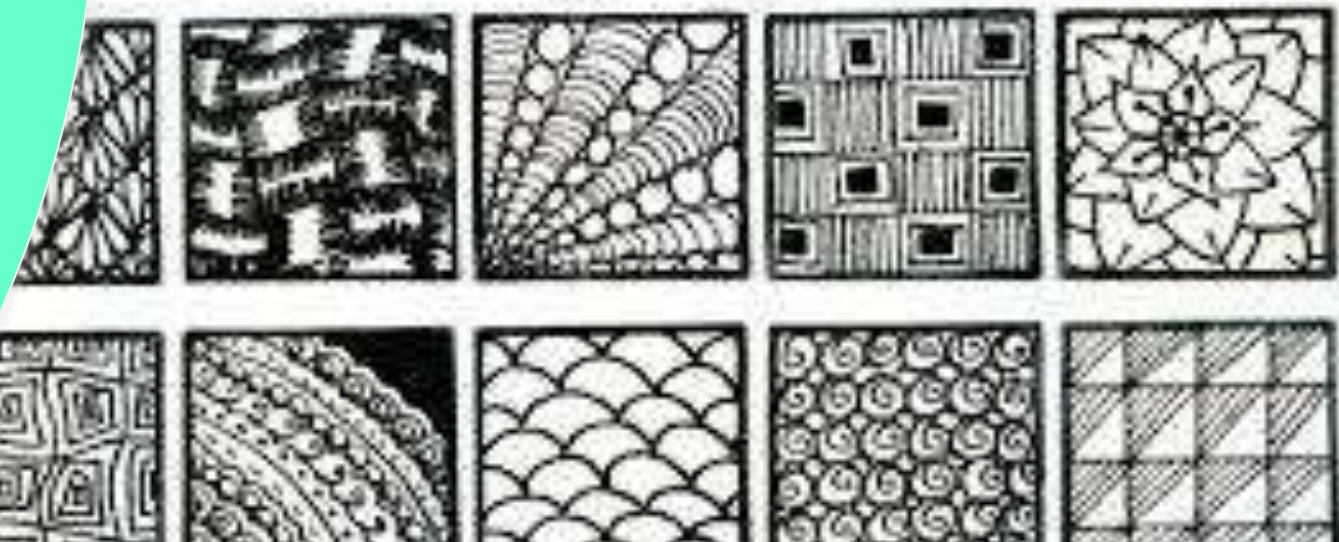


Using the initial from your first name, create your own mindfulness colouring.



Zentangle Patterns



You can do this by drawing the outline of your initial and then drawing some Zentangles inside of it.

What is a Zentangle?

- **Zentangle** is a form of meditative doodling that has patterns, or tangles, put together to form a Zen-tangle.

How do I make one?

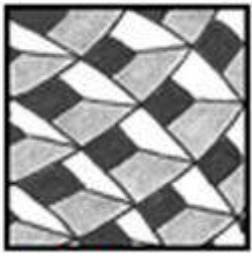
- How do you make a Zentangle?
- Outline the shape of your Zentangle. Draw your shape border outlining the shape of your Zentangle.
- Next divide your shape into several sections.
- Fill in each section with a pattern.
- Color or shade if you choose.
- There is no right or wrong way to do a Zentangle – so get creative and see what you can come up with.

- If you don't have access to pens, pencils or paper, **DON'T WORRY!** You can use anything to get creative with and create a Zentangle.
- Why not trying to make a Zentangle with water or chalk on concrete?
- Have a little look through some off Miss Nicholls' examples (of Zentangles on paper and other creative options) and see if you can get inspired to create your own.
- And remember **HAVE FUN!**
- You can send your awesome Zentangle creations to learningfromhome@ipsleyacademy.co.uk so we can see what you have made!

Zentangle Pattern Ideas.



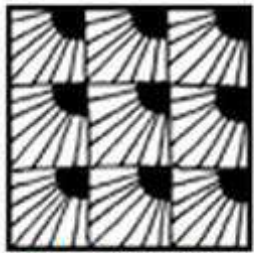
Corner Box



Cubine



Cyme



Daggerly



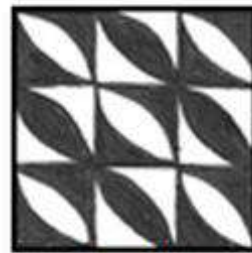
Dex



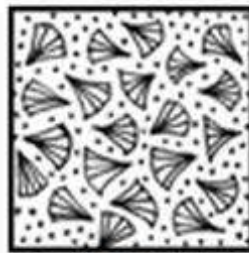
Labyrinth



Ennies



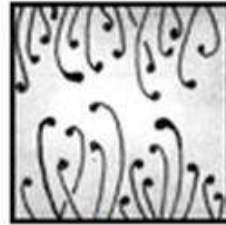
Eye-Wa



Fans



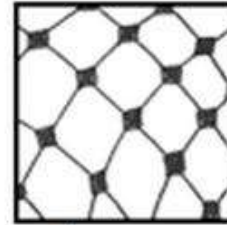
Feathers



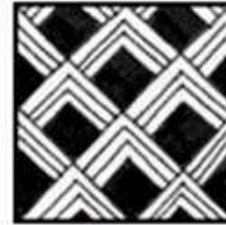
Fescu



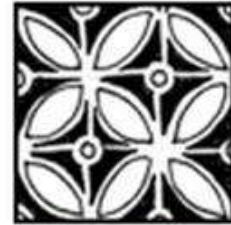
Finery



Florz



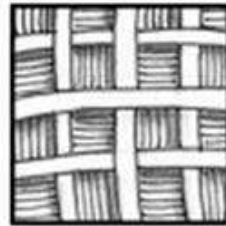
Flukes



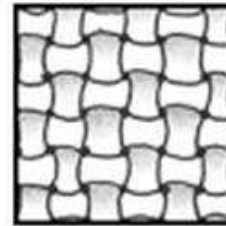
Flutter Tile



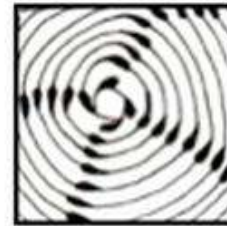
Hybrid



Hollibaugh



Huggins



Hurikan



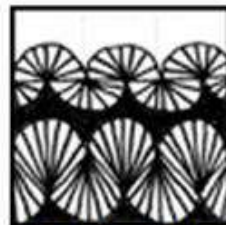
Hurry



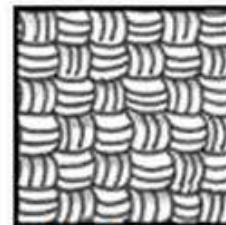
Inapod



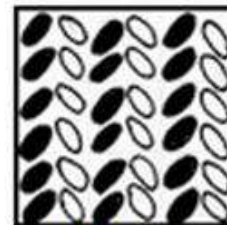
Jonqal



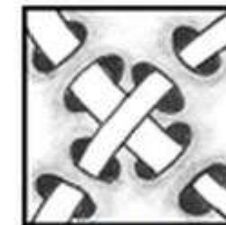
Kandysnake



Keeko



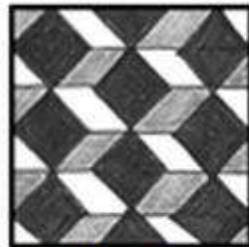
Knitting



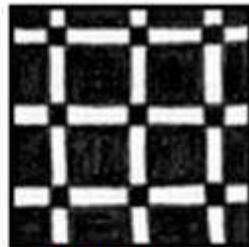
Laced



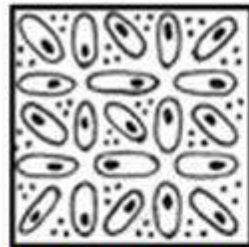
Lightning Bolt



Beeline



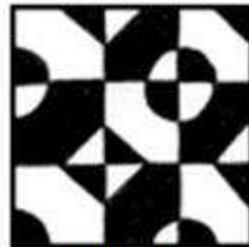
Black box



Black eyed peas



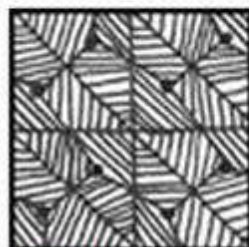
Blooming-butter



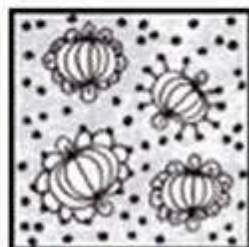
Bowties



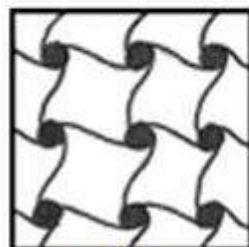
Btl Joos



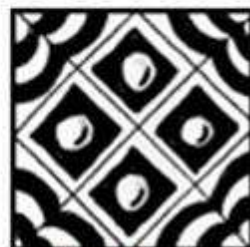
Bucky



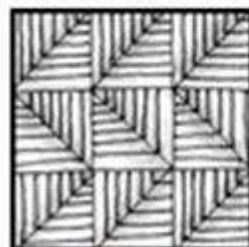
Bulb Lantern



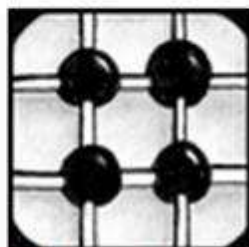
Cadent



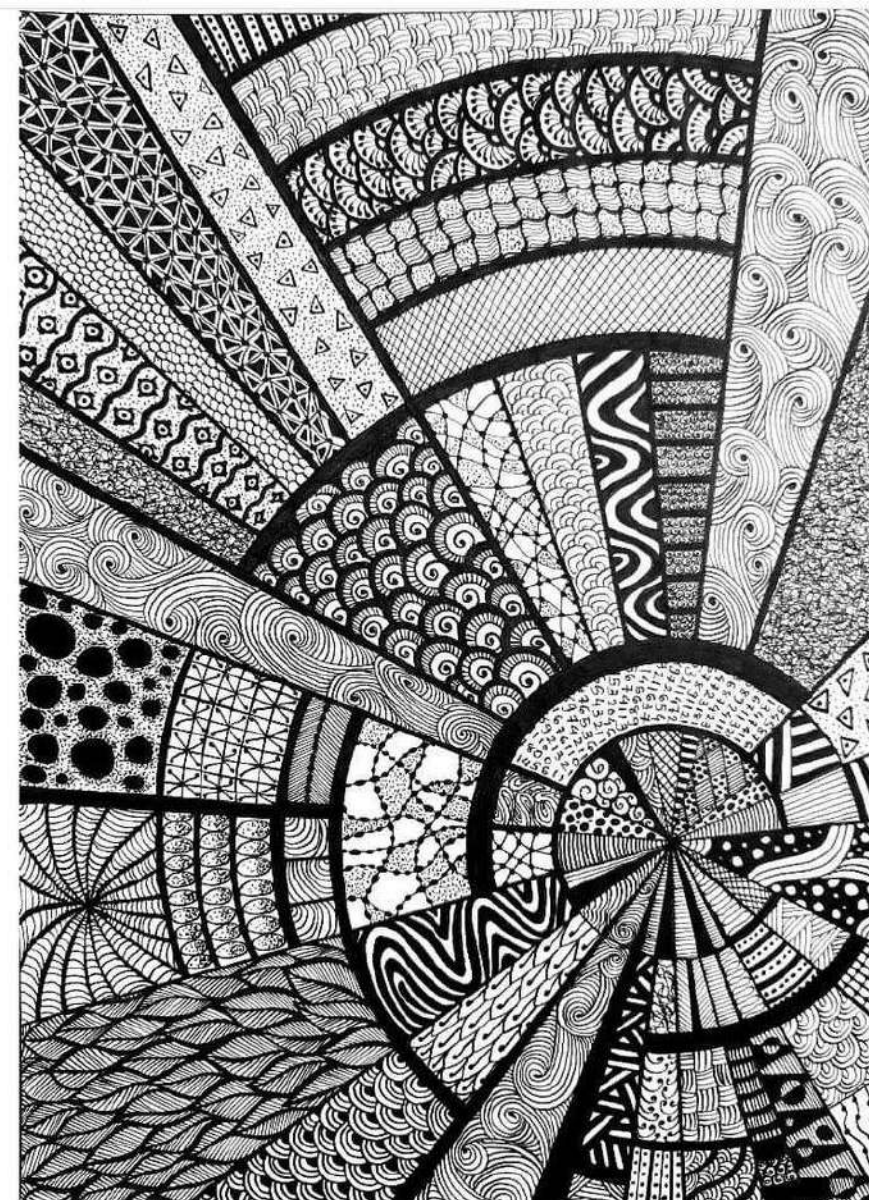
Centrifuge



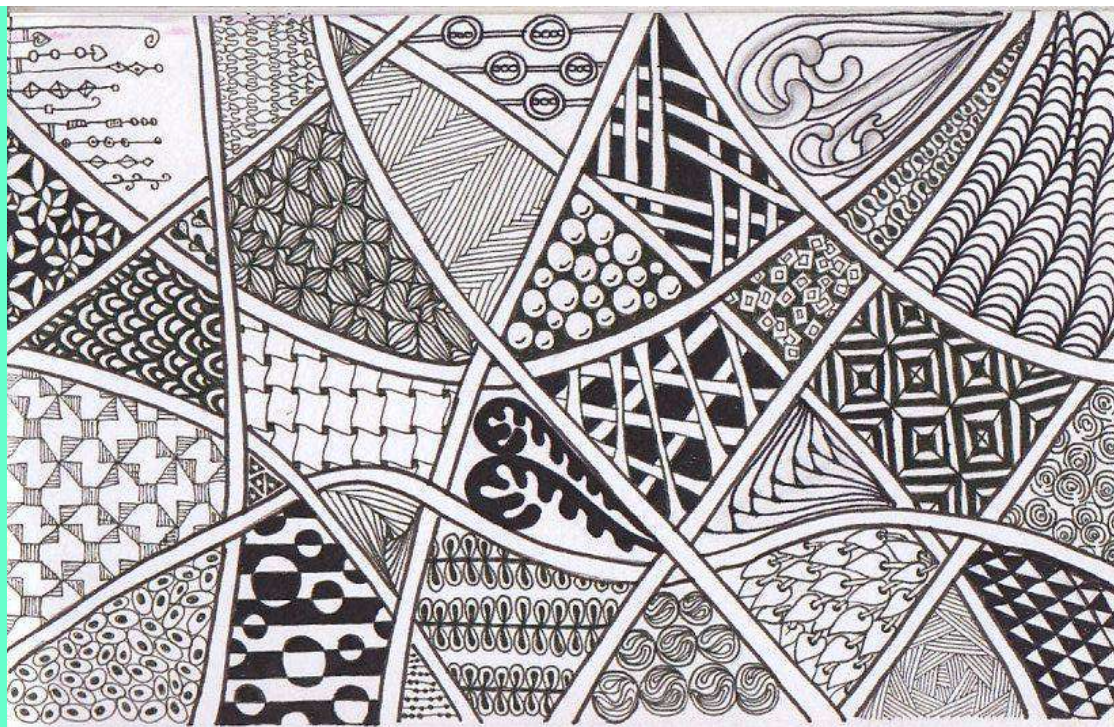
Chard



Chemystery



If you have access to Google, you can Google Zentangle and there are hundreds of awesome designs you can get inspiration from!



Miss Nicholls' Creations

