

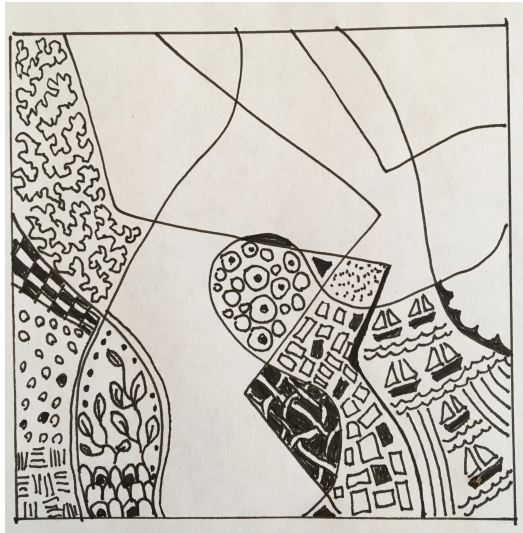


Painting With Penny

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Worksheet 9 - A Zentangle

What is a Zentangle. It is a small square with patterns inside. Originally done by monks. Draw on cartridge paper with a pen a 6.5inch square, divide it with 7 lines going from one side to another, they can be curvy or angular it is up to you. With lots of concentration you gradually fill in shapes and designs to fill the whole square or you can leave some gaps. It is totally absorbing and although small it will take you around 2 hours to complete. These are usually done just in pen but you can add some shading with a pencil or a little colour as I have on the hearts by the NHS writing. Look online for ideas of patterns or just look around your home and see shapes and patterns in the room.



Have fun designing your own Zentangle, make it into a card and send to a friend or put it online.