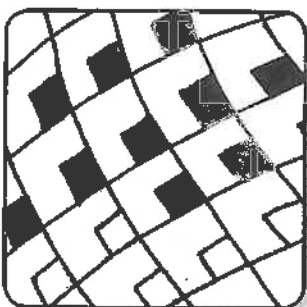
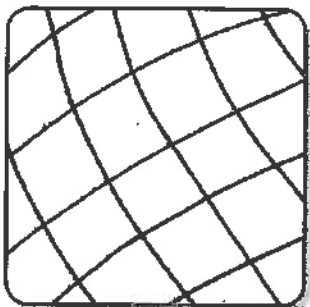
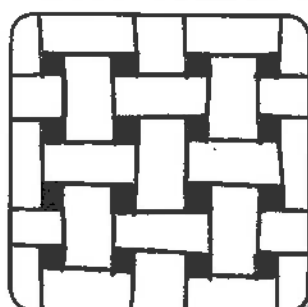
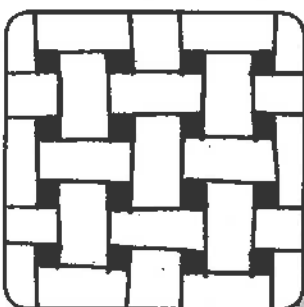
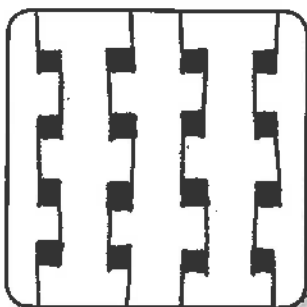
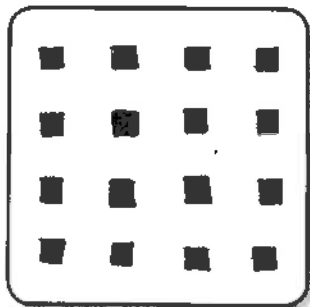
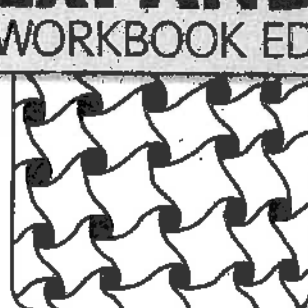
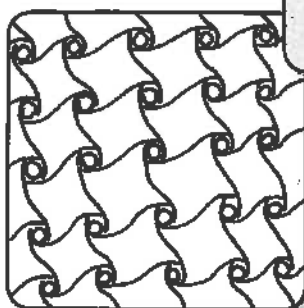
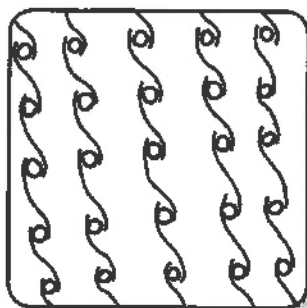
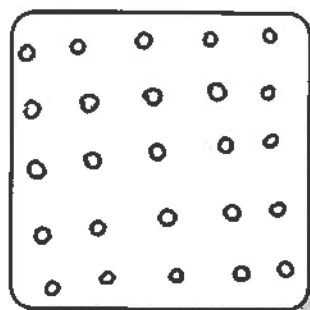


# Zentangle<sup>®</sup> 1

BASICS

**EXPANDED**  
WORKBOOK EDITION



**Suzanne McNeill, CZT**

# ZENTANGLE®

*"Anything is possible,  
one stroke at a time."*™

*Zentangle® turns drawings into artistic design while reducing stress and improving focus. This relaxing process can be done anywhere and no 'artistic' talent is needed.*

*Embellish journals, scrapbooks, art, paintings and cards. There is really no limit to creativity.*

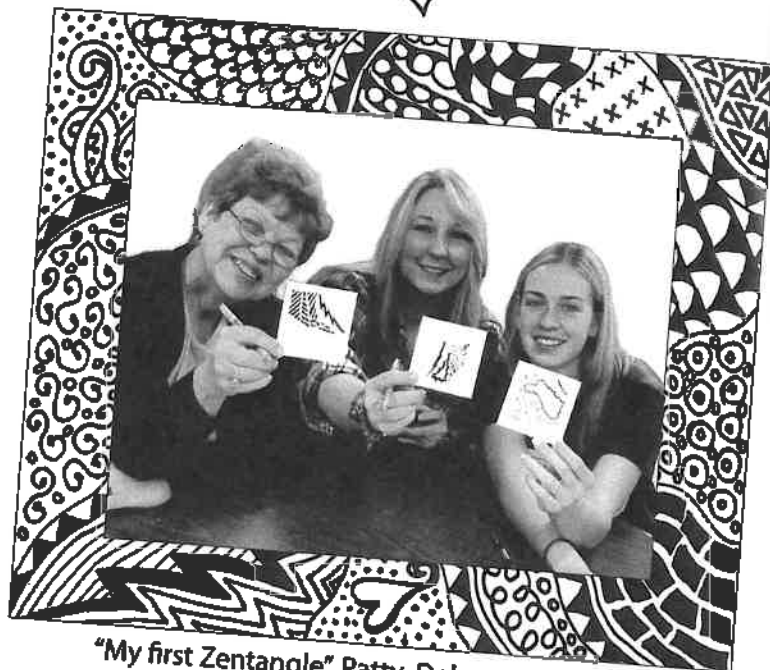
*The Zentangle Basics book helps students and educators get started. It features step-by-step illustrations for 25 tangles. Also included are tips for how to relate Zentangle to learning for spelling, math, social studies, geometry and art.*

*Developed by Rick Roberts and Maria Thomas, traditional Zentangle includes a ritual to help get in touch with life while creating beautiful art. Zentangle is used as a learning skill for school children, as stress reduction for adults, and it helps develop dexterity. In addition, Zentangles can be fabulous works of art that resemble etchings.*

*Suzanne McNeill, CZT shares great tips on including Zentangle in your art and in your life.*

*Suzanne*

CZT - certified Zentangle teacher



"My first Zentangle", Patty, Debra and Jourdain

You'll find wonderful resources,  
a list of certified teachers and workshops,  
a fabulous gallery of inspiring projects,  
kits, supplies and tiles at [zentangle.com](http://zentangle.com)



zentangle®

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ISBN 978-1-57421-904-3

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**WARNING:** Due to the components used in this craft, children under 8 years of age should not have access to materials or supplies. Under rare circumstances components of products could cause serious or fatal injury. Neither New Design Originals, Suzanne McNeill, the product manufacturer, or the supplier is responsible.

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"Zentangle", the red square, and "Anything is possible, one stroke at a time" are registered trademarks of Zentangle, Inc. Zentangle's teaching method is patent pending and is used by permission. You'll find wonderful resources, a list of Certified Zentangle Teachers (CZTs), workshops, a fabulous gallery of inspiring projects, supplies, kits, and tiles at [zentangle.com](http://zentangle.com).

Printed in the United States of America  
First printing

# What you'll need to get started...



a pencil.



a black permanent marker  
Micron 01 Pigma pigment ink pen  
by Sakura is suggested

smooth art paper  
a 3½" x 3½" 'tile' is suggested



## for Children

### Level of Difficulty: All Levels, ages 5 and up

Zentangle can be done by almost any age... children, teens and adults.

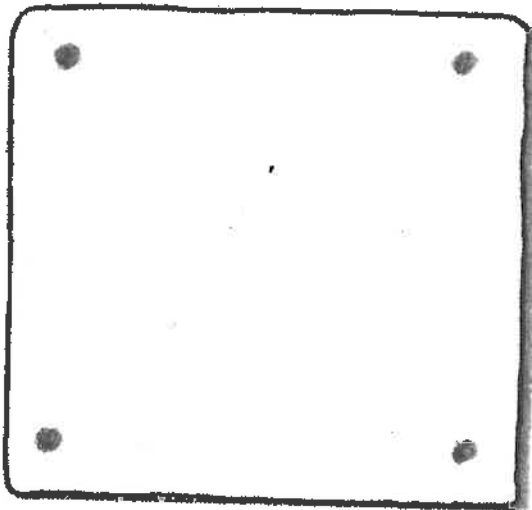
Most younger children find it easier to draw big while they are still developing dexterity. To begin, I recommend a black 08 Pigma pen. For paper, I use 5½" square white cardstock.

Teens and tweens love to draw Tangles. A black Micron 08 Pigma pen works well, and students feel totally comfortable with 3½" tiles, 5½" tiles, or 8½" square tiles.

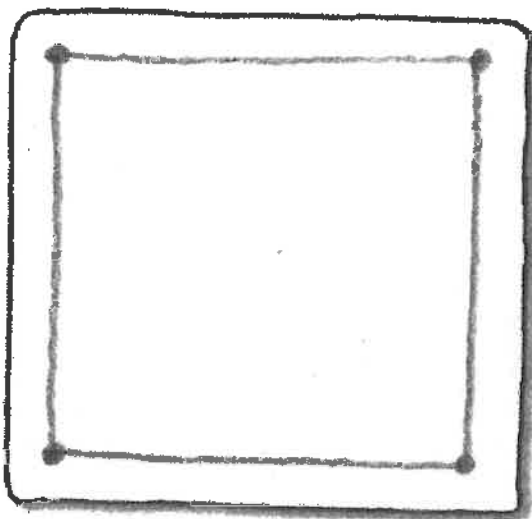
**TIP:** Sturdy paper such as 60# cover or 100# cardstock works well.



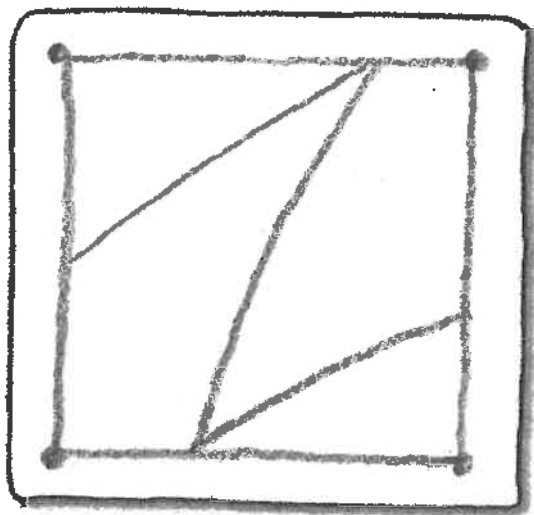
## How to Get Started...



1. Use a pencil to make a dot in each corner.



2. Connect the dots.



3. Draw a "string" as a guide line. Try a zigzag, a loop, an 'X' or a swirl.

## Traditional Zentangles...

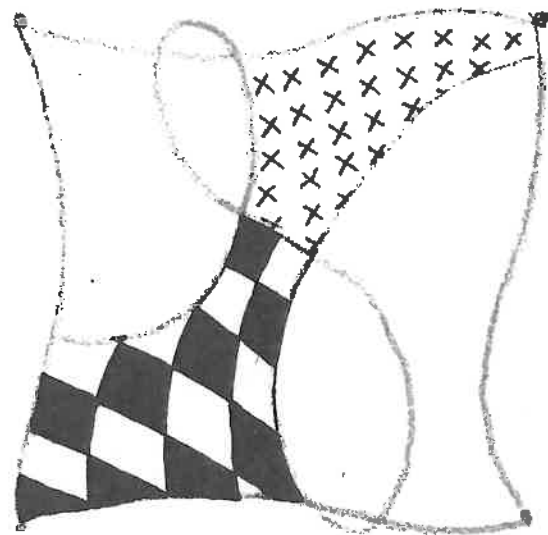
A very simple process is part of every traditional Zentangle.

1. Make a dot in each corner of a paper tile with a pencil. Connect dots to form a basic frame.
2. Draw guideline "strings" with the pencil. The shape can be a zigzag, swirl, X, circle or just about anything that divides the area into sections.

It represents the "golden thread" that connects all the patterns and events that run through life.

The lines will not be erased but become part of the design.

3. Use a black pen to draw Tangle patterns into the sections formed by the "string".
4. Rotate the paper tile as you fill each section with a pattern.



4. Switch to a pen and draw tangle patterns into the sections formed by the "string".

### Tips:

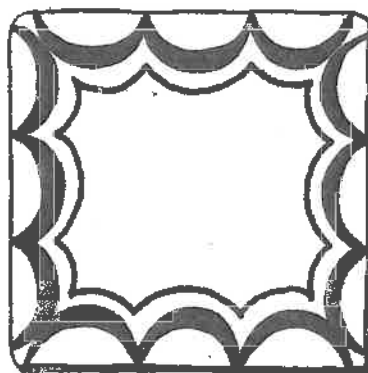
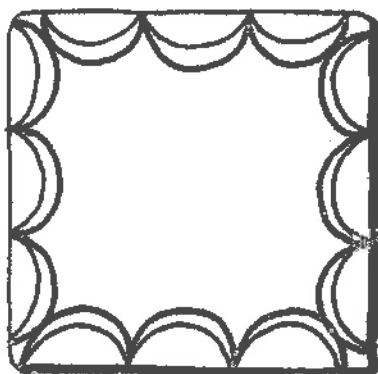
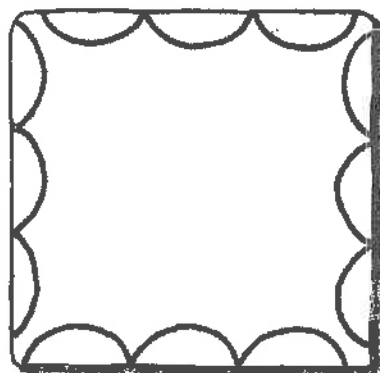
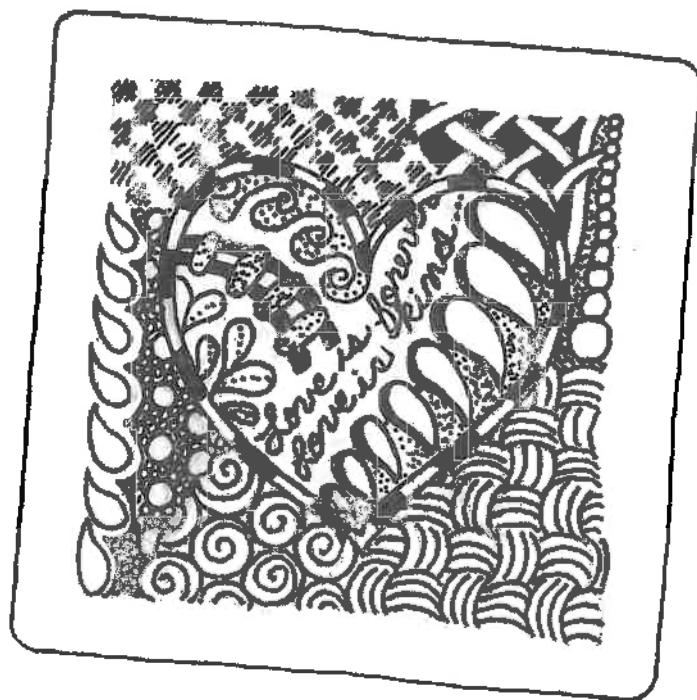
- When you cross a line, change the pattern.
- It is OK to leave some sections blank.

# TANGLES

Each Tangle is a unique artistic design and there are hundreds of variations. Start with basic patterns, then create your own.

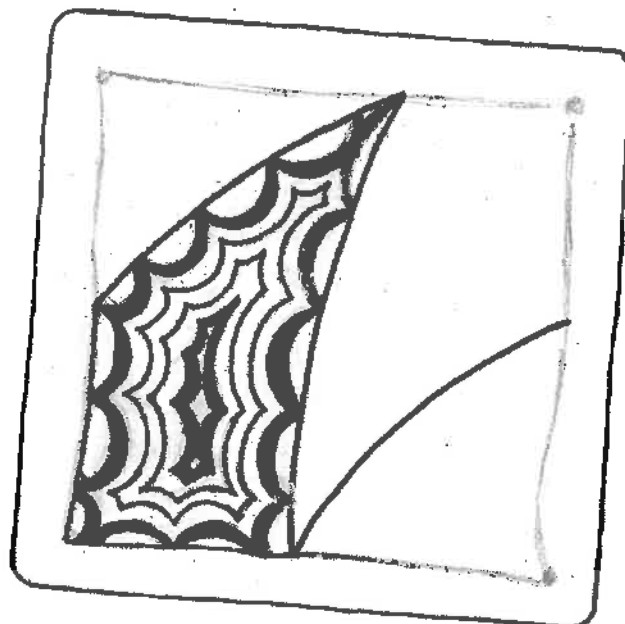
With Zentangle, no eraser is needed. Just as in life, we cannot erase events and mistakes, instead we must build upon them and make improvements from any event.

Life is a building process. All experiences are included into our learning process and into our life patterns.



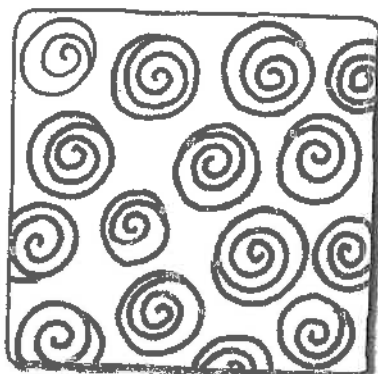
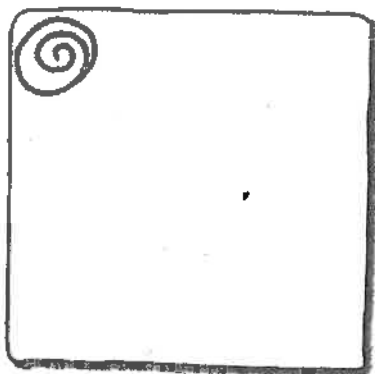
## Crescent Moon\*

1. Draw curved humps along the inside edges of any section.
2. Draw a curved line on each hump to create arches or moon shapes.



3. Color each moon with black.
4. Draw a continuous curved line inside of the moons.
5. Draw additional curved lines to fill the section.

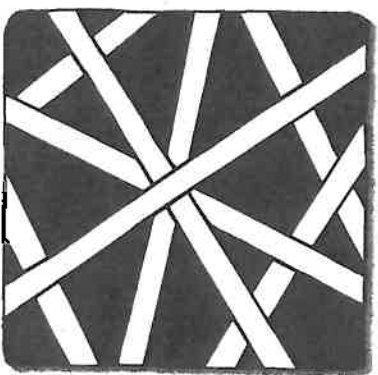
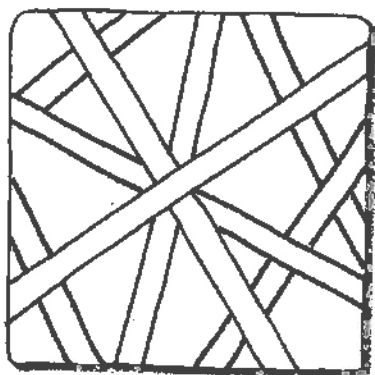
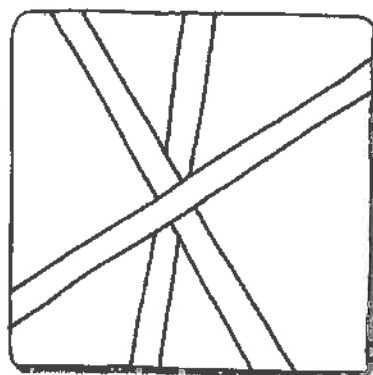
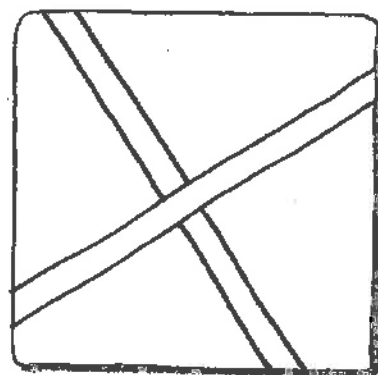
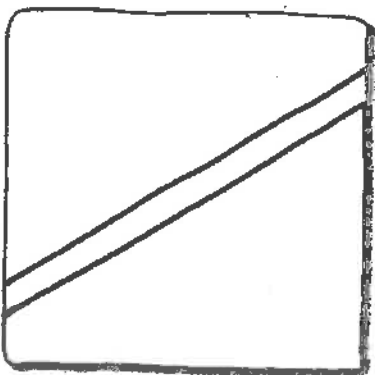
*\*original Zentangle design - Variation*



## 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*



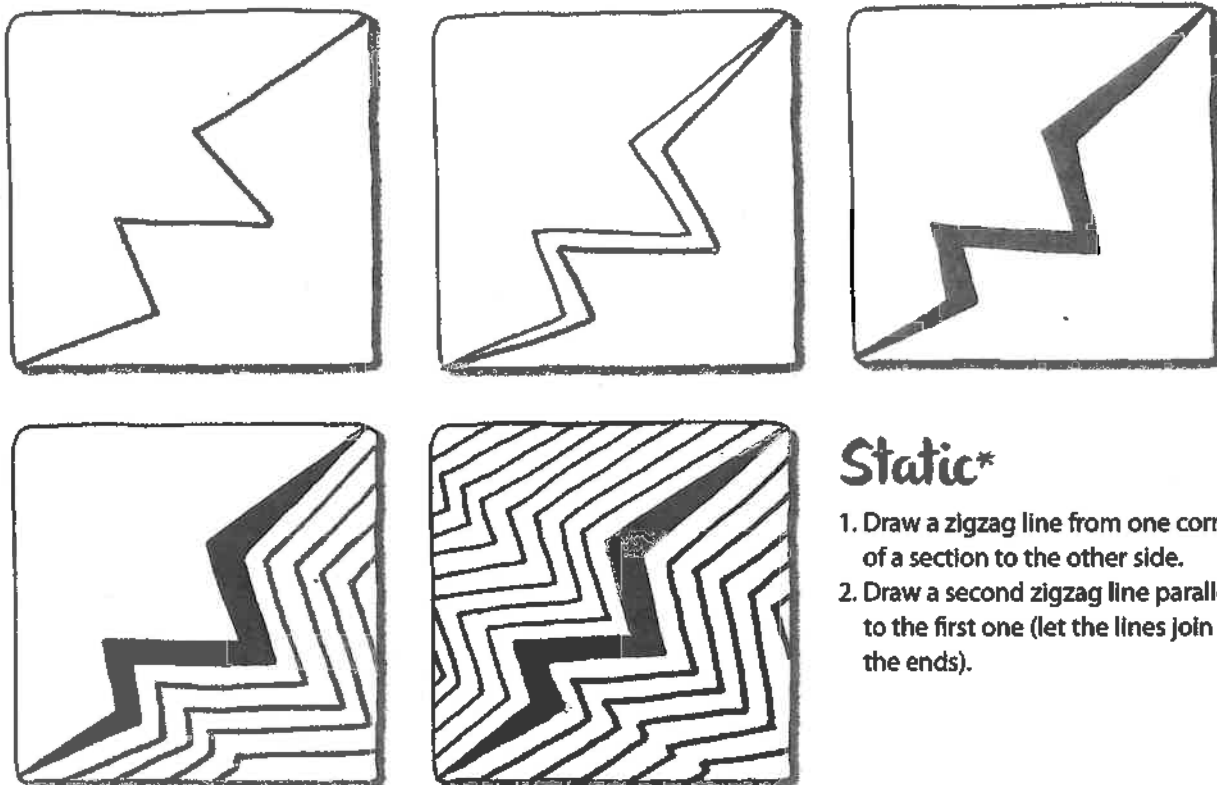
## Hollibaugh\*

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*





## Static\*

1. Draw a zigzag line from one corner of a section to the other side.
2. Draw a second zigzag line parallel to the first one (let the lines join at the ends).

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

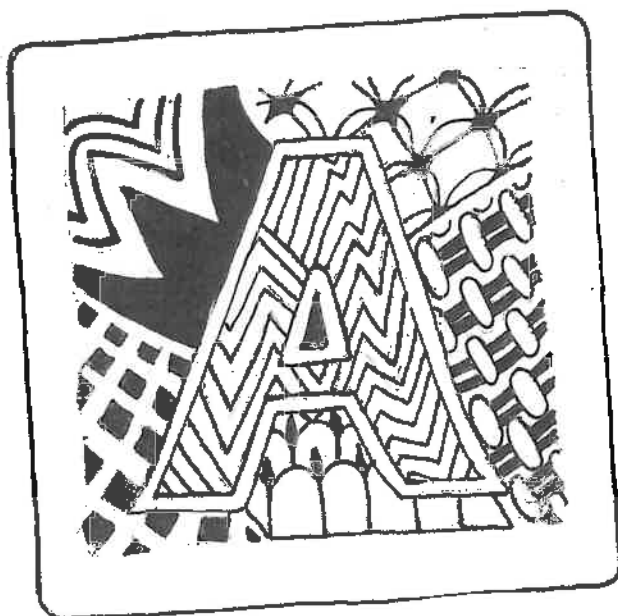
Suggestions of where to add shading...

- 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  $\frac{1}{8}$ " wide, to "raise" it off the page

Note: Use shading sparingly.



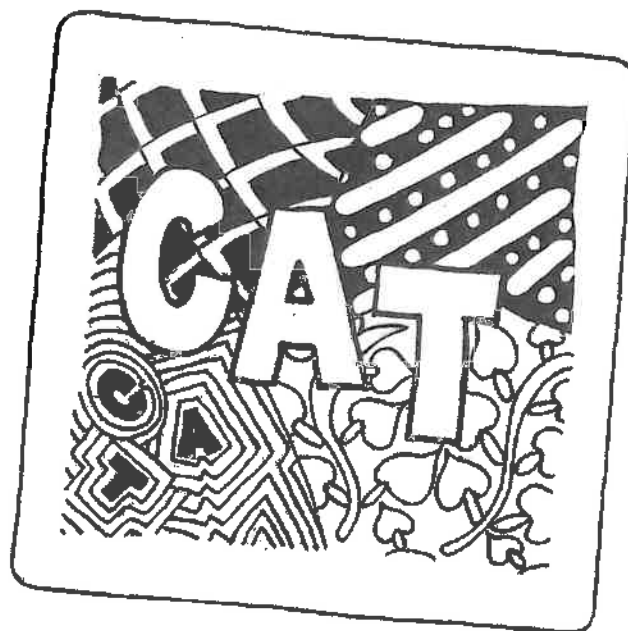
Use the pencil to add shading and use a paper stump to rub the pencil to smudge and blend the gray areas.



## Alphabet

Draw a block letter, it could be your initial or part of a word. Draw sections within the letter and/or sections around the border. Then add a pattern in each section.

**Tip:** Spell a word or your name by lining up three or more tiles.



## Relate Zentangle to Learning...

Here's a neat trick to increase spelling comprehension. Spell out a word in block letters within a tile. Add letters in a section and fill the section. As you draw, your mind will be recording the sequence of the letters.

Here's a clever way to help memory in math. Draw your addition numbers then add patterns in the background.

## Geometry

Learn basic shapes in patterns... circle, square, triangle, spiral.

### What You'll Learn from Zentangle...

- Hand-to-eye coordination
- Manual dexterity
- Follow instructions
- Complete each step
- Problem solving
- Turn mistakes into positives
- Creativity and innovation

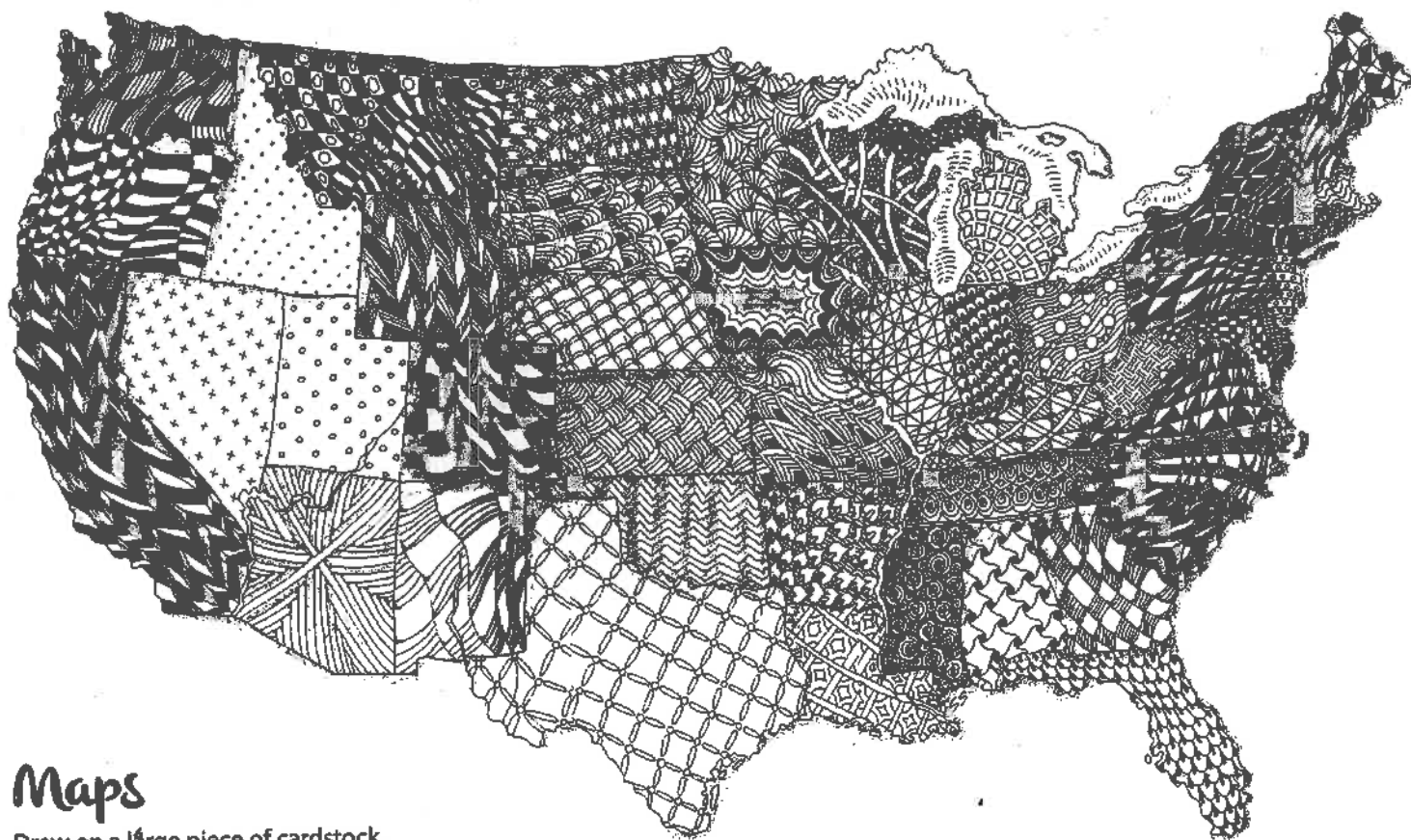
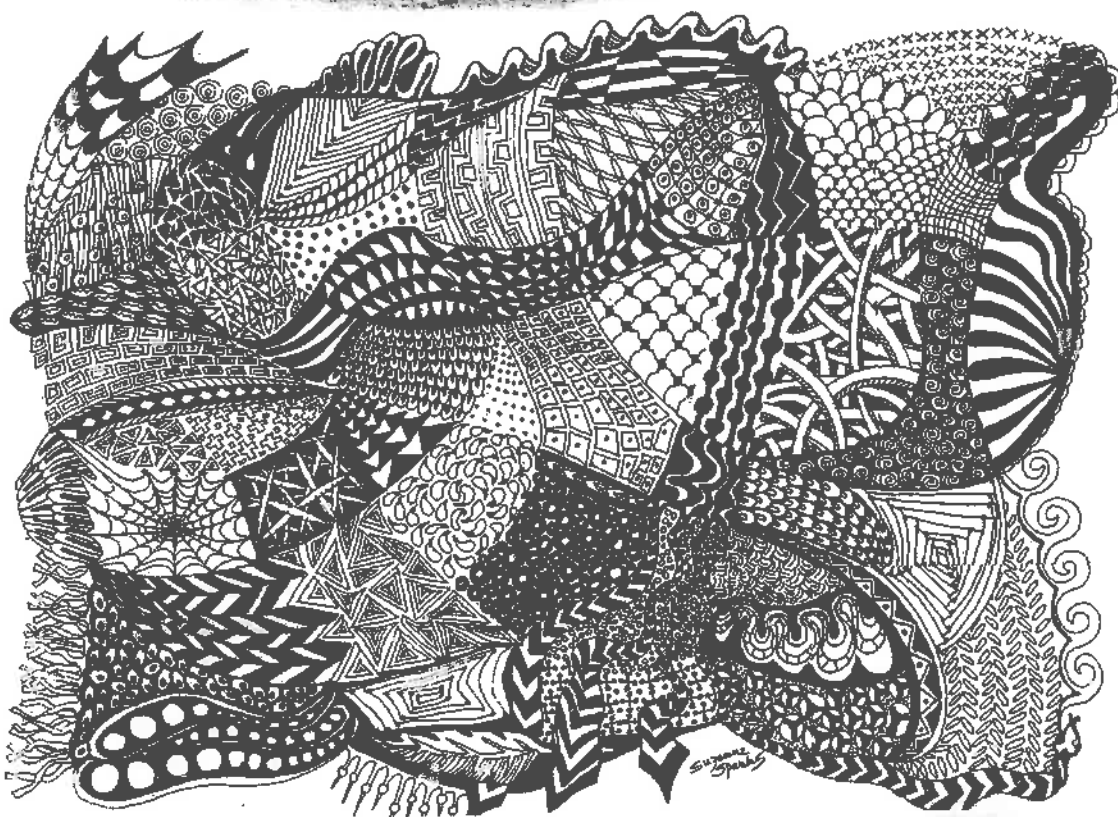




## Friendship Tangles

Draw on a large piece of cardstock. Add the "string" and make many sections (at least one for each friend). Ask each person to draw a pattern in a section.

At the end you'll have a wonderful piece of art created by many hands and talents.



## Maps

Draw on a large piece of cardstock.

For the string, use an outline of the states. Give each student a copy of the map. Each day fill in a state with a pattern. This fun project helps students memorize the shape and position of states on the map. At the end, every state will be filled.



## Clothing

Draw on clothing to wear and to share your creations.  
• T-shirts make a wonderful background.

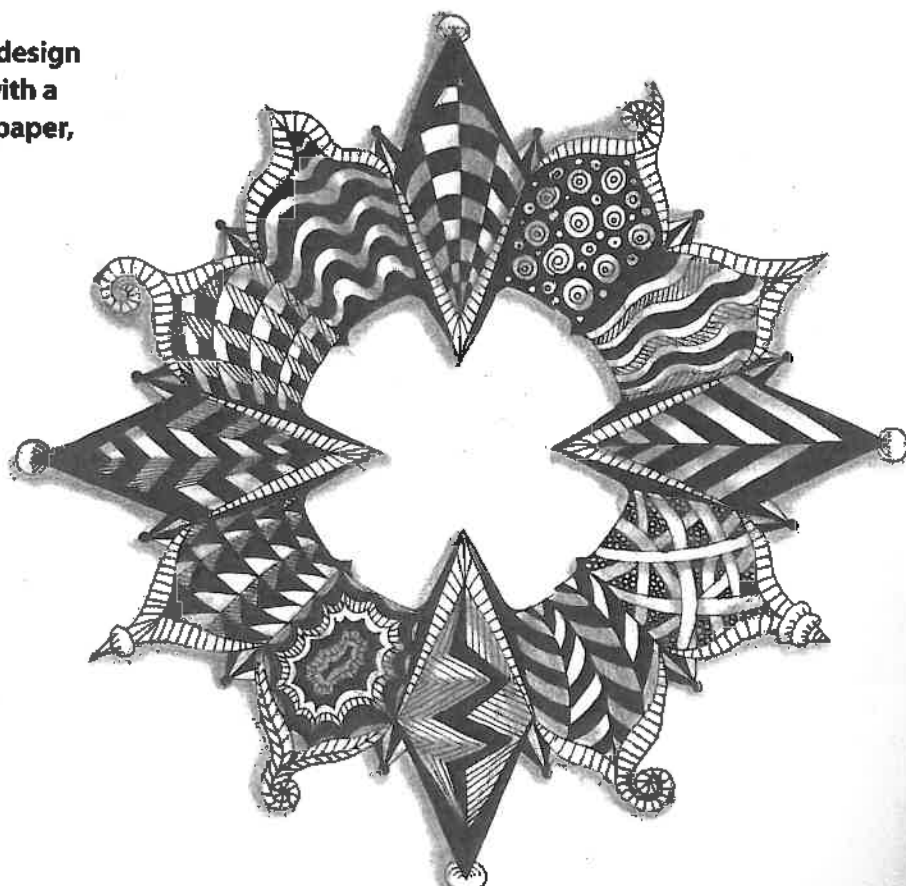
**Tip:** Iron freezer paper on the back of the design area of the shirt to hold the fabric. Draw with a black permanent pen, pull off the freezer paper, then iron the shirt to 'set' the ink.

- Canvas tennis shoes work great. Draw with a black permanent pen on white shoes, or with a white gel pen on black shoes.
- A fabric ball cap (or foam visor) can be decorated and worn anywhere.

## Zen-mandala

Draw circles with a pencil then divide them into sections.

Draw in the sections with a pen.



## Sources of Inspiration

It is amazing how many Tangles you will find when you look around you.

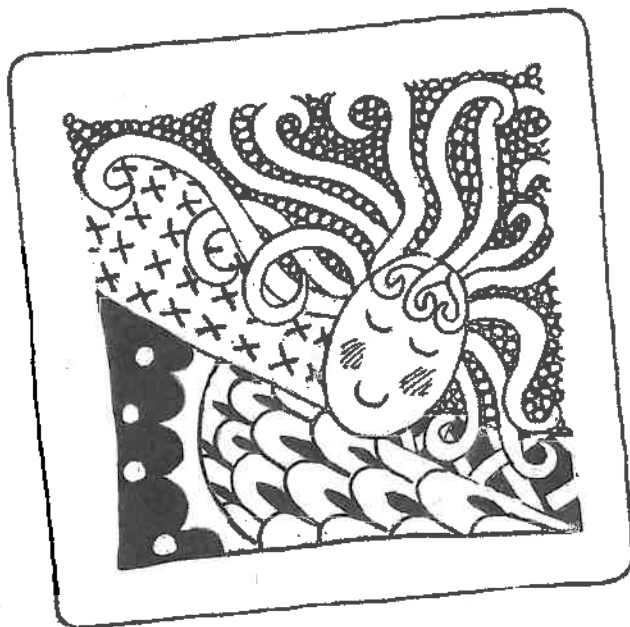
- Bricks, fences, floor tiles and paving stones form simple repeat shapes.
- The squares on lined grids can inspire an endless number of designs.
- Carpets and wallpaper have creative designs of repeated patterns.
- A bowl of beads can be viewed as circles, ovals or shapes that fill a space.
- Once you look, patterns appear everywhere.



## Artist Trading Cards

ATCs are fun to share with friends.

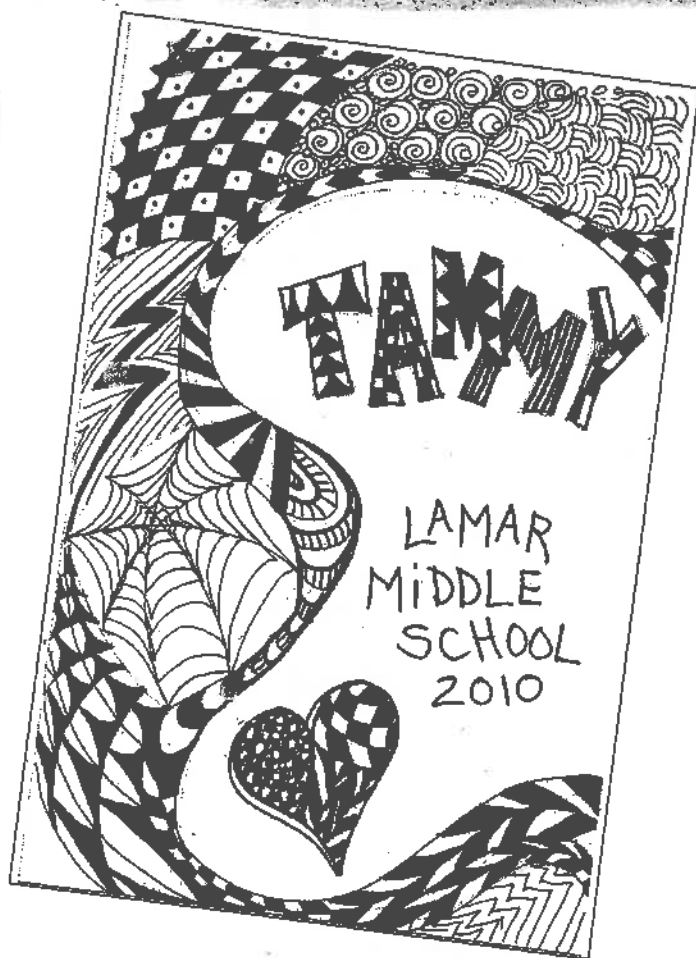
Draw designs on a 2½" x 3½" piece of cardstock. Sign your name and date on the back, then trade the cards with friends.



## Drawings of friends

Add hair designs to photos of your friends and family... even your dog or cat.

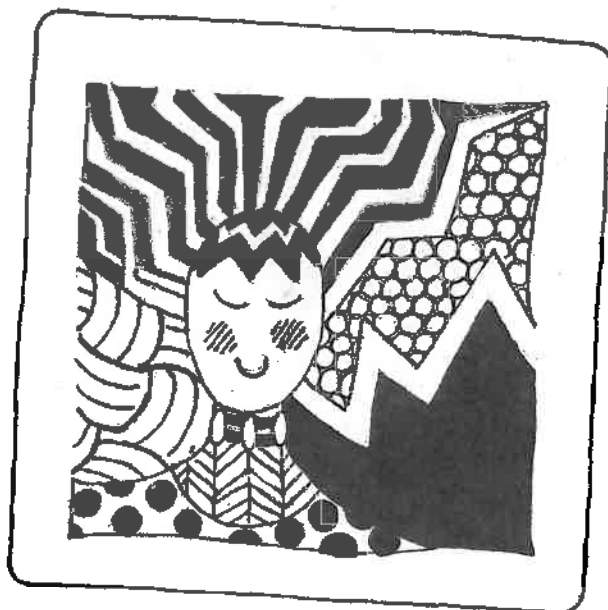
I like to combine patterns with watercolor to create large paintings. You can also use color inks, watercolors, watercolor pencils, markers or any method that works.

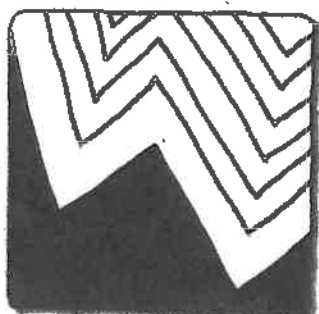
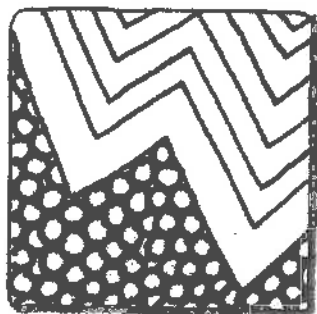
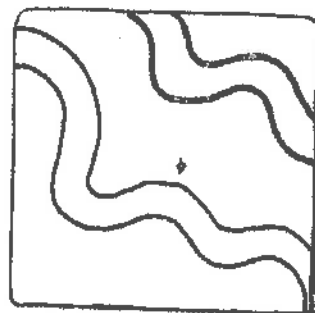
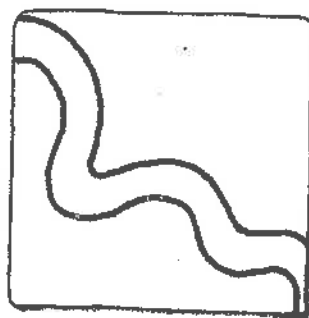
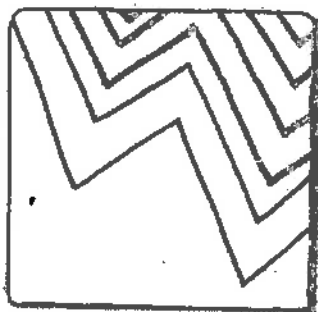


## Notebooks & Pages

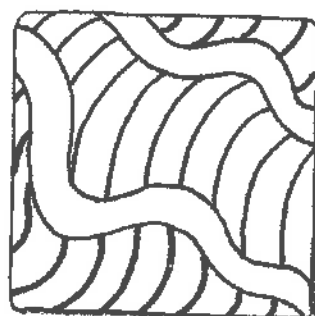
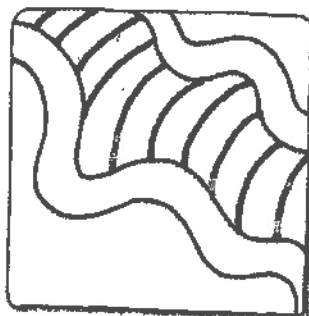
Draw fun designs in your spare time. Decorate a notebook with your name and patterns.

Tangle on the edges of pages to add decorations.



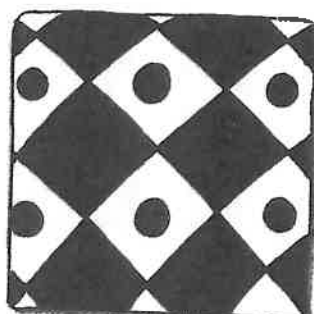
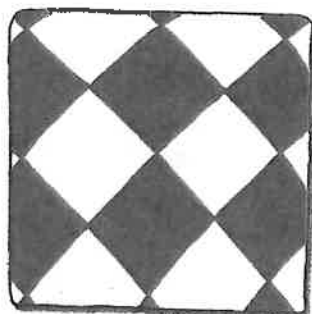
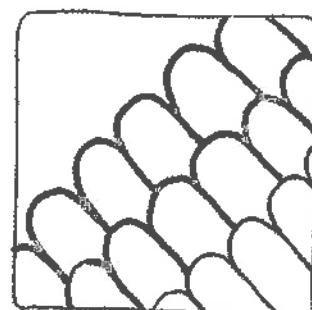
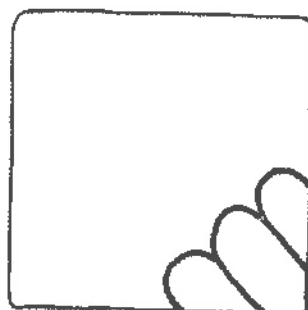
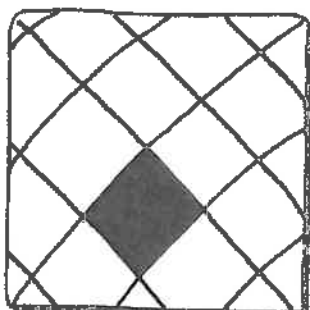
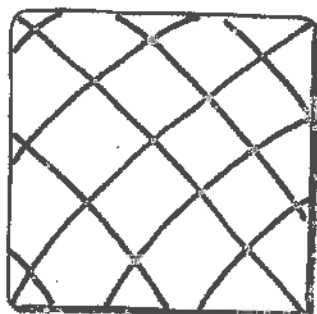


Variation

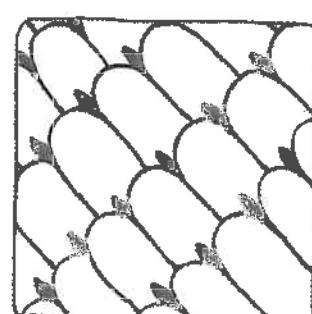
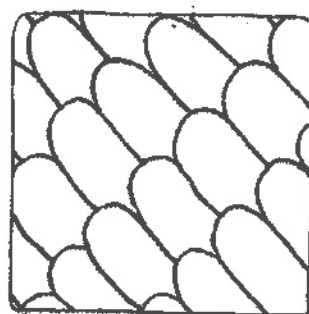


Chartz\* Adaptation

Waves



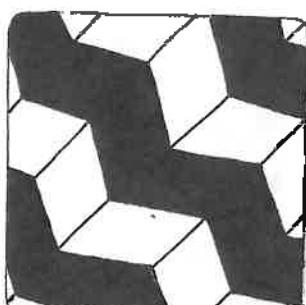
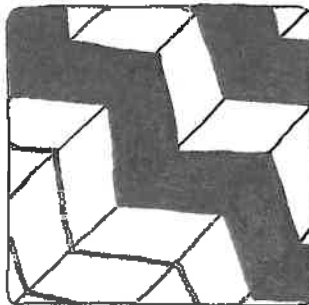
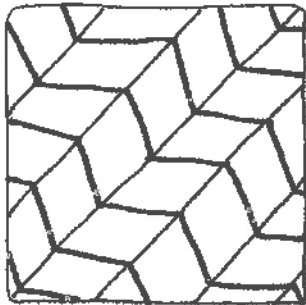
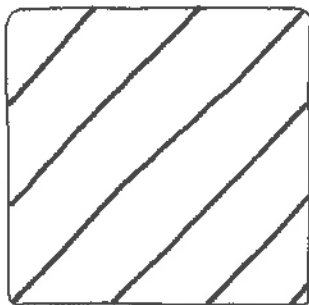
Variation



Knightsbridge\*

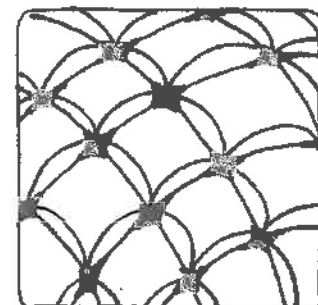
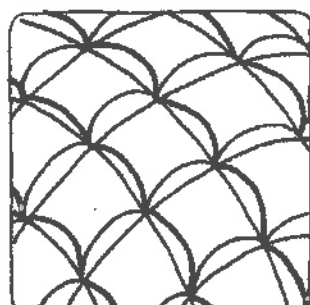
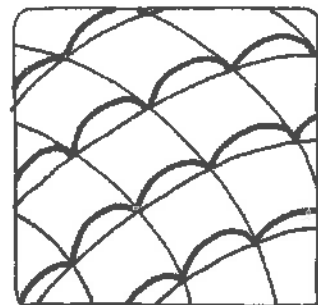
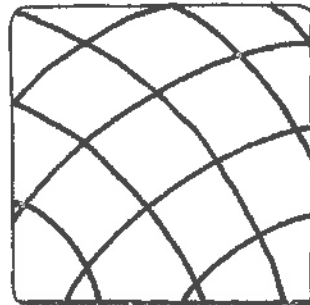
*\*original Zentangle design*

Tagh\*



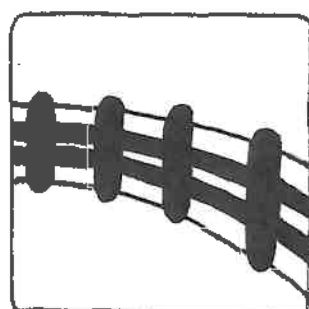
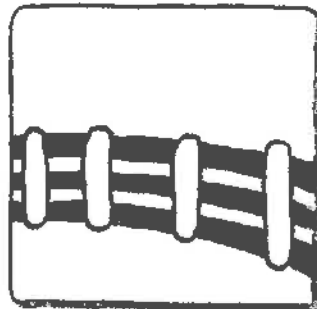
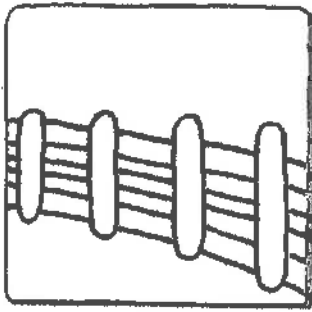
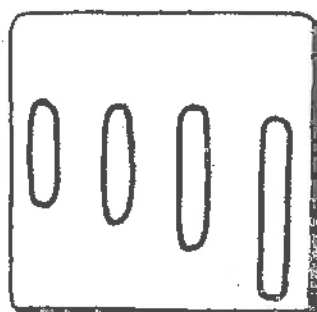
## Jonqal\*

\*original Zentangle design - Variation



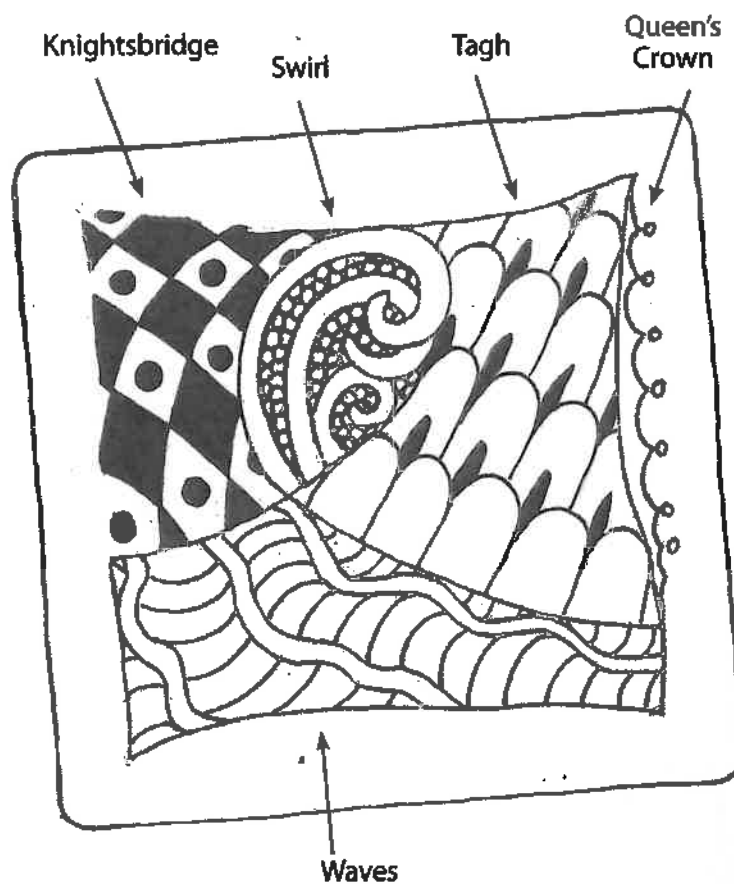
## Chillon\*

\*original Zentangle design - Variation

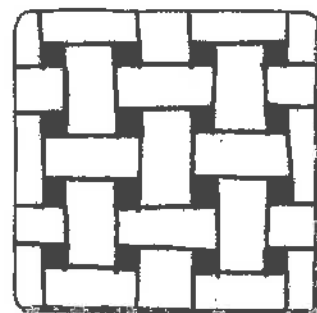
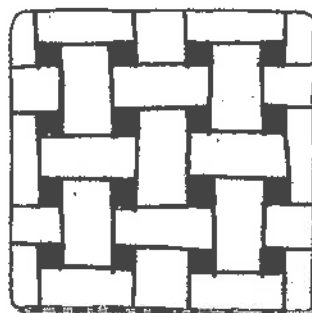
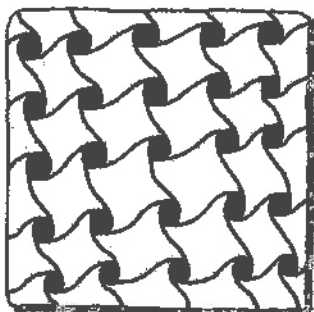
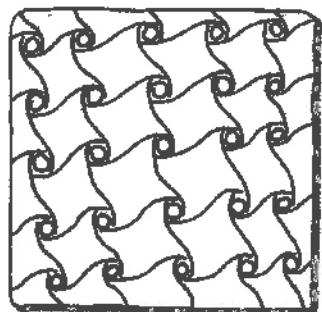
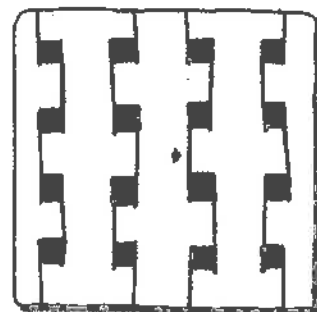
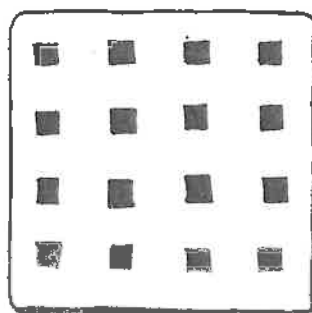
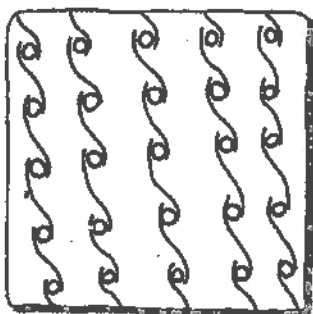
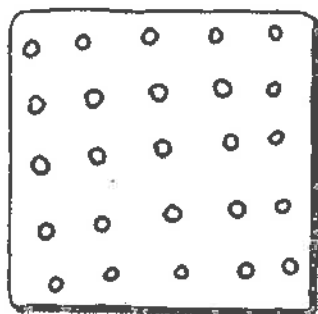


Variation

## fence,





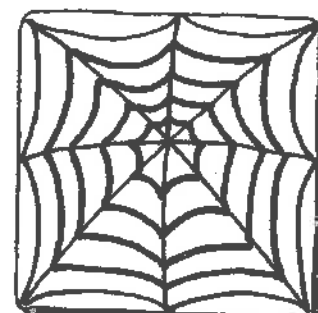
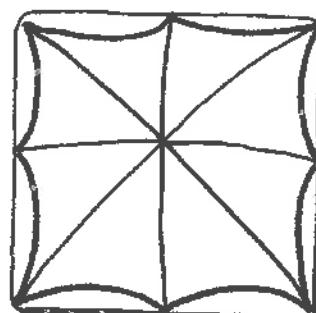
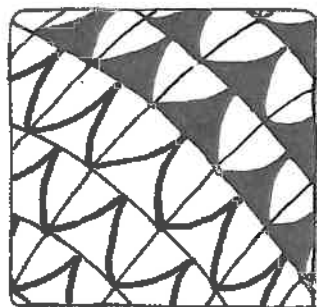
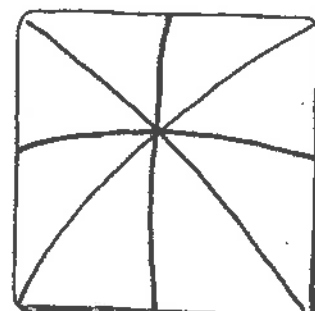
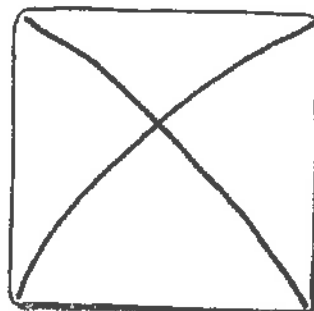
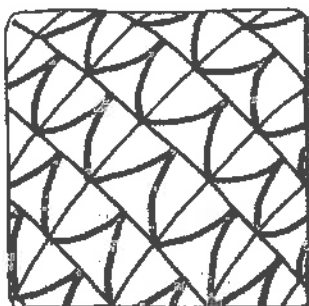
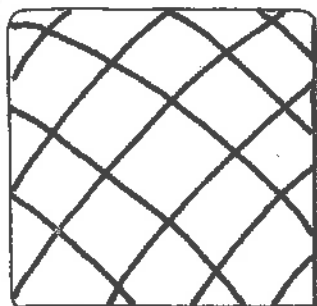


**Cadent\***

*\*original Zentangle design - Variation*

**W2\***

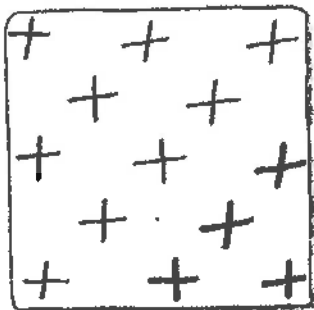
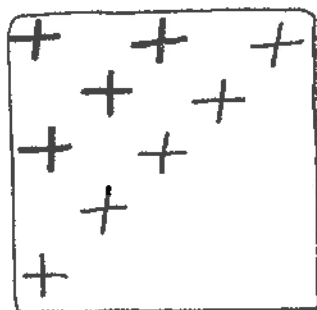
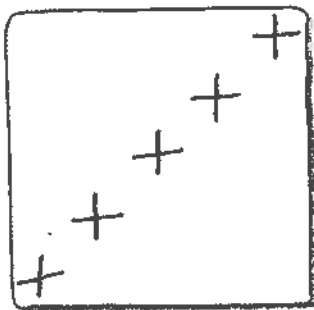
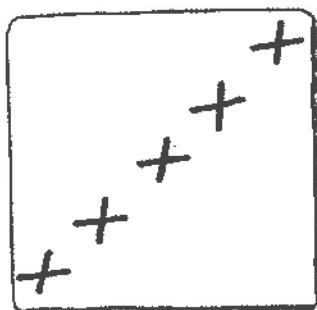
*\*original Zentangle design*



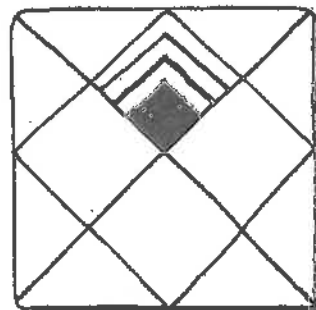
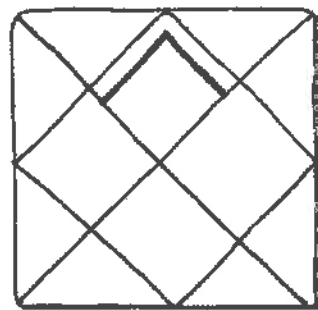
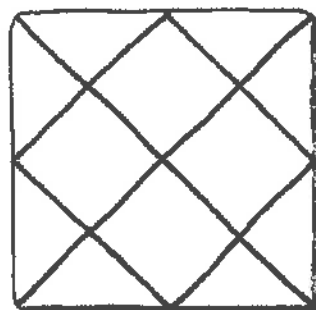
**flying Geese**

**Web**



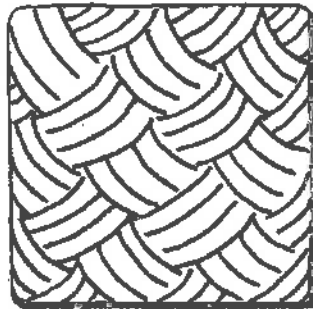
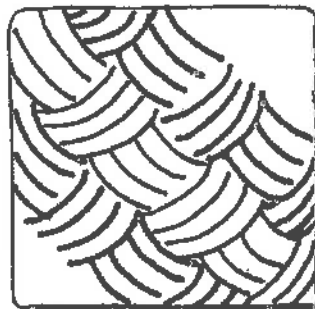
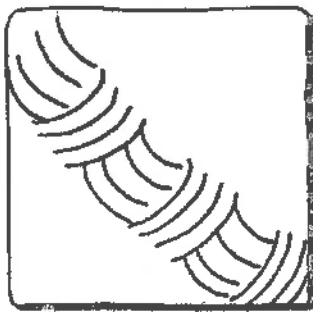
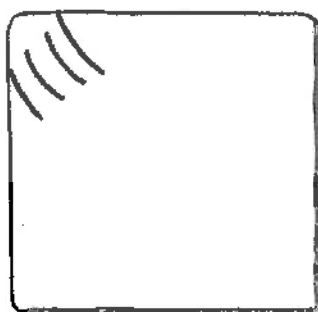


**Cross Stitch**



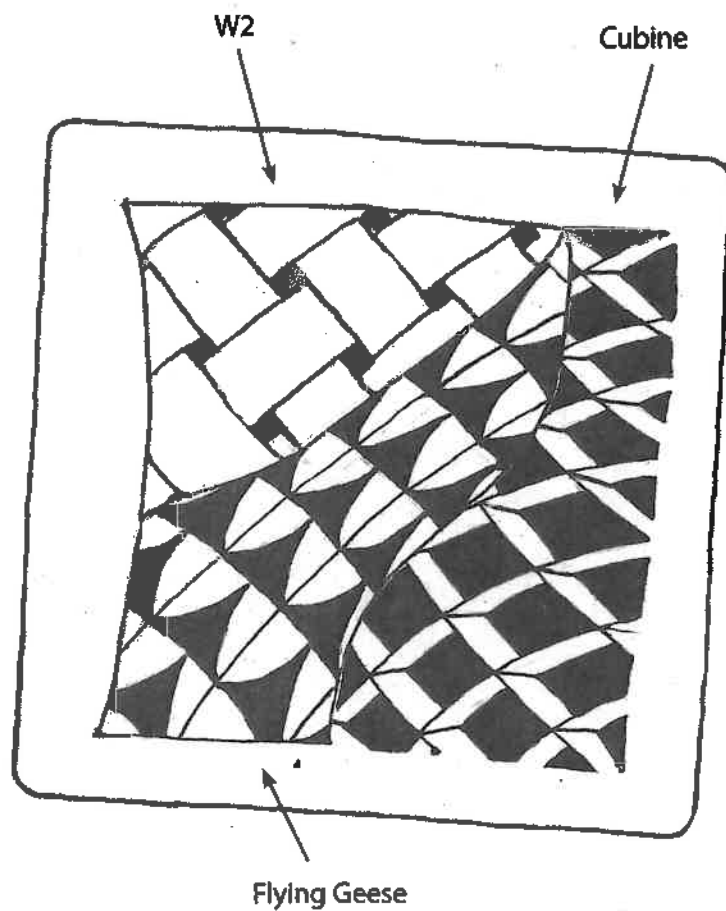
**flukes\***

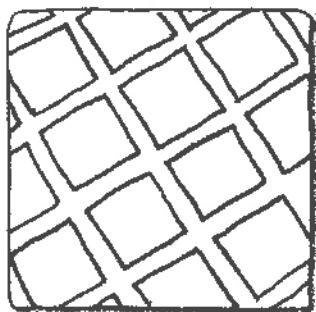
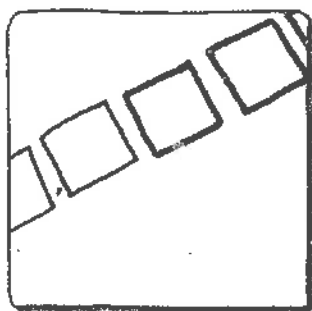
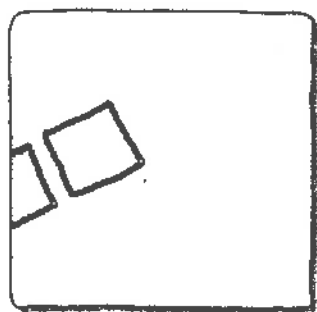
*\*original Zentangle design - Variation*



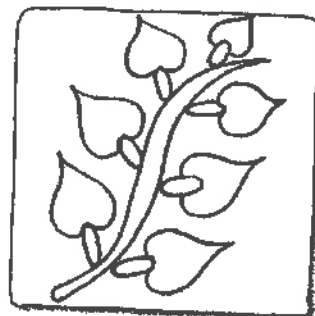
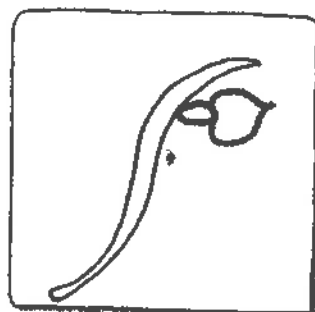
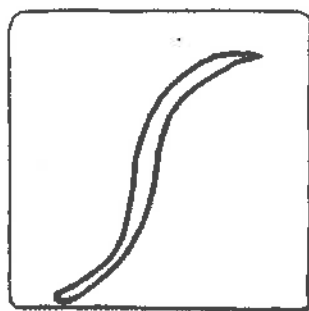
**Keekp\***

*\*original Zentangle design*

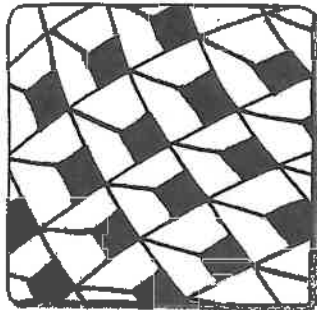
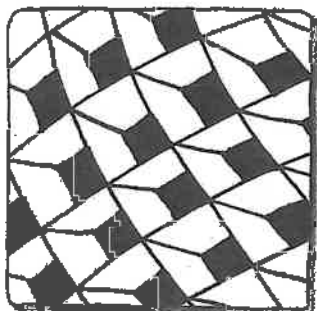
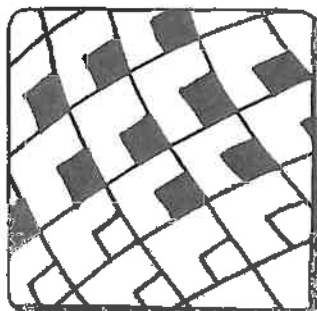
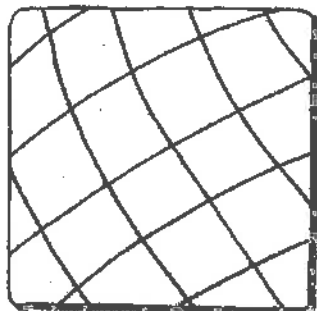




Squares

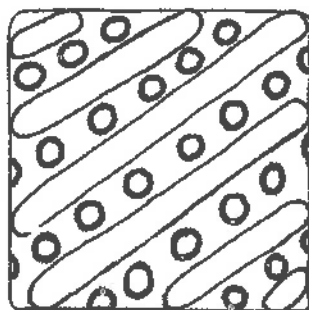
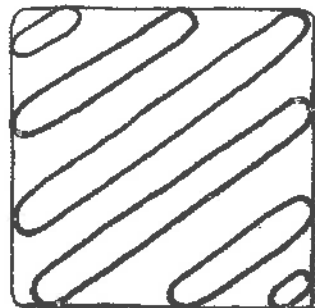


Growth

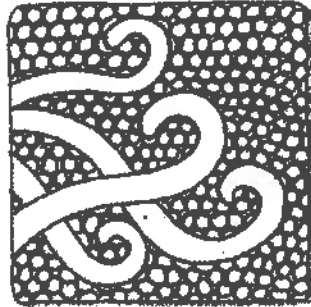
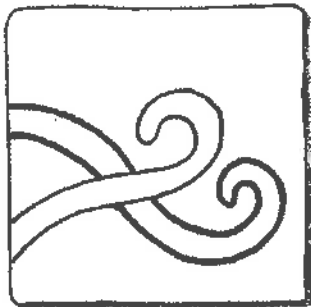
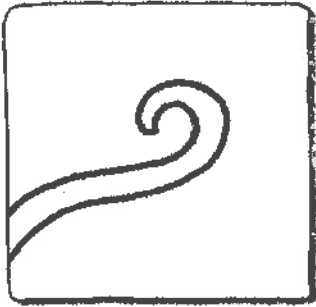


Cubine\*

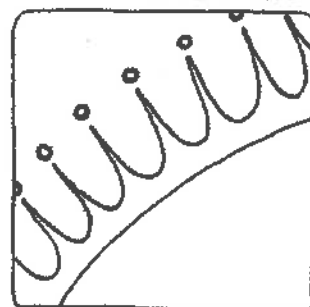
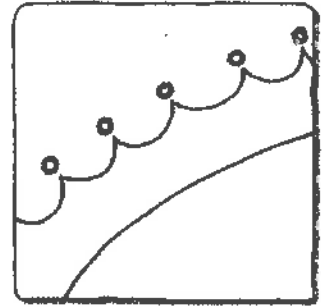
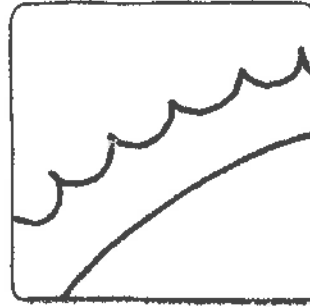
\*original Zentangle design



Corn Rows



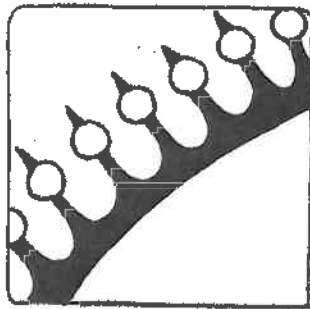
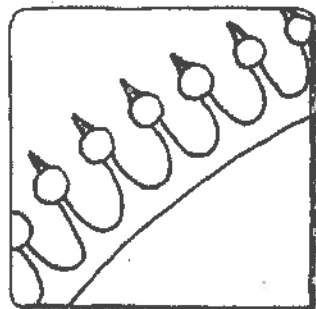
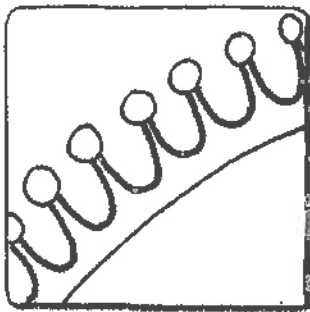
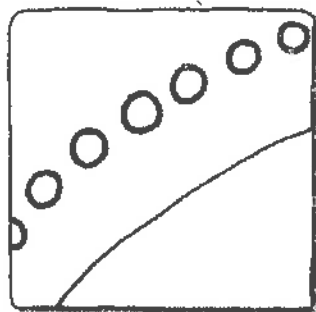
Swirls



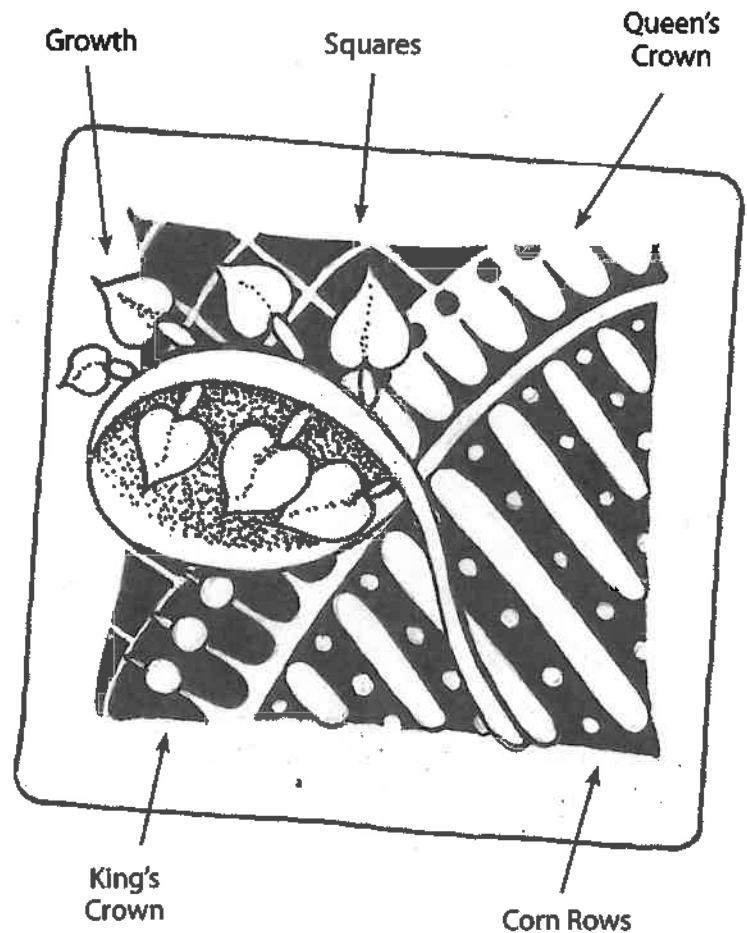
Variation

Variation

Queen's Crown



King's Crown



Growth

Squares

Queen's Crown

King's Crown

Corn Rows



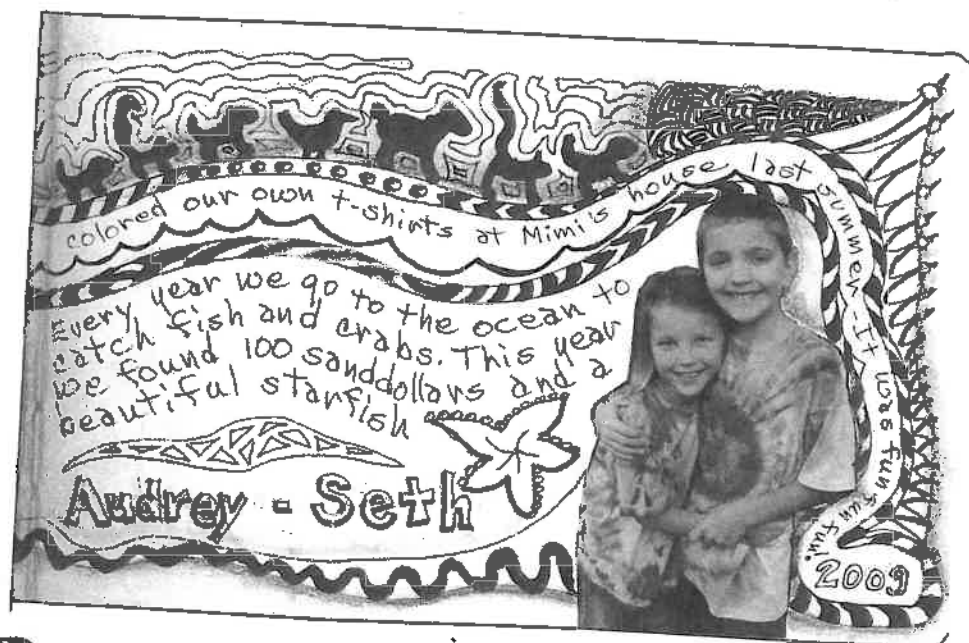
## Journal Pages and Scrapbooks

Zentangle is the perfect way to embellish your journal pages. As you follow the process of Zentangle steps, your mind will relax into the flow of creativity.

Words will come easily and blend with the patterns in an artistic manner.

**Tip:** Add small photos and memorabilia between the sections.

**Tip:** In traditional Zentangles, there is no color other than black, gray and white. Each person has their own way of doing Tangles, so you can embellish your designs any way you like.



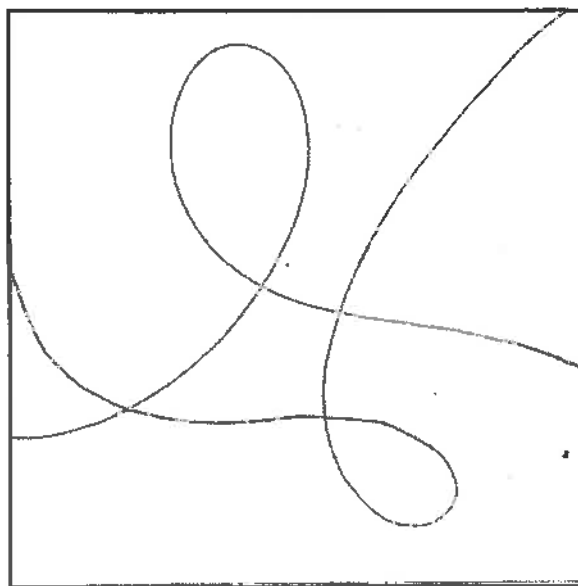


# Zentangle Basics Workbook

Welcome to the *Zentangle Basics* workbook, where you will be able to put all the knowledge that you've gained about the Zentangle method into practice. If you are completely new to the Zentangle method, turn the page to get started with some warm-up exercises. In no time at all, you'll see how quickly you can master the simple shapes that are the building blocks to tangles. If you have some experience with the Zentangle method, you might want to skip right to shading practice or experimenting with different string shapes. For tangles of all levels, there are pages to practice drawing different tangles, step by step, and to experiment with variations and adaptations.

You'll notice that these pages have lots of space on them, and it's all for you! Just because a page might direct you to try a certain exercise there doesn't mean you have to. Use any blank space to draw shapes, tangles, or Zentangle art—whatever you want! This is your place to play, experiment, and create.

Don't be intimidated. Just like there are no mistakes in Zentangle, you can't do anything wrong in this workbook. These pages are yours to do with as you please. If a shape or tangle does not turn out quite the way you intended, find a new blank space and try again. Take what you learned from your first try and apply it to your second. Keep drawing, and you'll be amazed at the results. Happy tangling!



# Warm-Up Exercises

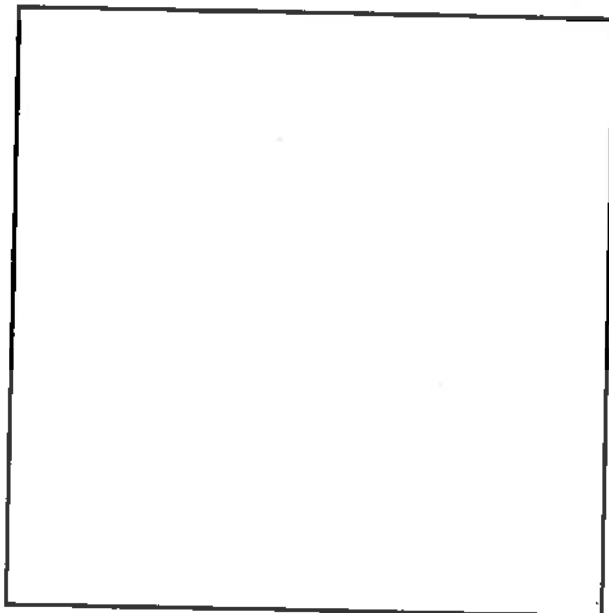
Want to try creating a tangle, but don't know where to start? Take it nice and slow and master the basic shapes that are the building blocks to tangles. From lines and circles to waves and crescents, you'll use these shapes over and over again to create stunning art.



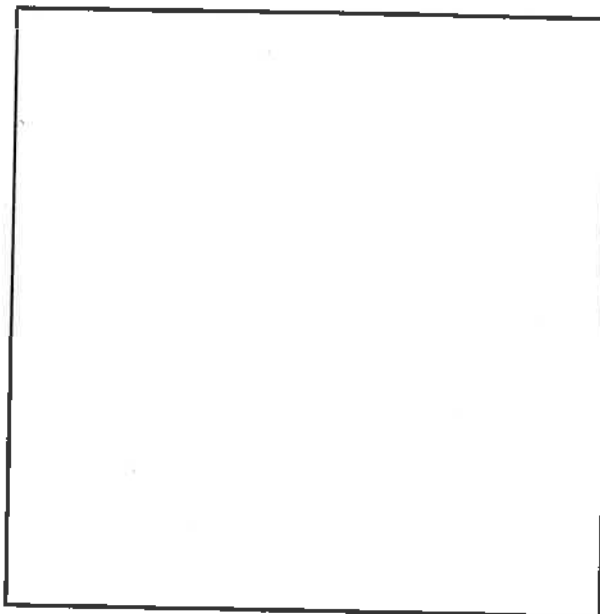
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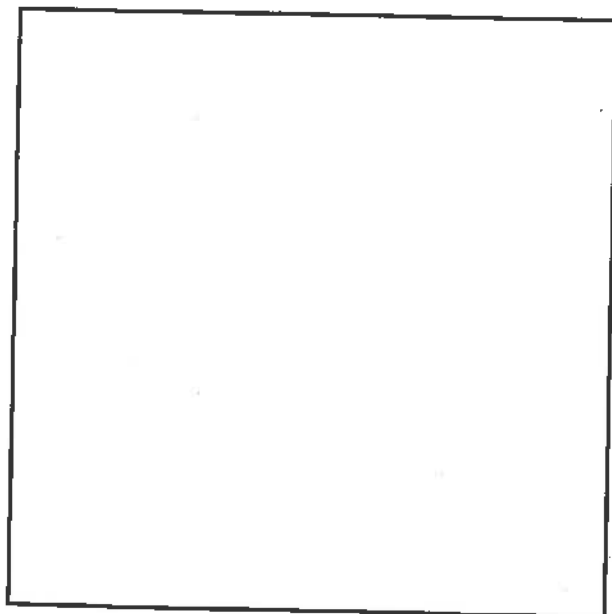
**Circles**



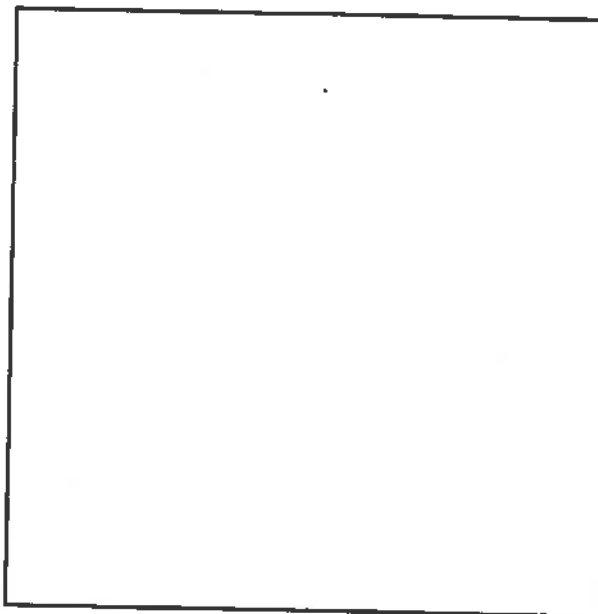
**You draw it!**



**You draw it!**

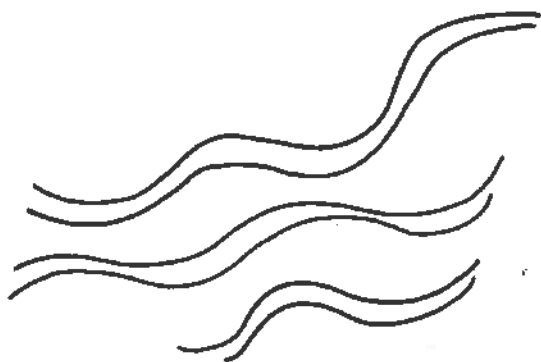


**You draw it!**

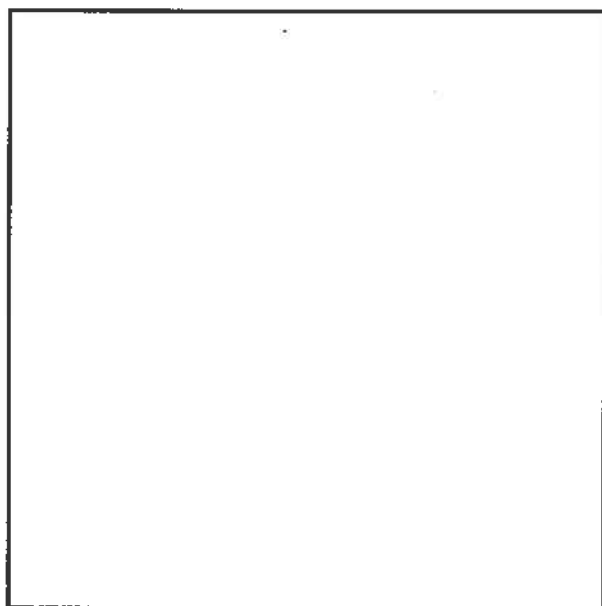


**You draw it!**

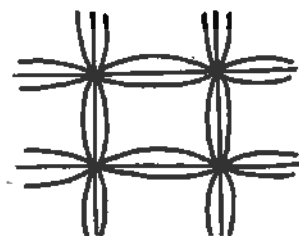




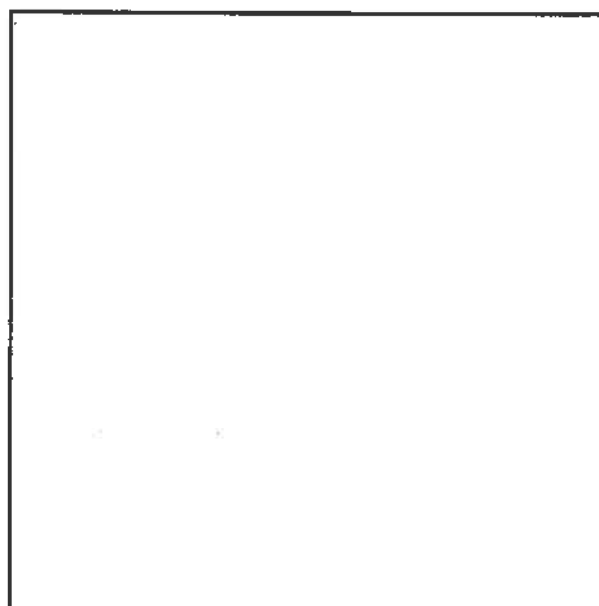
**Waves**



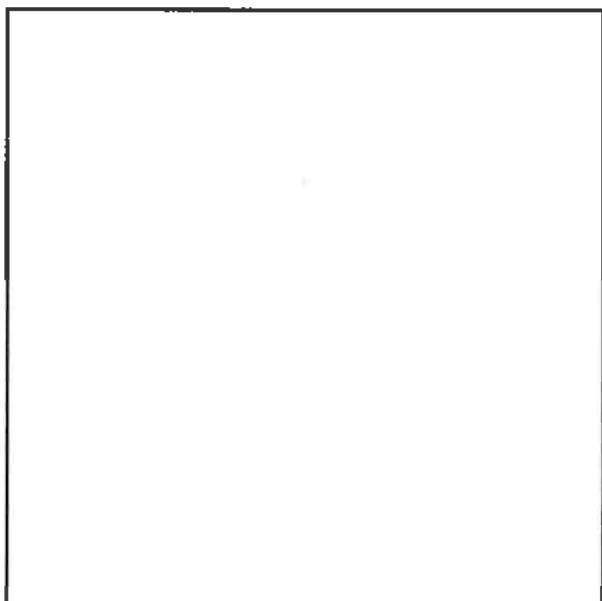
**You draw it!**



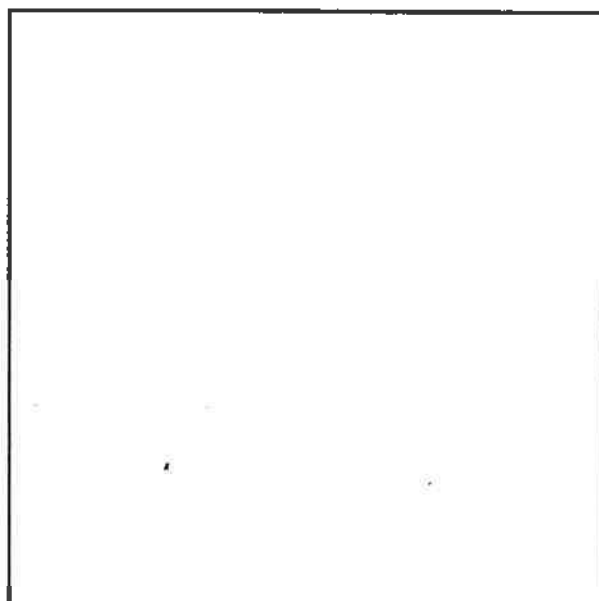
**Ovals**



**You draw it!**



**You draw it!**



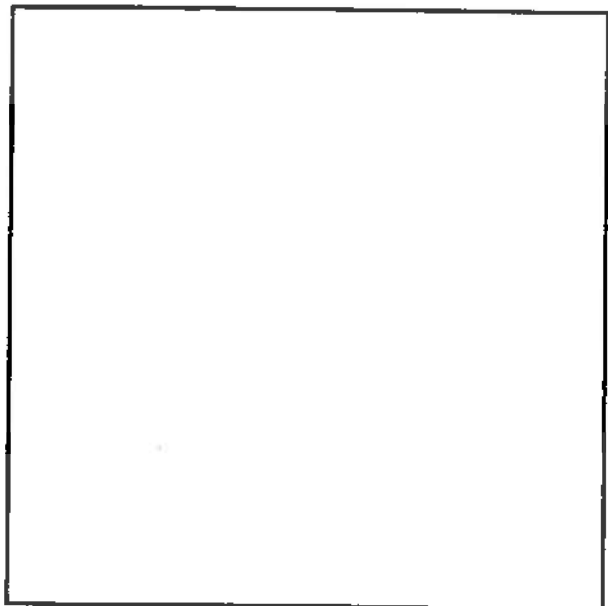
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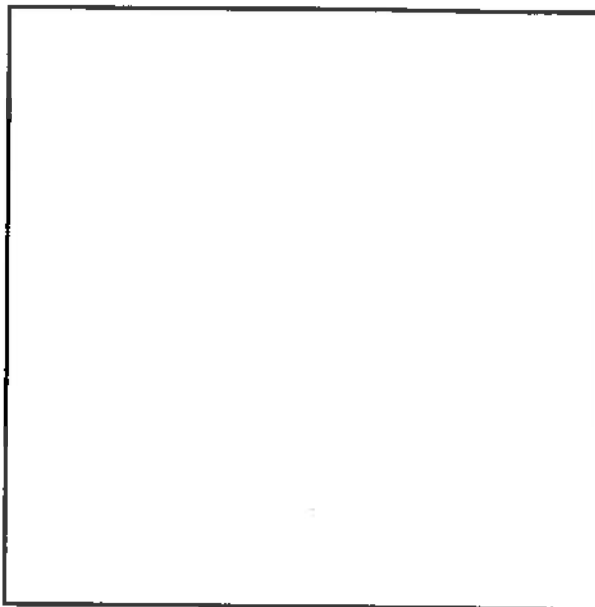
**Spirals**



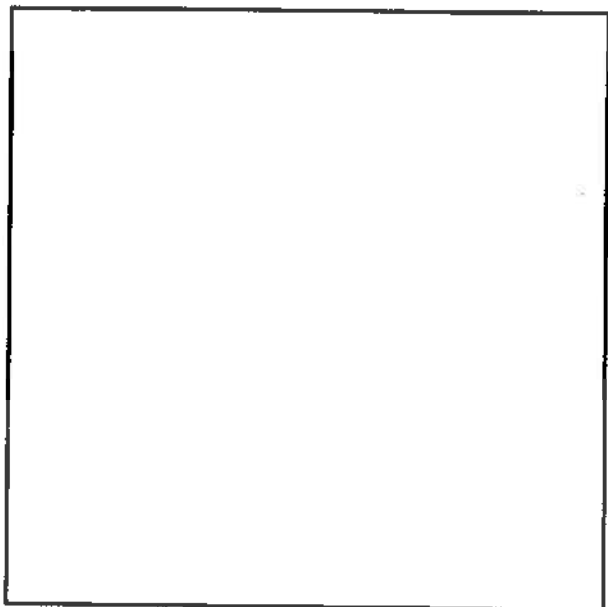
**Swirls**



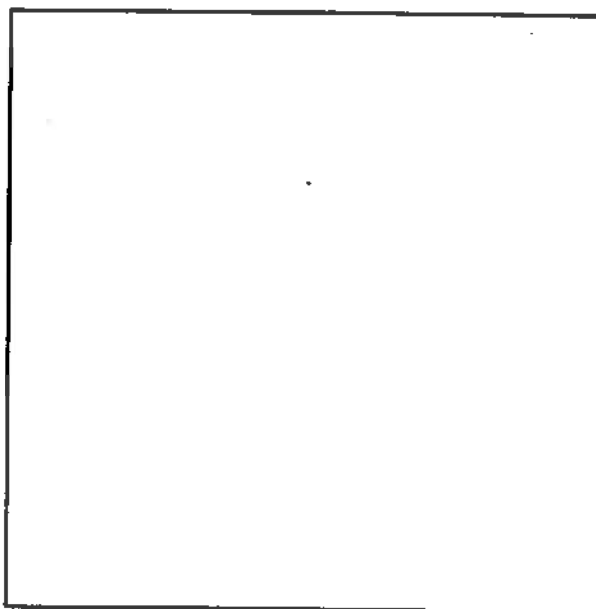
**You draw it!**



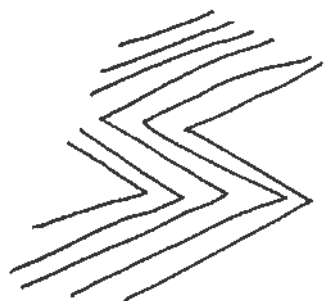
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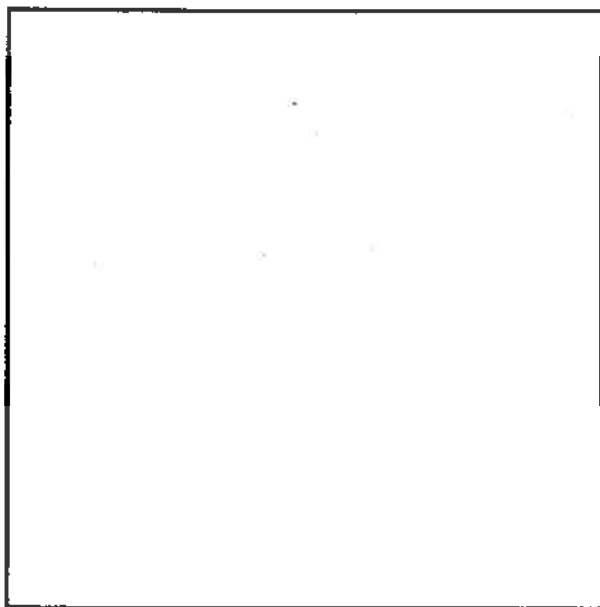
**You draw it!**



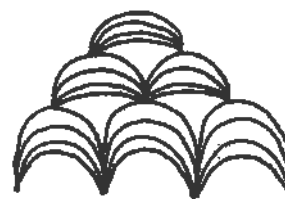
**You draw it!**



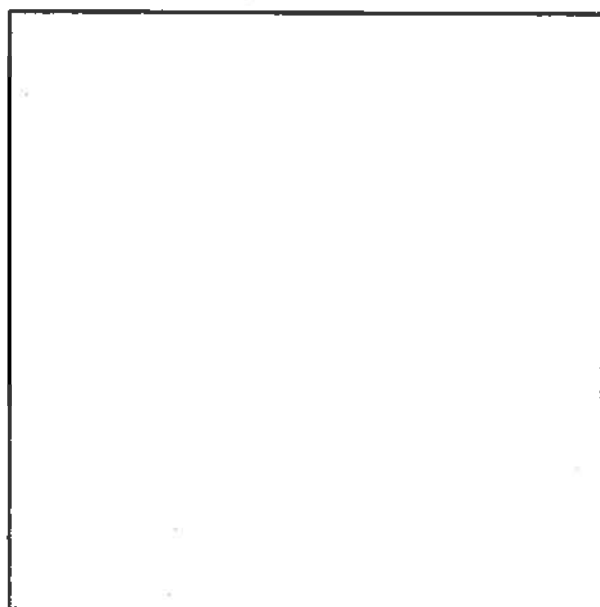
**Lightning bolts**



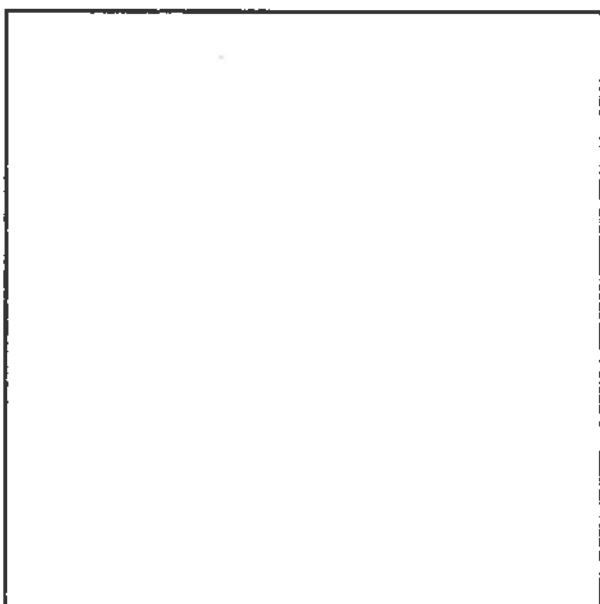
**You draw it!**



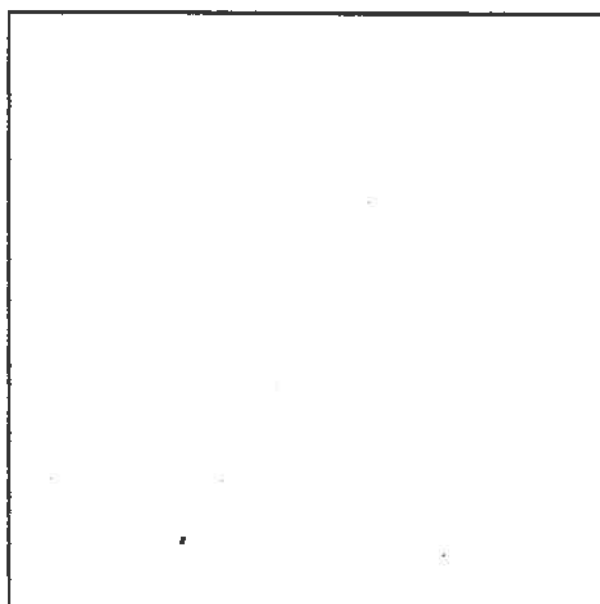
**Crescents**



**You draw it!**



**You draw it!**

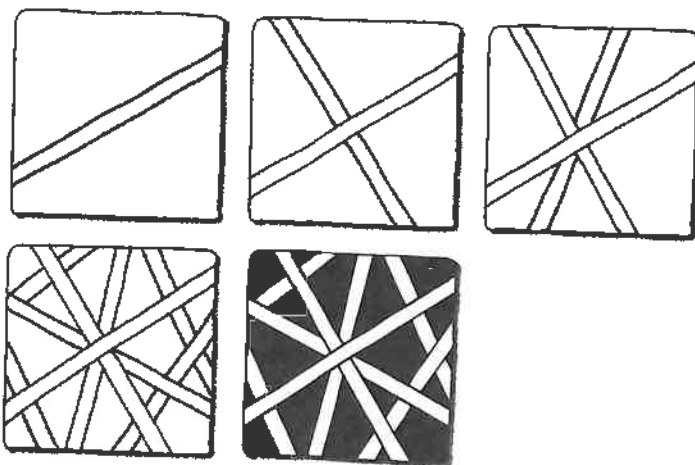
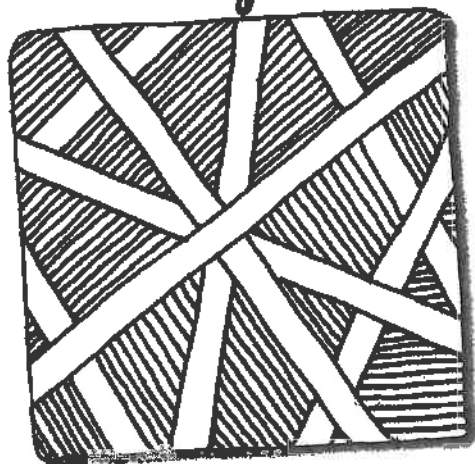


**You draw it!**

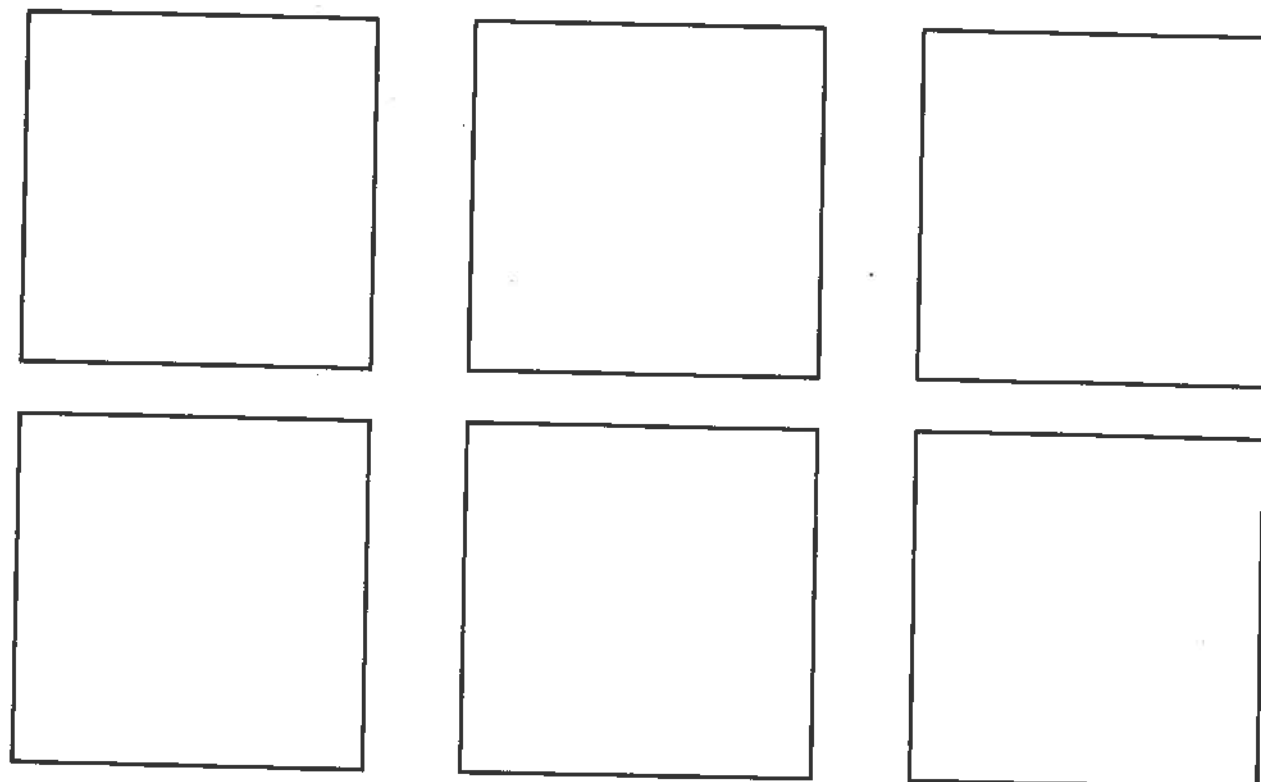
# Draw-it-Yourself Tangles

Want to practice the steps of a tangle? Here's your place to experiment. Try recreating the tangles here, step by step, and use the extra boxes and space to create your own variations and adaptations.

Hollibaugh

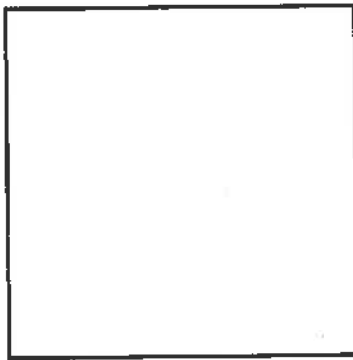
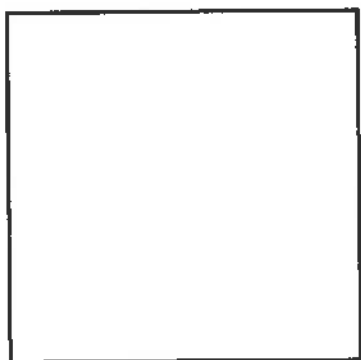
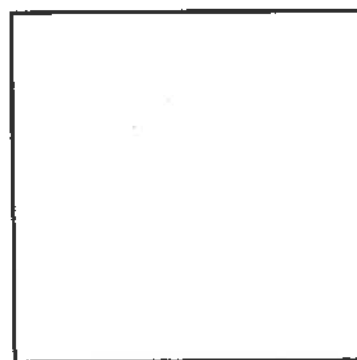
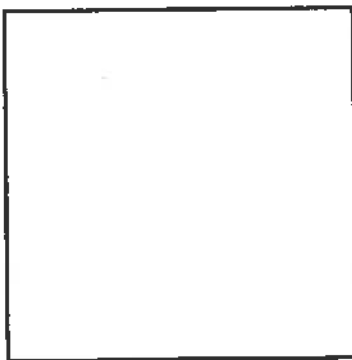
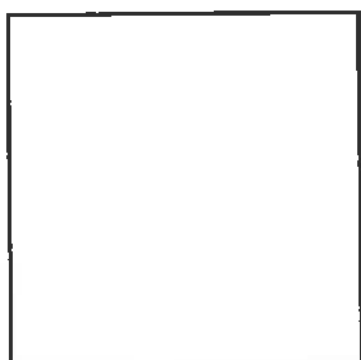
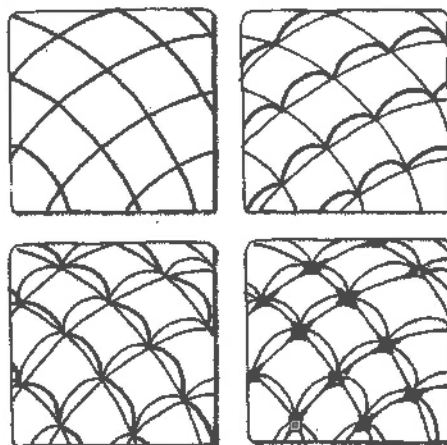
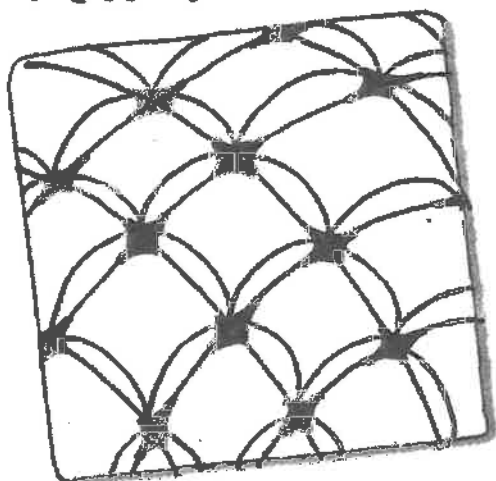


Variation

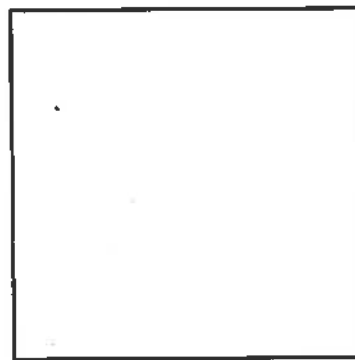


Variation

# Chillon

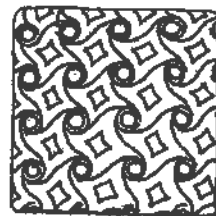
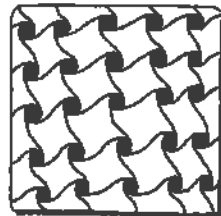
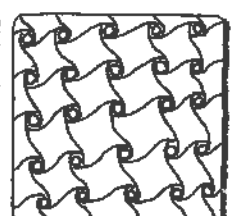
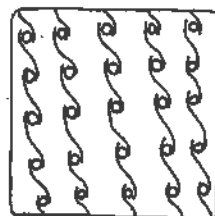
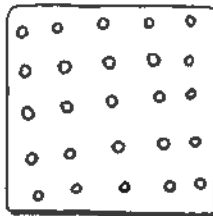
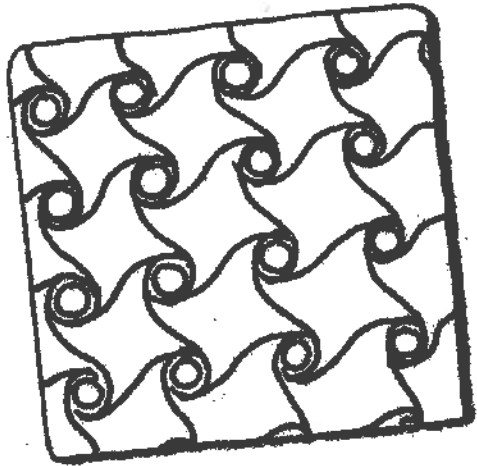


Variation



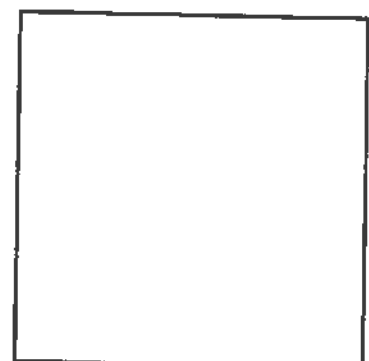
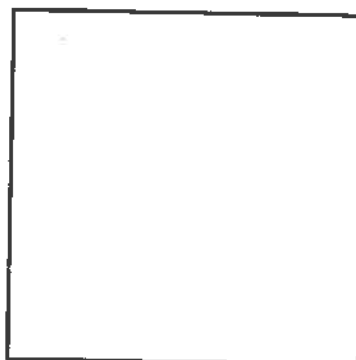
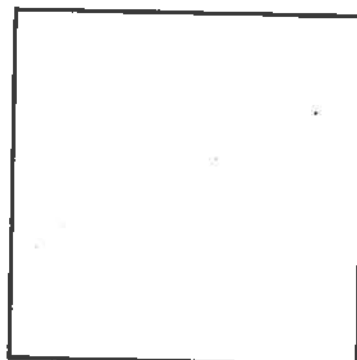
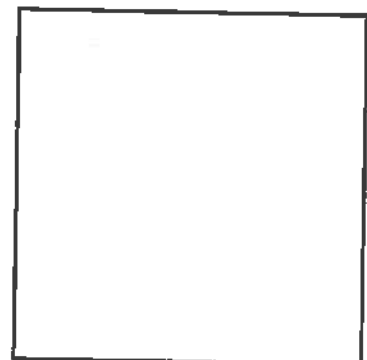
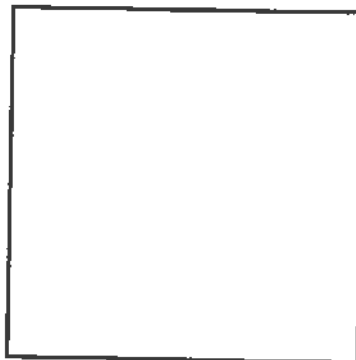
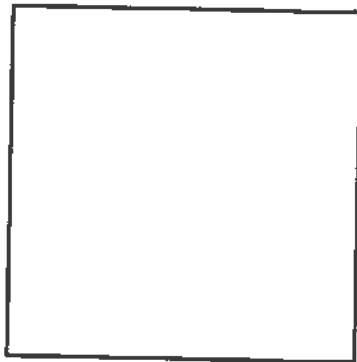
Variation

# Cadent



Variation

Variation



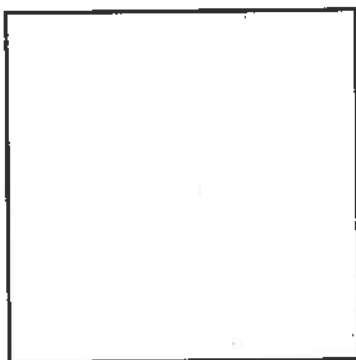
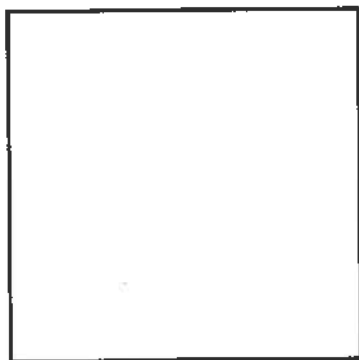
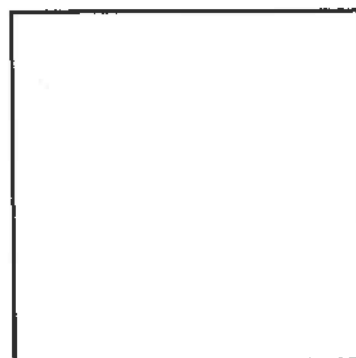
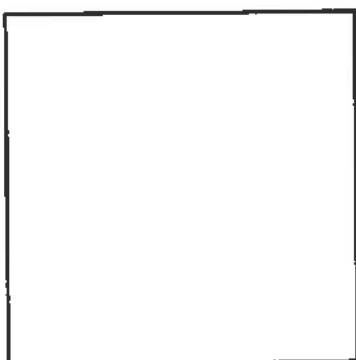
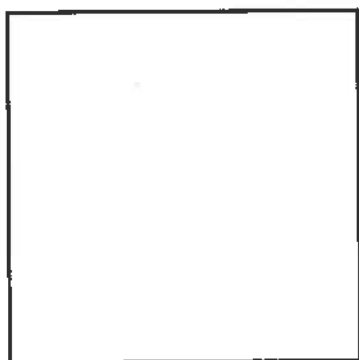
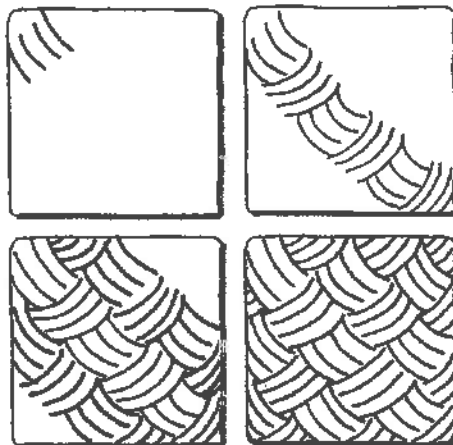
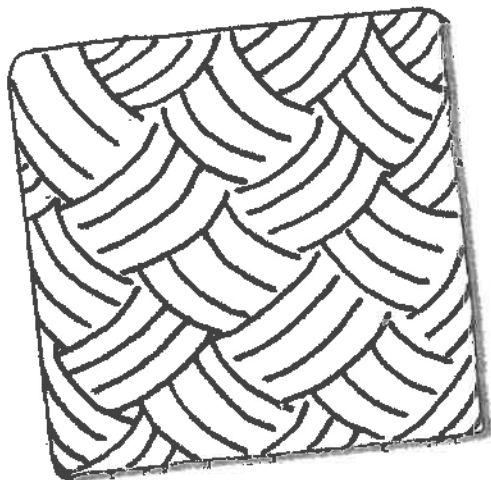
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Variation

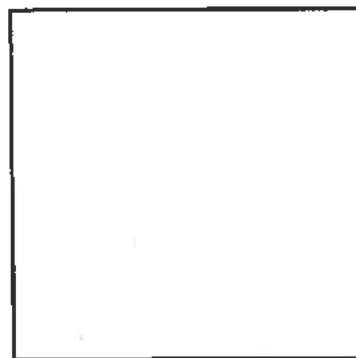
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# Keeko



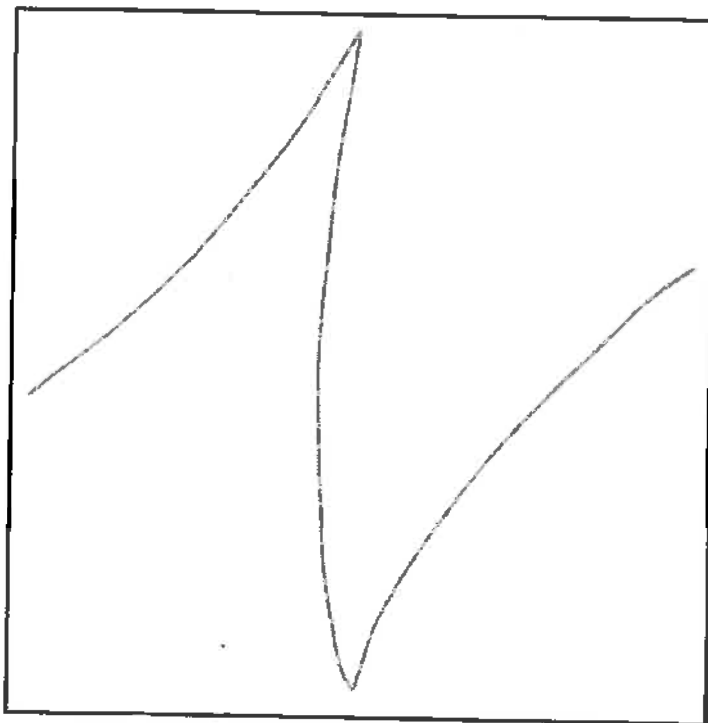
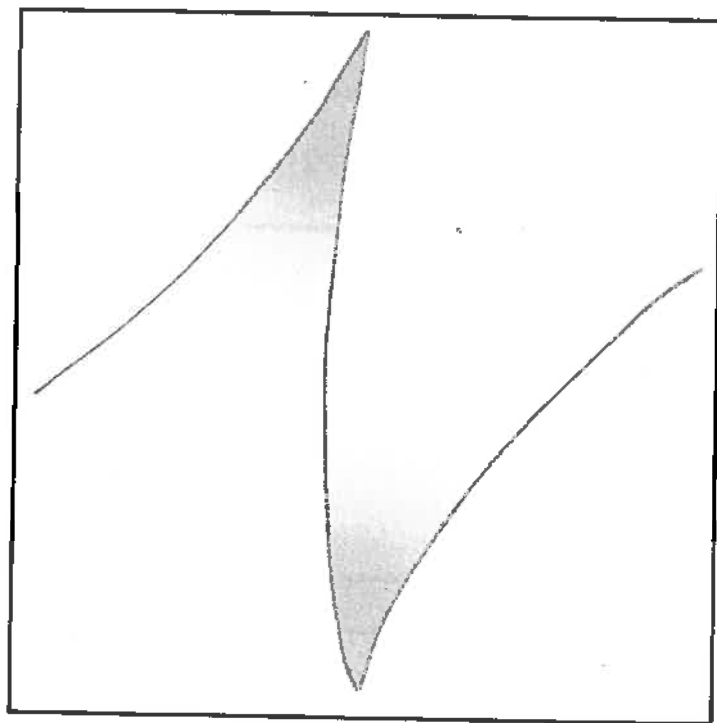
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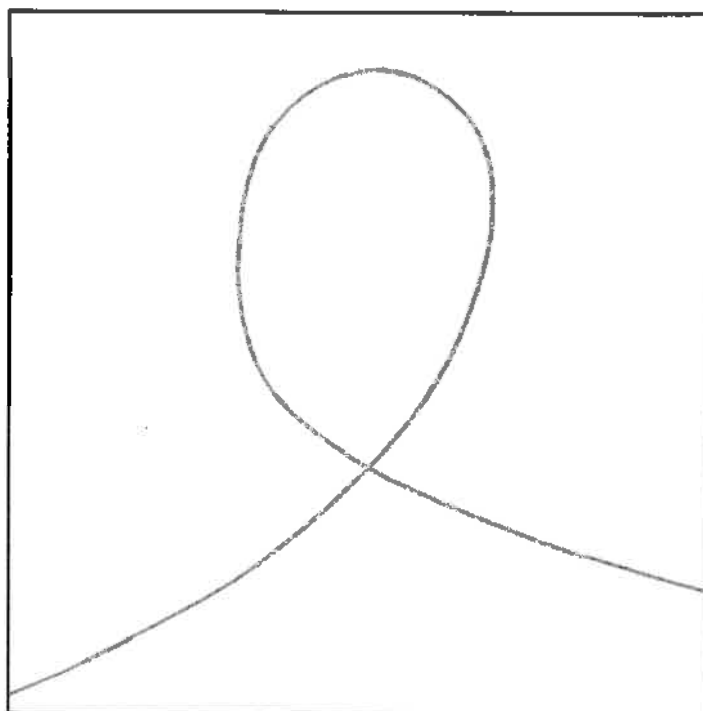
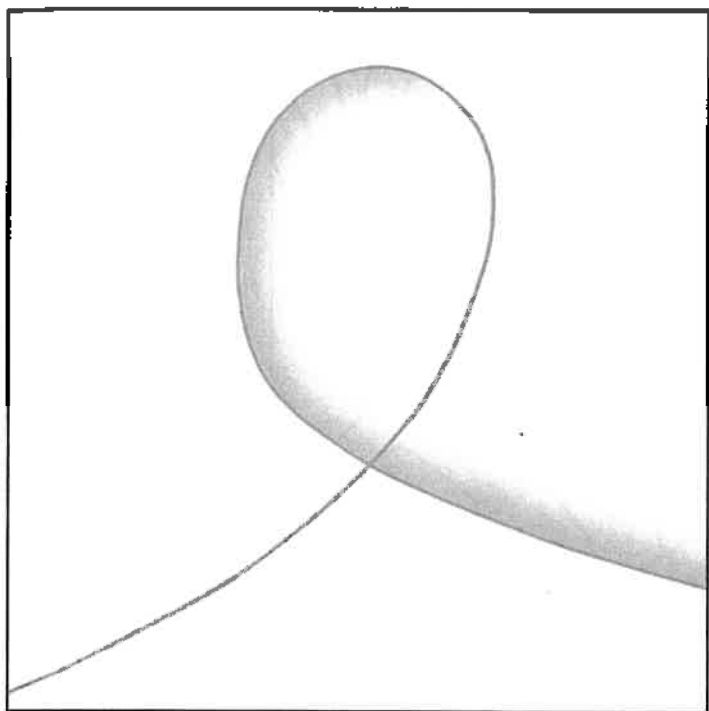
Variation

# Practice Shading

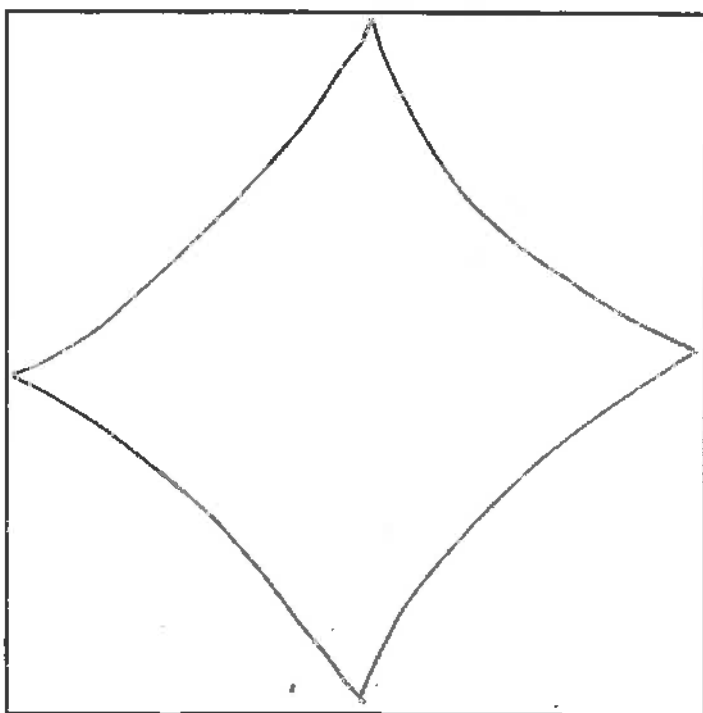
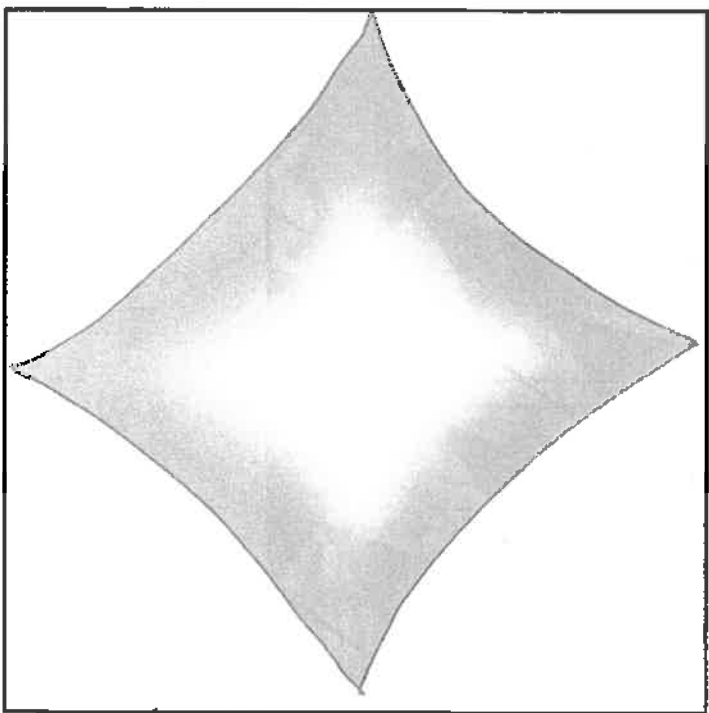
Shading is an easy way to add depth and dimension to your Zentangle art. Look at some of the shading samples that follow. The exact same tangles can be made to look completely different through shading. When shading a tangle, think about its shape. Does it have lots of curves? Try shading above or below them. What would the tangle look like if you shaded it from the inside out, or from the outside in? If you're still not sure, get started by shading just the bottom and right side of your tile and string. This will give your piece dimension, no matter what tangles you add!



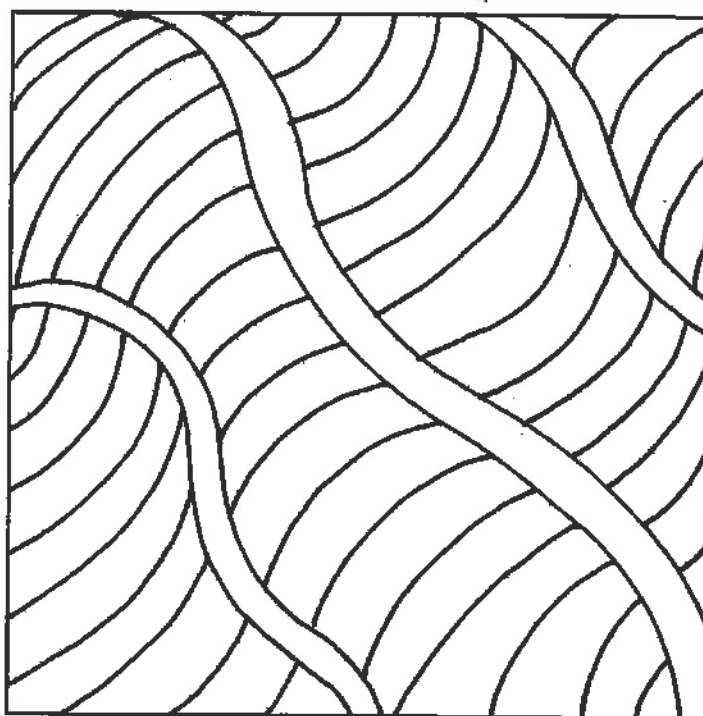
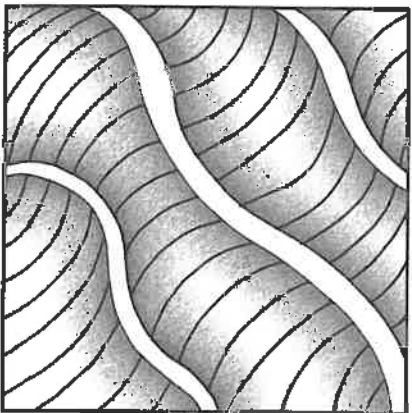
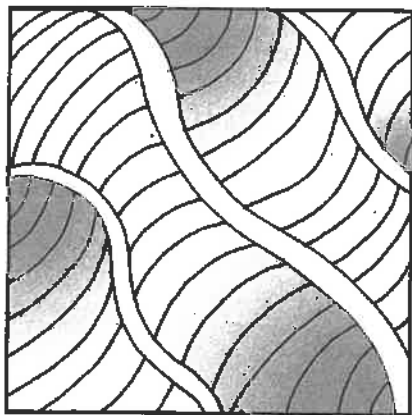
**Shade it yourself!**



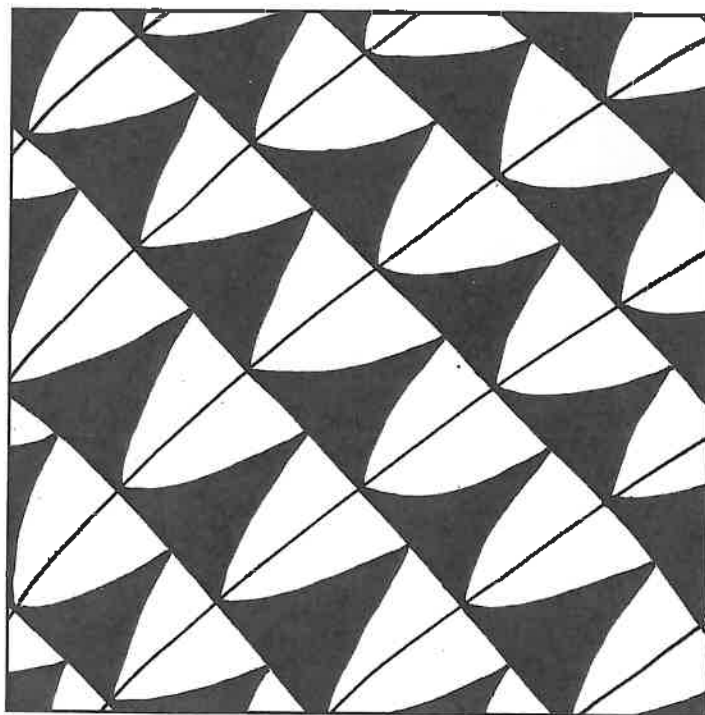
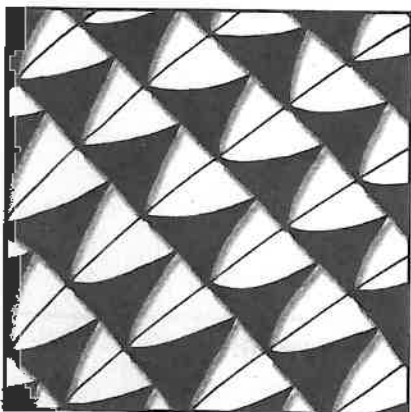
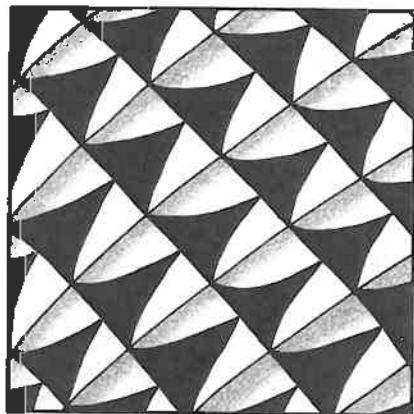
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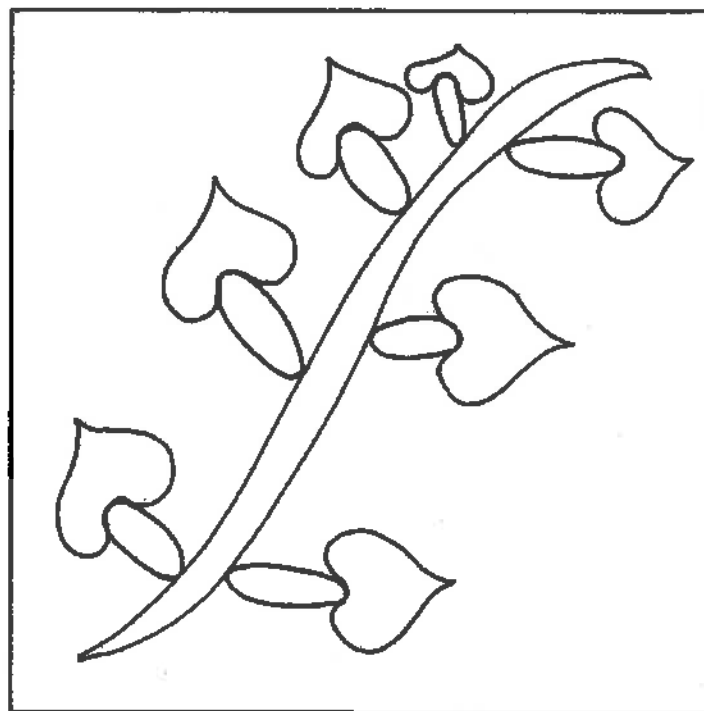
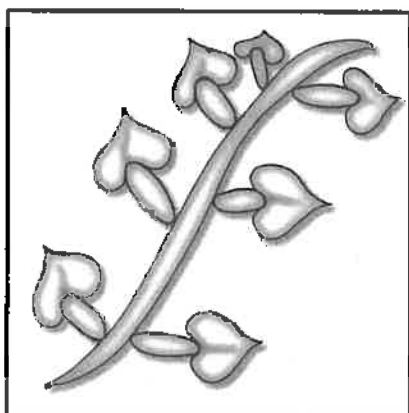
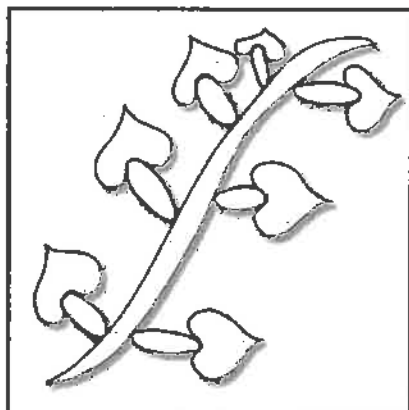
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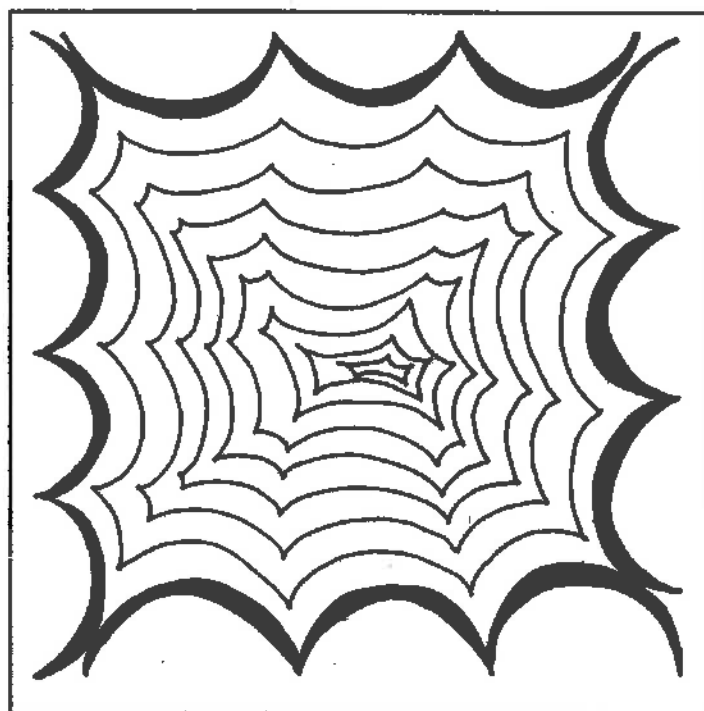
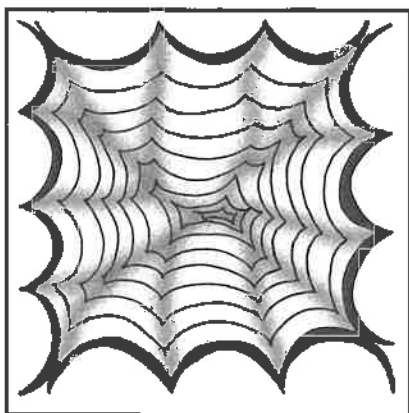
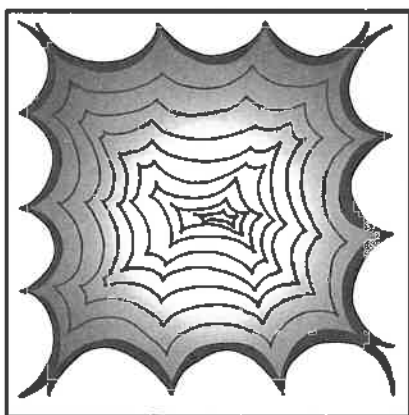
**Shade it yourself!**



**Shade It yourself!**



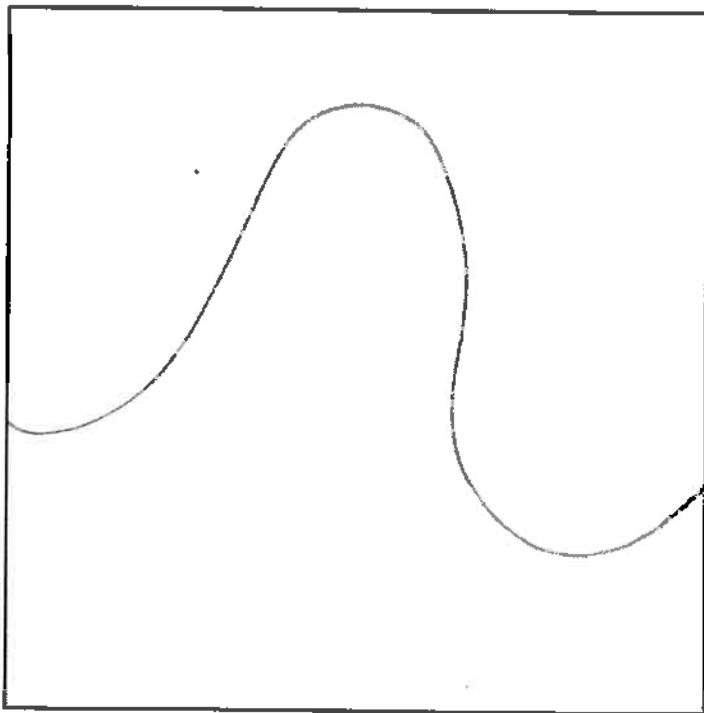
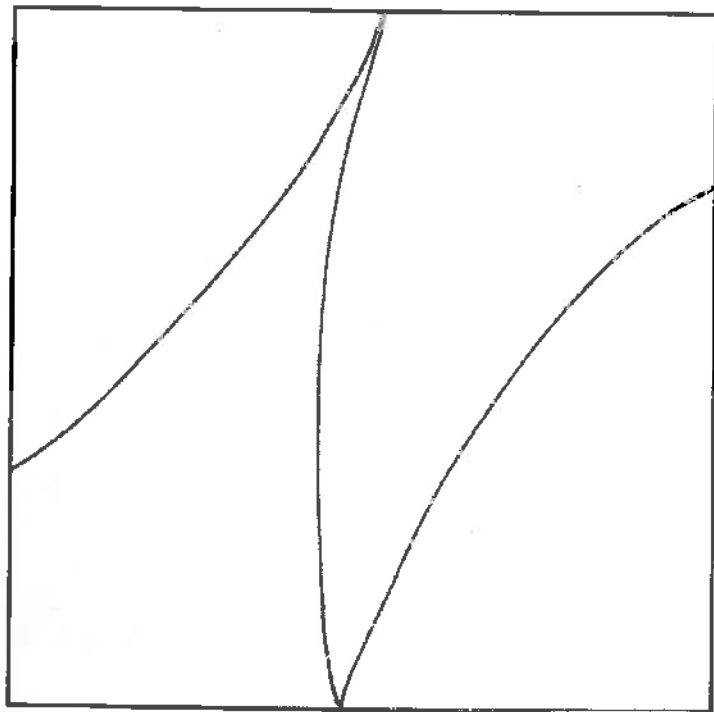
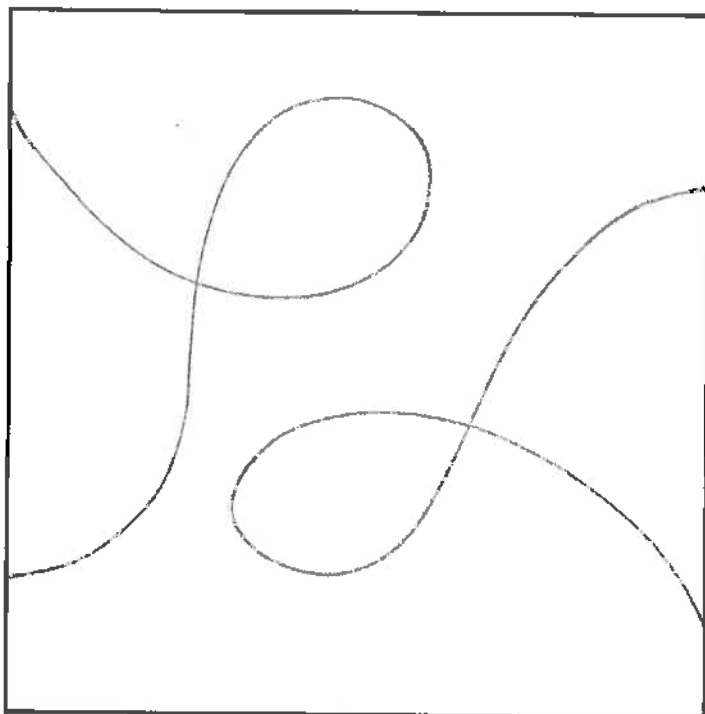
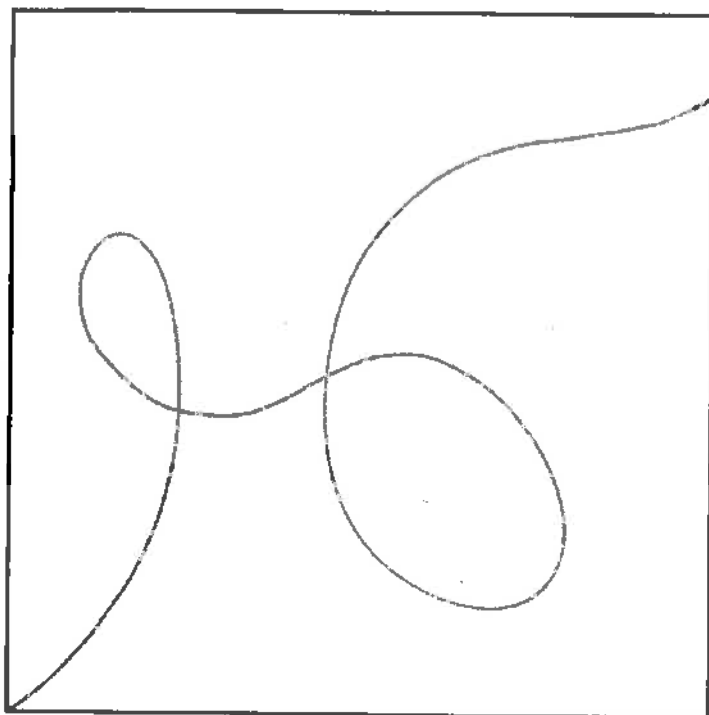
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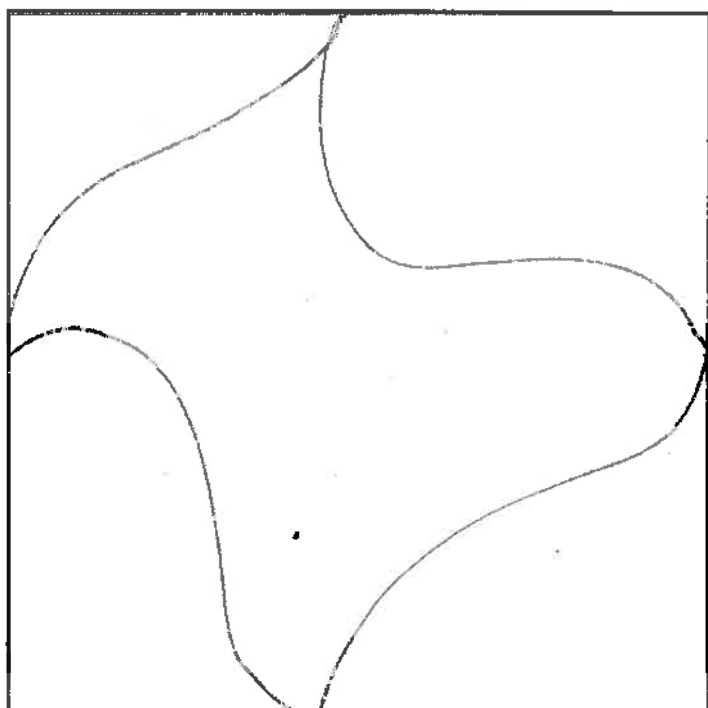
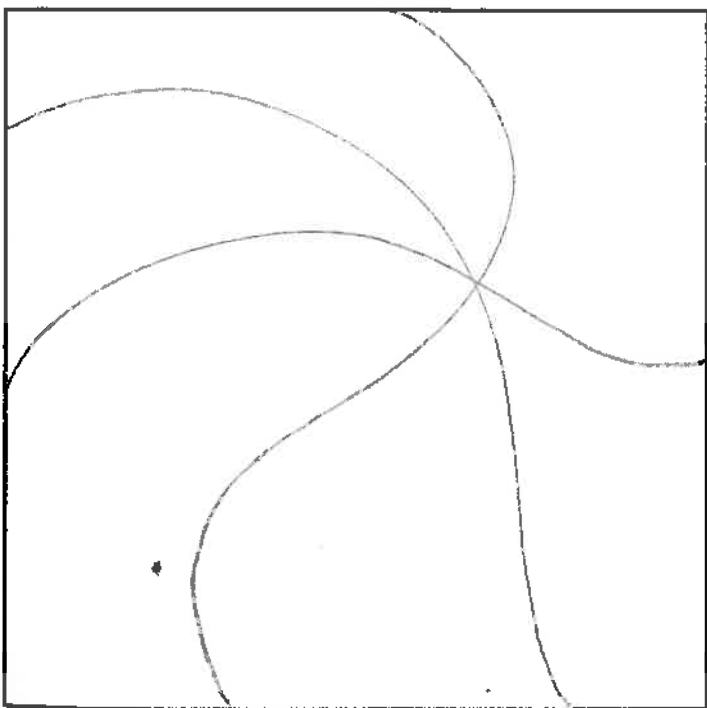
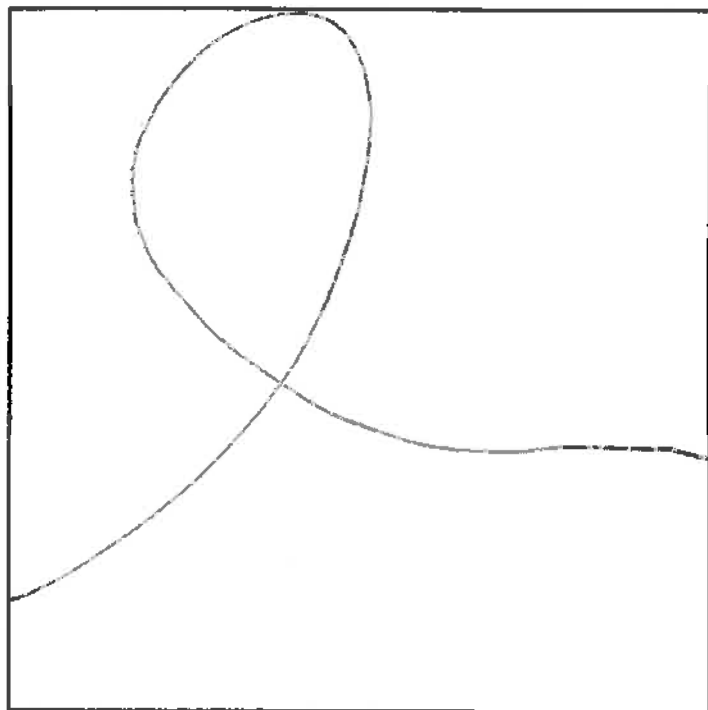
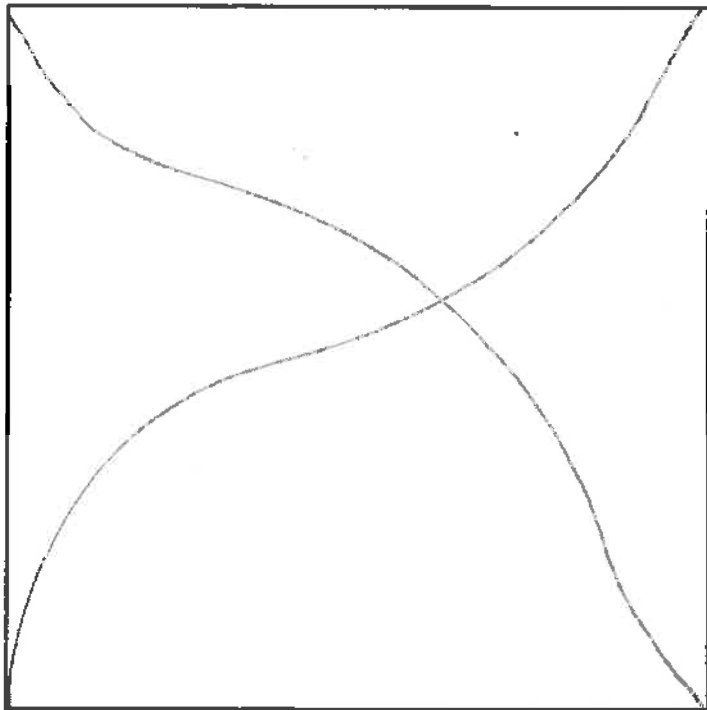
**Shade it yourself!**

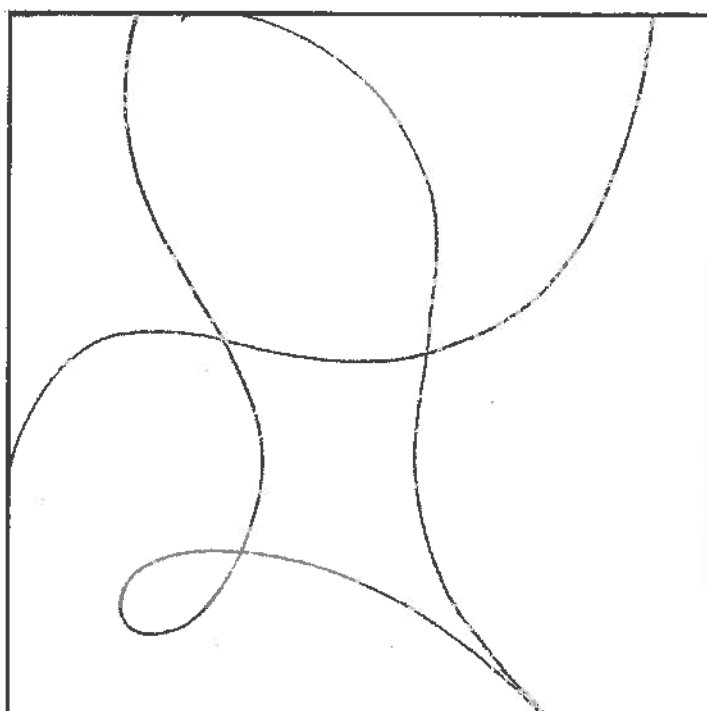
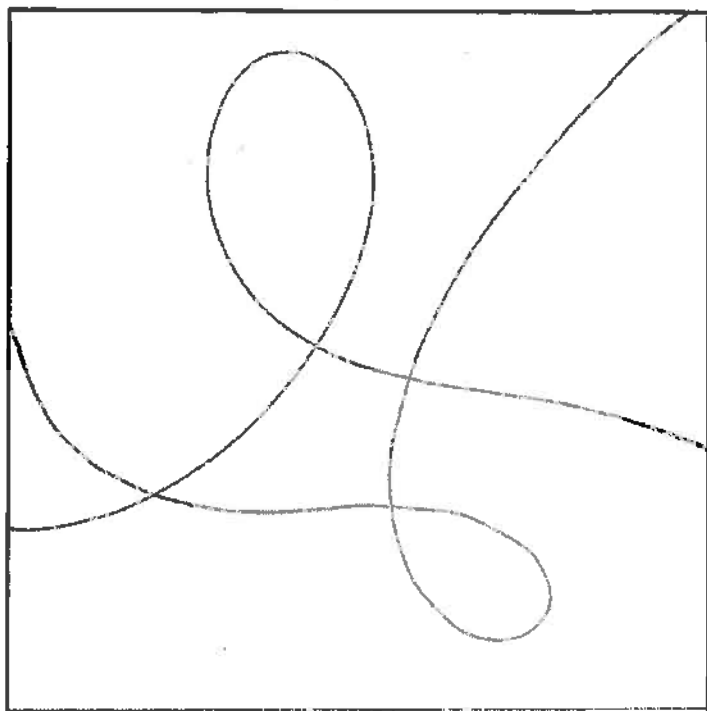
# Experiment with String

An easy way to change the look and feel of Zentangle art is to change the string. The string separates your tile into sections that you then fill with tangles. When you change the shape and size of the sections the string makes, you will change the look of your finished piece. Try using some of these different string shapes to start your Zentangle art.









### 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](http://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.

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—Rick Roberts and Maria Thomas, [zentangle.com](http://zentangle.com)

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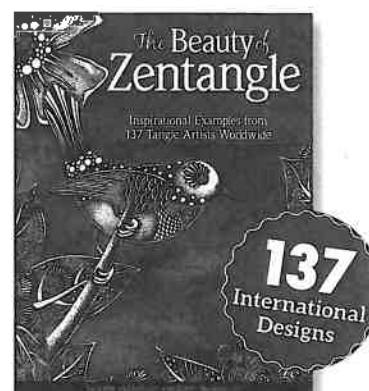
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