

Step-by-step instructions: How To Begin Zentangle Rough Sketches

Name: _____

Step 1: Research Zentangle Tangles (Patterns)

- Go onto Google and look up several kinds of tangles used for zentangle art designs.
- Find 5 different tangles that you would like to use in your own zentangle.
- Once you have found 5 tangles that you like, proceed to step 2.

Step 2: Access “What Helps Us De-stress?” worksheet

- Find and open the “What Helps Us De-stress?” worksheet that has your saved responses.
- Once the worksheet is opened on your computer, move to Step 3.

Step 3: Read Over Responses in Worksheet

- Read your responses in the “What Helps Us De-stress?” worksheet.
- Look for and highlight the activities you wrote about that helps you de-stress or relax.

Step 4: Begin Hand Drawing

- Once you have highlighted the activities that help you de-stress/relax, you are ready to begin drawing some rough sketches.
- Complete 3 rough sketches of the activities you wrote about. Rough sketches should be the size of your hand.

Step 5: While You Draw

- Begin by drawing the contour lines of the object you plan to sketch; this will be the easiest approach.
- Contour line defines the outline of a form, as well as interior structure, without the use of shading.
- For example: An ice cream cone’s contour lines may be an upside down triangle while the ice cream scoops are circles.

For more specific step-by-step instruction

I have created demo videos and uploaded them onto Google Classroom. How to access demo videos:

- Go to google classroom, click on classwork, scroll all the way down to “Zentangles” project title.

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- Click on “Demo Videos: How to Begin Zentangles Rough Sketches”
- Videos should play with audio.