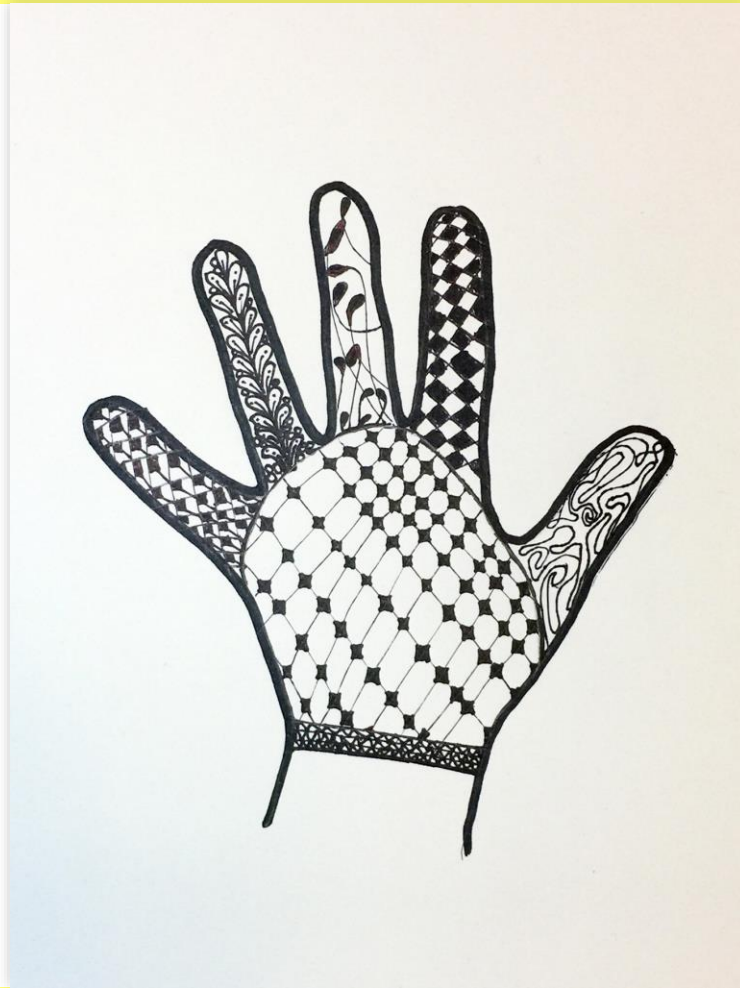


# Zentangle Hand



Texture

# What do you see?



Tangled Hand, 2017, Audrey Guidi

# Artistic Focus: Texture



Tangled Hand, 2017, Audrey Guidi

**TEXTURE** is an element of visual arts that portrays surface quality.

- Actual texture is how something feels.
- Visual texture is how something appears to feel.

## **Today's objective:**

1. To create visual textures by using Zentangle patterns (called "tangles").
2. To relax and enjoy the process.

## **WA State Visual Arts Standard**

Compare and contrast cultural uses of artwork from different times and places. (VA:Cn11.1.2)



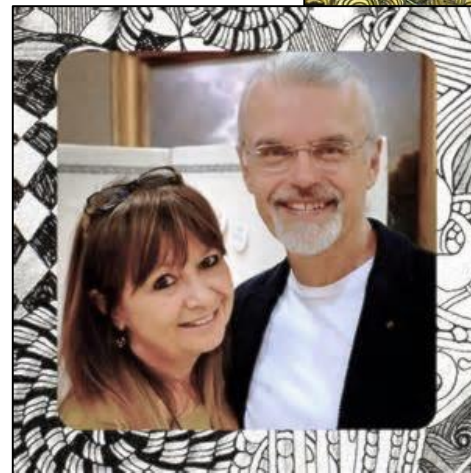
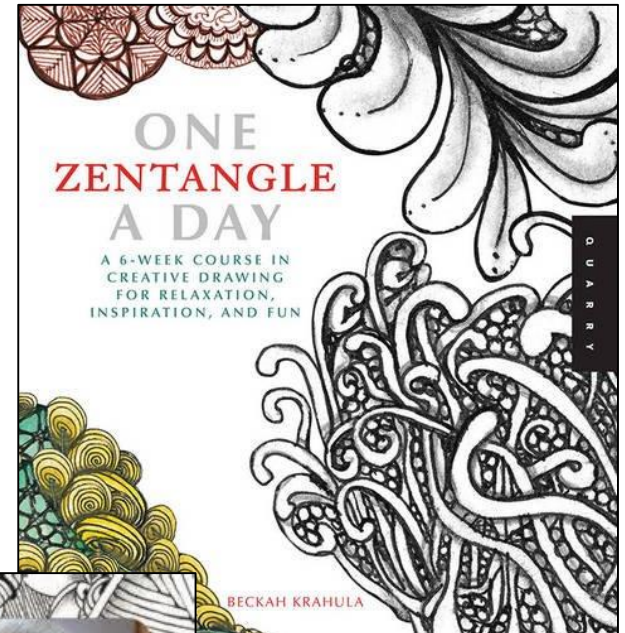
# What is Zentangle?

The Zentangle system:

- Designed by Rick Roberts (concept) and Maria Thomas (artist) who live in Massachusetts
- Created as a means of merging meditation or relaxation with art
- Each “tangle” pattern has a name

Possible benefits and uses of the Zentangle system:

- Relaxation
- Inspiration
- Increase attention span
- Improve eye/hand coordination
- Create beautiful works of art



# Artwork



Zentangle Tile, 2016, Audrey Guidi



Zentangle Tile, 2013, Maxine Pippin

# Materials

Tangle practice sheet  
Blank cardstock or tagboard

Pencil, to be used only for tracing  
hand and drawing string



Ultra Fine Point Sharpie



(Optional) Fine Sharpie, only for retracing the  
outer outline of the hand once all tangles are  
completed inside the hand shape

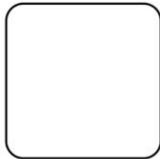




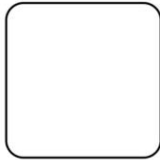
# Tangle Practice

- Try some tangle designs in the empty square on your practice sheet.
- The red lines show you where to start and how to move to the next step.

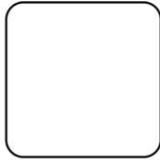
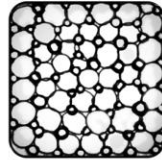
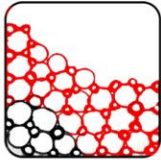
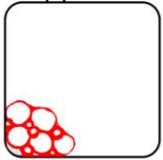
Fescu



Static



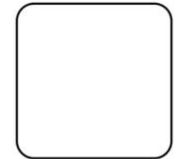
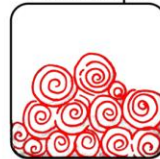
Tipple



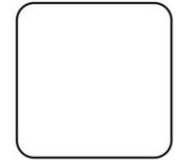
Flux



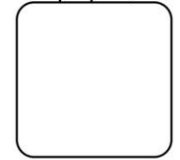
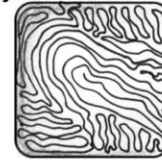
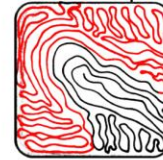
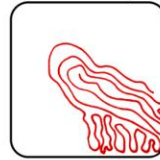
Printemps



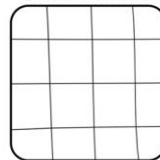
Crescent Moon



Amaze (a single line, the pen stays in contact with the paper)



Grid variations:



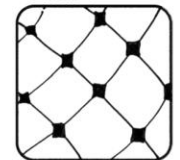
Knight's Bridge



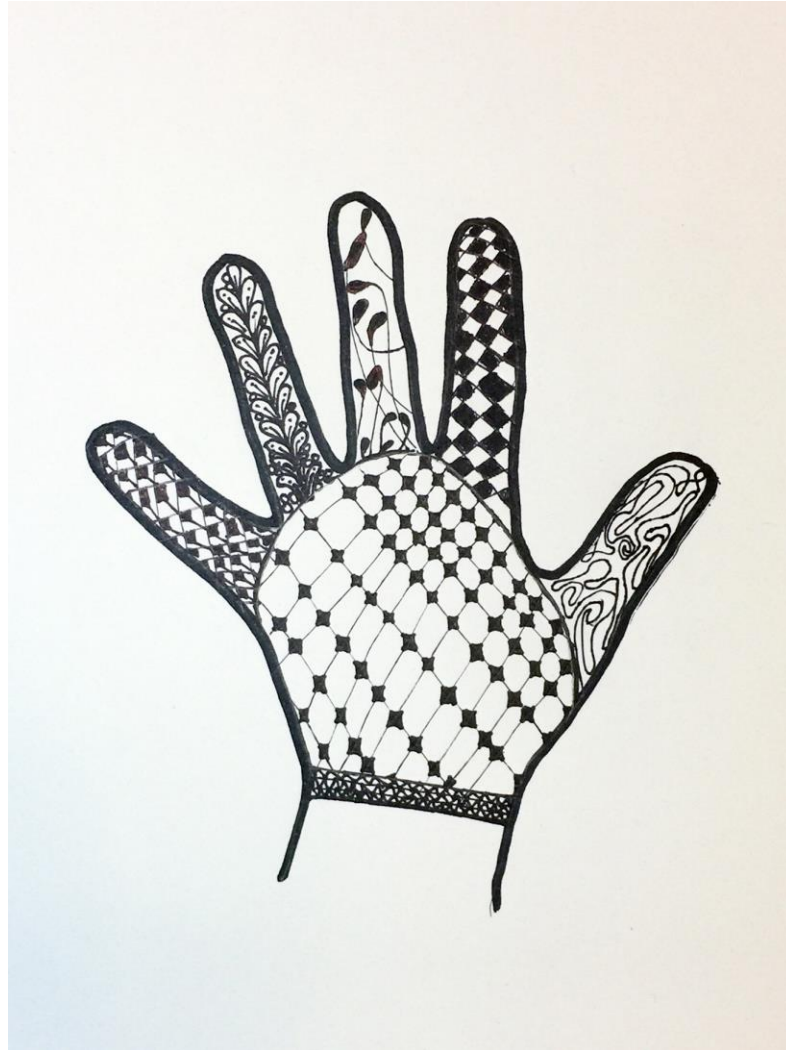
Cubine



Floriz



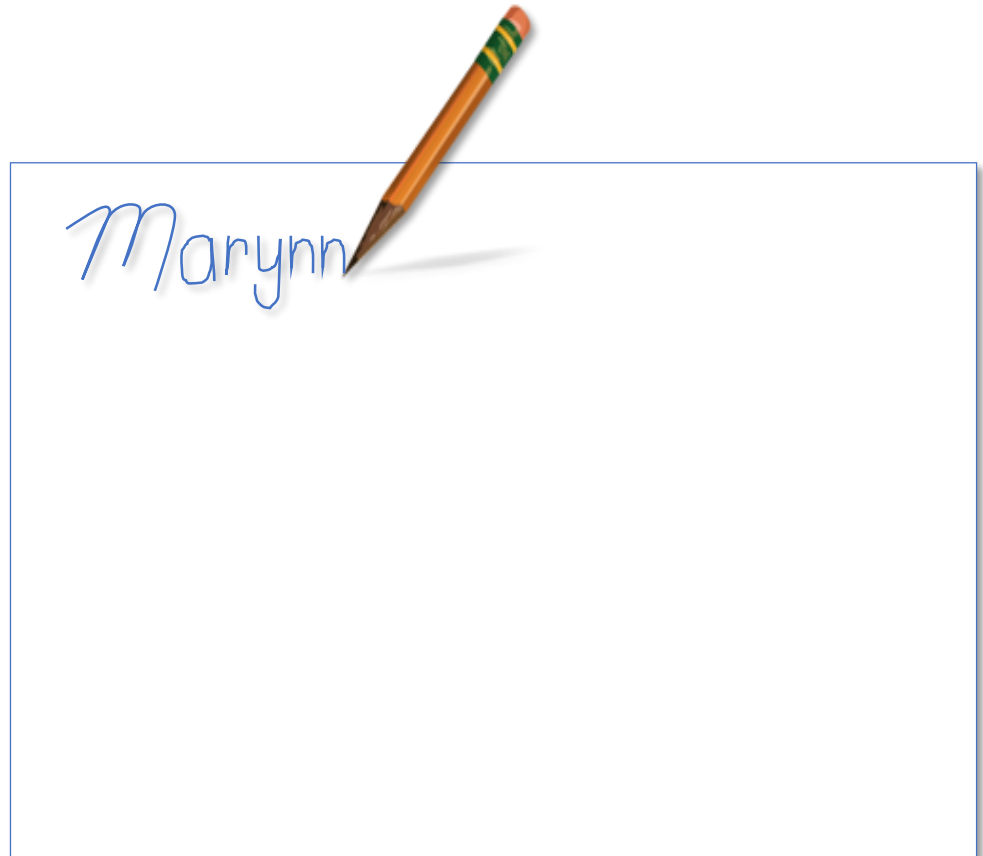
# Example of Today's Project





# Before You Begin

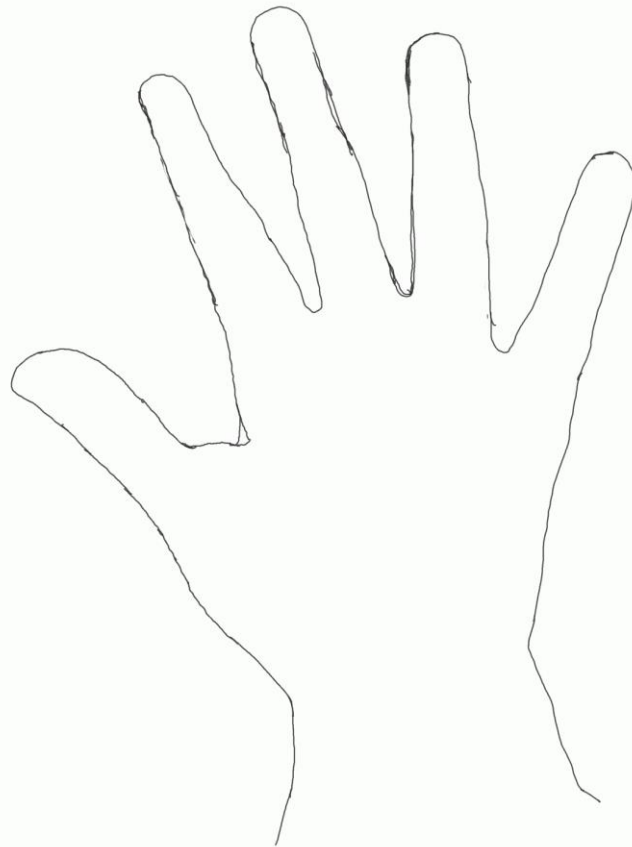
1. Write your **name** in pencil on the **back** of both papers.
2. Flip your paper over.
3. **Roll up your sleeves!**



# Step 1

- Use a pencil to trace your hand.

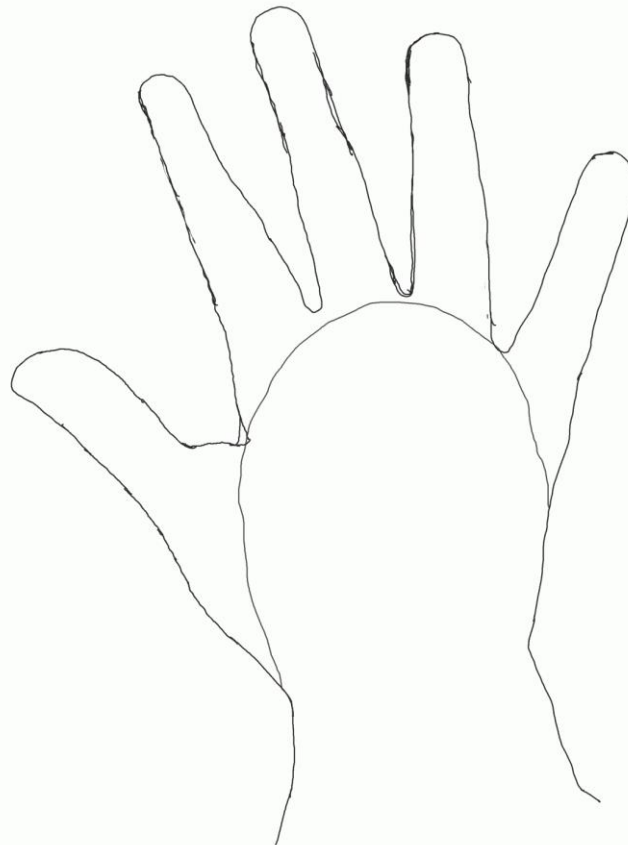
Note: The trace doesn't have to be perfect. You can use an eraser and make adjustments if you'd like.



## Step 2

Zentangle calls for you to draw a “string” to separate sections of your design.

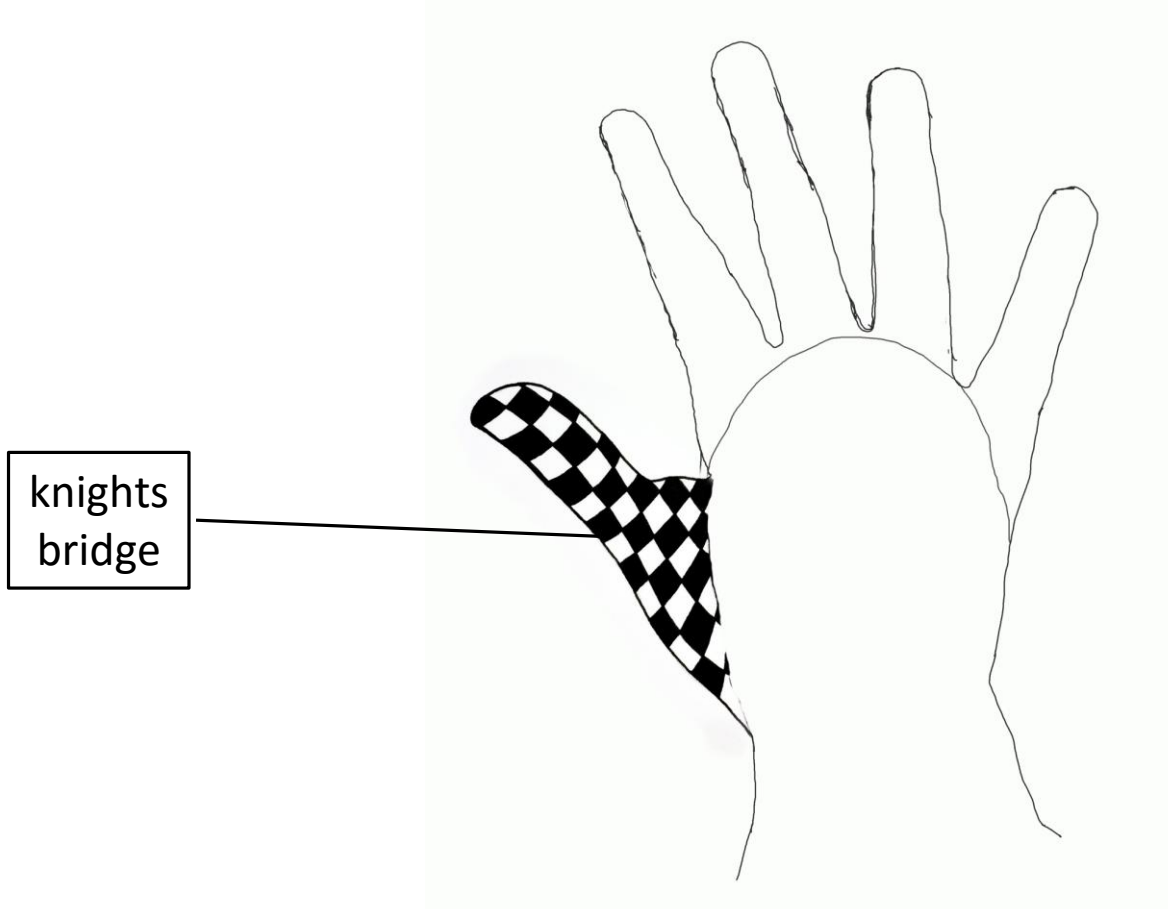
- Use a pencil to separate your palm and fingers into 6 sections.
- Each section will contain a different “tangle.”





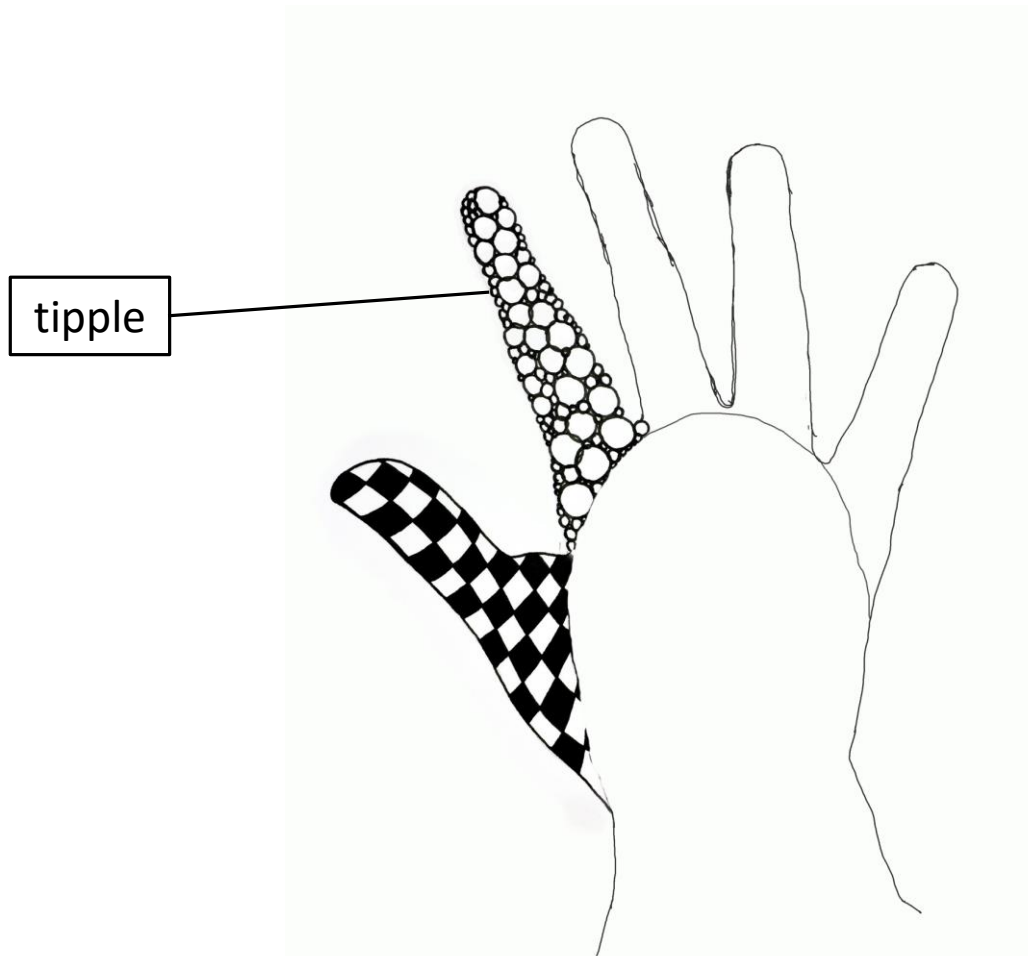
# Step 3

- Put your pencil away.
- Choose a "tangle" from your practice sheet.
- Use an Ultra Fine Point Sharpie to draw the pattern.
- Remember to relax; perfection is not the goal of Zentangle.



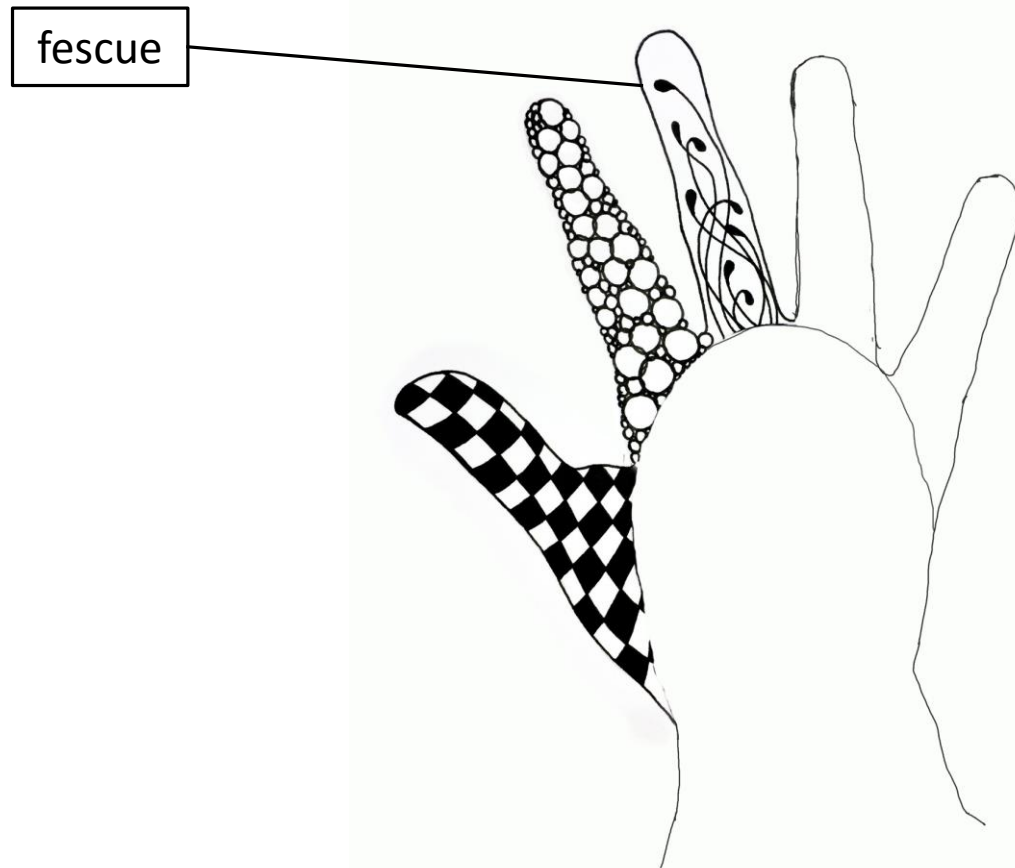
# Step 4

- Choose a different “tangle” from your practice sheet.
- Move to another section and use your Sharpie to draw the pattern.



# Step 5

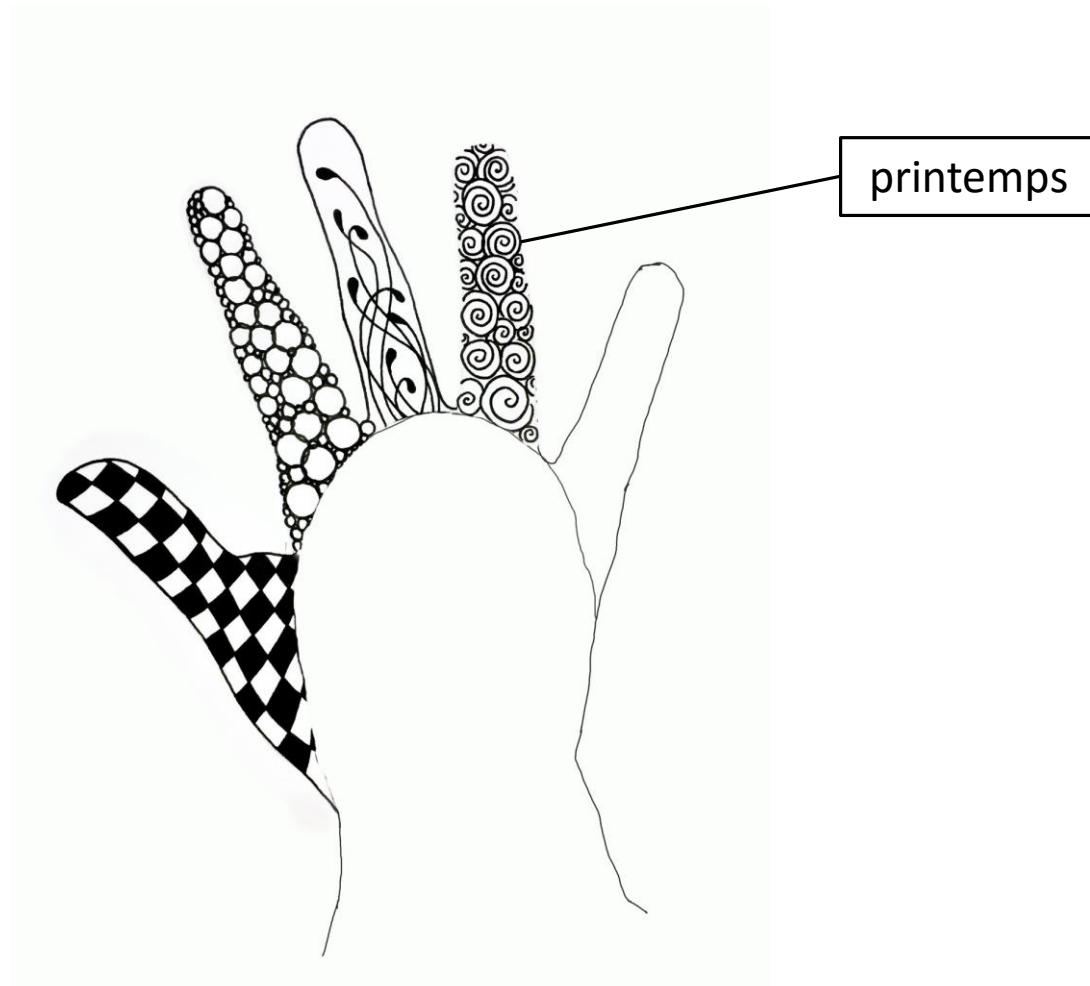
- Choose a different “tangle” from your practice sheet.
- Move to another section and use your Sharpie to draw the pattern.





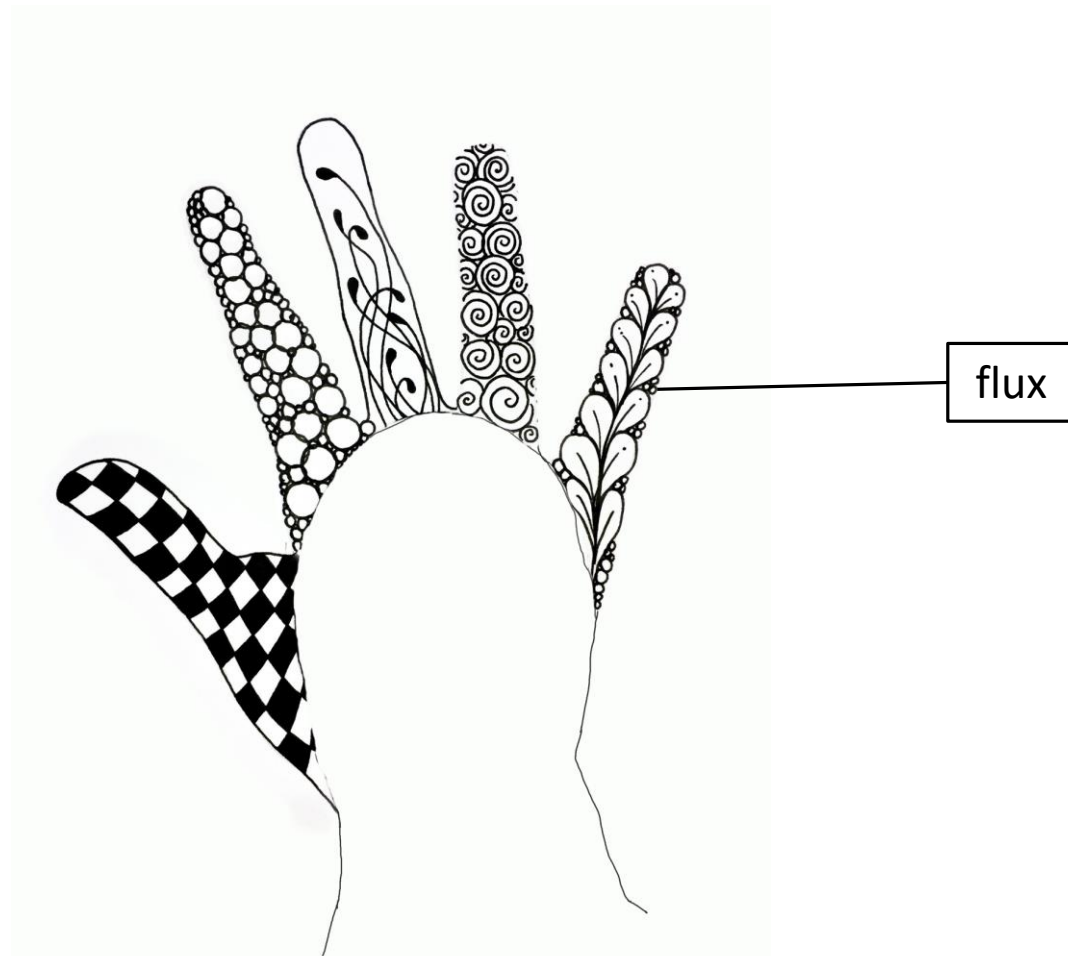
# Step 6

- Choose another “tangle” from your practice sheet.
- Move to another section and use your Sharpie to draw the pattern.



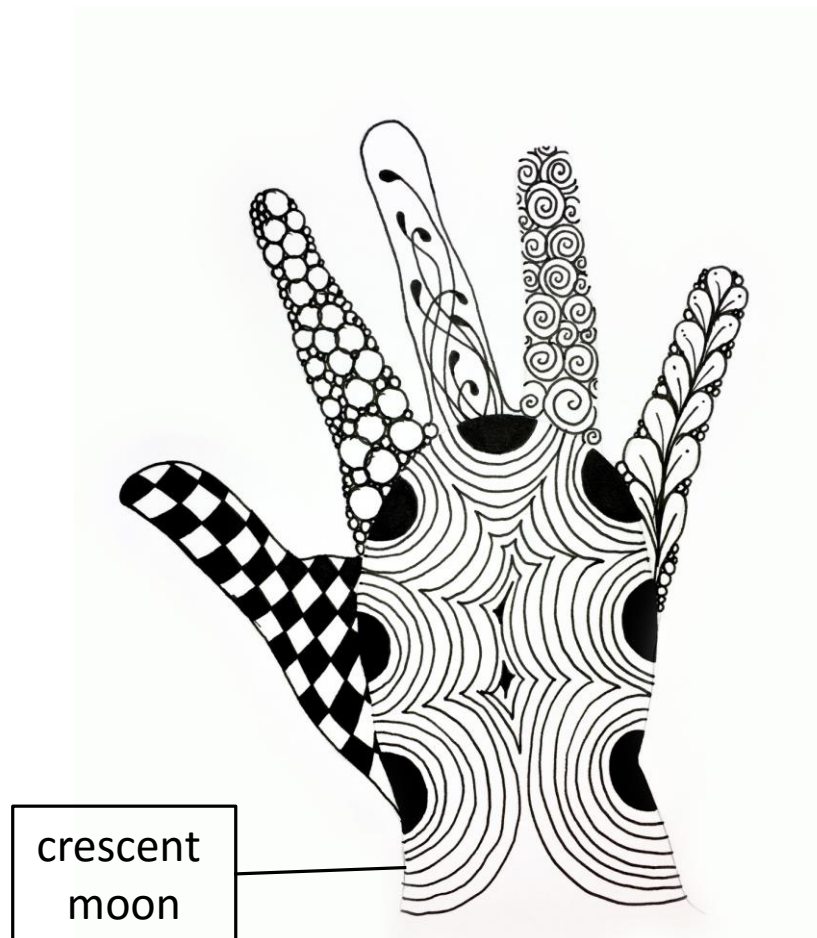
# Step 7

- Choose another “tangle” from your practice sheet.
- Move to another section and use your Sharpie to draw the pattern.



# Step 8

- Choose one last “tangle” from your practice sheet.
- Move to another section and use your Sharpie to draw the final pattern.





# Example Tangles for Inspiration

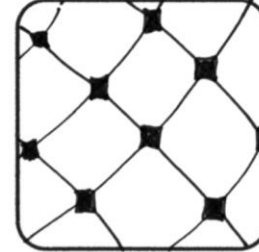
Knights  
Bridge



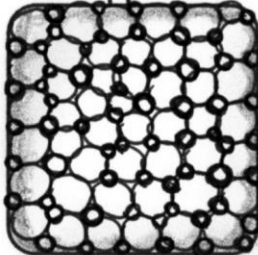
Cubine



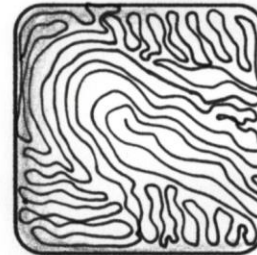
Floriz



Tipple



Amaze



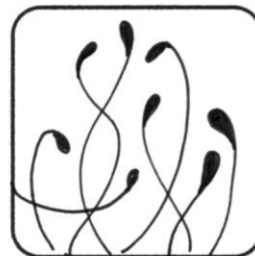
Crescent Moon



Flux



Static



Fescu



Printemps

HR

# Reflection

- How do the different tangles create a visual **texture** in your drawings?
- What was your favorite part of our project today?
- Would anyone like to share their art?



# Credits

1. About Zentangle <https://www.zentangle.com/zentangle-method>
2. Book pictured in presentation One Zentangle a Day: A 6-Week Course In Creative Drawing for Relaxation, Inspiration, and Fun by Beckah Krahula
3. Zentangles created by local artists Maxine Pippin and Audrey Guidi, used with permission.