School Counselors Suzanne Degges-White, Bonnie R. Colon, 2014-11-21 Presents 100 interventions using creative and expressive arts counseling techniques in school settings Expressive arts therapies are a rich resource for use with children and adolescents who are often unresponsive to traditional talk therapy and highly useful to school counselors who must overcome cultural language and ability barriers that are increasingly present in diverse and multicultural school settings This is the first book written specifically for school counselors about using creative and expressive arts counseling techniques in school settings It presents over 100 interventions using art drama music writing dance and movement that school counselors can easily incorporate into their practices with individual students and groups and in classroom settings These creative interventions based on the American School Counselor Association ASCA National Model framework support the key student domains of academic career and personal social development The text also meets the important demand for accountability in school counseling by providing guidelines for evaluating the effectiveness of each intervention Addressing such issues as emotional expression social skills development managing anger aggression developing self esteem working well with diverse peers career exploration and academic skill development the book is organized by specific types of expressive arts therapies and how they can be used to support different domains in the ASCA model Each intervention outlines the presenting concerns for which it is most useful appropriate grade levels required materials preparation needed step by step instructions modifications for special needs students and an outcome assessment plan A handy quick reference chart helps readers to quickly locate appropriate interventions for specific concerns Ideal for the school counselor social worker or psychologist who may not have specific training in arts therapies this book can also help trained arts therapists who will be working in a school setting to select appropriate interventions Key Features Presents over 100 creative and expressive arts interventions that can be easily incorporated into school counseling practice Addresses all relevant ASCA National Model domains academic career and personal social Provides easy to follow preparation and delivery directions and outcome evaluation methods for each intervention Includes modifications for special needs populations Offers a handy quick reference chart matching interventions to appropriate concerns

Brief Behavioral Therapy for Anxiety and Depression in Youth V. Robin Weersing, Araceli Gonzalez, Michelle Rozenman, 2021 Brief Behavioral Therapy for Anxiety and Depression in Youth Workbook

is a problem focused behavioral intervention that seeks to address maladaptive coping skills such as avoidance or withdrawal behavior and improve engagement in stressful activities for youth The Art of Zentangle Margaret Bremner, Norma J. Burnell, Penny Raile, Lara Williams, 2013-04-15 The Art of Zentangle teaches artists of all skill levels the meditative process of combining shapes and lines to make complex and interesting final pieces of artwork Drawing Zentangle® Nature Jane Marbaix, 2019-07-15 The beauty of nature has inspired some of the world's greatest artwork Now with the help of Zentangle art artists of all capabilities can create their own nature themed masterpieces This engaging volume uses colorful illustrations and concise step by step instructions to introduce readers to Zentangle patterns that combine to make beautiful works of art Unique projects encourage readers to relax stay focused and find their own creativity An increasingly popular method of drawing paired with the accessibility of these projects make for a high interest book sure to fly off the shelves

Made in the Shade: a Zentangle Workbook Cris Letourneau, 2013-01-24 This book will open up a wonderful dynamic and 3 dimensional world of shading possibilities Learn to shade your Zentangle art with confidence and creativity This workbook is for the intermediate to advanced tangler who wants to learn more about shading It includes step by step instruction with exercises on shading techniques dozens of ideas for shading 20 official tangles plus 4 step by step shading projects to teach the reader to analyze a tile and use shading to create a focal point improve contrast add dimension and enhance the overall design Plus there are instructions for drawing 12 new tangles Finally there are 36 tiles 6 artist trading cards 3 Zendalas and 4 pieces of Zentangle Inspired Art from artists around the world for inspiration and practice Zentangle Basics, Expanded Workbook Edition Suzanne McNeill CZT, 2014-02-01 Zentangle Basics introduces you to today's hottest trend in drawing meditation Using only pencil pen and paper you'll learn how to draw 25 original tangles and discover inspiring ideas for incorporating these designs into your art This expanded workbook edition includes an interactive bonus section where you can get started with warm up exercises practice tangling and experiment with strings and shading With benefits including stress relief inspiration and improved self esteem Zentangle can be done anywhere and no special artistic talent is required Tangles can be used to decorate wearables and home decor objects as well as cards scrapbook pages and journals Best of all you can tangle even if you have never drawn anything before Zentangle Drawing for a Calm and Focused Mind Suzanne McNeill, 2015-10 Shares instructions for and examples of the meditative drawing style **The Beauty of Zentangle** Suzanne McNeill CZT, Cindy Shepard CZT, 2021-02-01 Zentangle R is fast becoming a worldwide phenomenon attracting individuals from all walks of life The Beauty of Zentangle celebrates this simple but elegant new craft with hundreds of sensational one of a kind designs from around the world This invitation only collection of the very best Zentangle inspired art includes stunning masterpieces from breakthrough artists and CZTs like Suzanne McNeill Cindy Shepard Marie Browning Sandy Steen Bartholomew and many more Their inventive tangles are at the forefront of a new wave of creative expression and personal freedom Zentangle 12, Workbook Edition Suzanne McNeill, Cindy Shepard, 2015-12 Explore the latest and

coolest black white tangle tangle techniques with 10 innovative methods 30 original tangles and a bonus 16 page workbook
Zentangle 12 offers exciting Ideas for punched shapes torn paper stencils inkblots clayboard straw blowing Notan and more

Zentangle 7 Suzanne McNeill CZT,2014-03-01 Combine the inspiration of the Mandala with Zentangle art and bring your Zentangles full circle with 40 new tangle patterns and ideas for making beautiful sacred circles **Zentangle Animal**
Brad Ford,2014-06-18 Zentangle is a wonderful art and one that everyone enjoys whether creating the masterpiece or just admiring the masterpiece Zentangle Animal teaches different Zentangle Pattern Lessons along with Animal Patterns to create Penguins Rabbits Bears Cats Deers Seahorses Birds Elephants Lyons and more Here you ll receive step by step instruction to make the most interesting animals *One Zentangle A Day* Beckah Krahula,2012-11 One Zentangle A Day is a beautiful interactive book teaching the principles of Zentangles as well as offering fun related drawing exercises Zentangles are a new trend in the drawing and paper arts world The concept was started by Rick Roberts and Maria Thomas as a way to practice focus and meditation through drawing by using repetitive lines marks circles and shapes Each mark is called a tangle and you combine various tangles into patterns to create tiles or small square drawings This step by step book is divided into 6 chapters each with 7 daily exercises Each exercise includes new tangles to draw in sketchbooks teaches daily tile design and offers tips on related art principles and contains an inspirational ZIA Zentangle Inspired Art project on a tile that incorporates patterns art principals and new techniques Zentangle 10 Suzanne McNeill CZT,2014-08-01 The design possibilities of Zentangle extend in many dimensions Combine the art forms of paper crafts and tangling to create memorable 3D keepsakes and one of a kind gifts for every season Dimensional paper crafts with tangles add range and depth to your Zentangle art Inside you ll discover wonderful paper projects for booklets greeting cards angels ornaments beads boxes accordion folds and more Try a Zentangle twist on traditional origami Enjoy being creative with 30 all new tangles You ll love these inspirational ideas and simple techniques **Zentangle for Kidz!** ,2016 **Zentangle Art to Go** Bonnie K. Browning,2016 Bonnie K Browning creates Zentangle design for artists crafters and quilters Discover the history of the Zentangle R Method Learn five easy steps to create Zentangle art Featured Zentangle designs can be used as stitching in your quilts projects are included to make your own Zentangle Art to Go **Zentangle** Jane Marbaix,2015-12-18 Aimed at beginners this book shows how beautiful images can be created from repeating patterns Accredited Zentangle teacher Jane Marbaix demonstrates a range of patterns one step at a time and offers a sourcebook of her own designs to inspire tangles to try something different Proven to reduce stress and enhance creativity in people of all ages Zentangle does not require a background in practical art or expensive materials to produce pleasing results How to Draw Zentangles O/P Ann Marie Irvine,2017-01-23 Learn to draw zentangle inspired designs with this step by step book by well known doodler Ann Marie Irvine owner of AnnsDoodles.com From owls and hummingbirds to fish and seashells and with simple and more complex designs laid out in easy to follow stages beginners upwards will have all they need to start them on their zentangle journey

back cover Zentangle for Kids Jane Marbaix,2020-07-31 Unlock your creativity with this fun and inspiring book Clear step by step instructions make the tangles easy to master and fun to do and the book is filled with beautiful illustrations and scenes that young tangles can make their own Special project pages also show readers how to use their tangle artworks to create gorgeous decorations cards and gifts Perfect for creative kids aged 8 and up **Mandala Zentangle** Jane Marbaix,2015-12-18 Zentangle is the drawing art form taking the world by storm Easy to do and immensely enjoyable the Zentangle method can make artists of us all To create artworks the Zentangle way you need no drawing skills The steps are easily taught in a few simple lessons In this follow up to her first book the immensely successful Zentangle Certified Zentangle Teacher Jane Marbaix explores the artistic possibilities of Zentangle and shows how beautiful and rewarding artworks can be created from the cosmic forms inherent in mandalas The mandala like imagery emphasizes the meditative and therapeutic nature of the Zentangle method

Embracing the Track of Term: An Emotional Symphony within **Zentangle Art Lesson Plan**

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