

Here are some ideas around Zentangles. These are taken from an online idea. You may enjoy using them to decorate pages of your sketchbook. Maybe you could complete one per day?

CHALLENGE ONE – Free Tangle

This is probably the first time you've come across this style of art, so your first challenge is to simply practice some patterns.

Create a grid of 8 squares on a piece of plain A4 paper. In each square, create any patterns you like. Use your imagination or Google 'zentangle patterns' to get some inspiration.

Draw your patterns in pencil first and then go over the lines with a black pen. You can use a pencil to add shading, just like I have here with my 'free tangle':



CHALLENGE TWO – Home Tangle

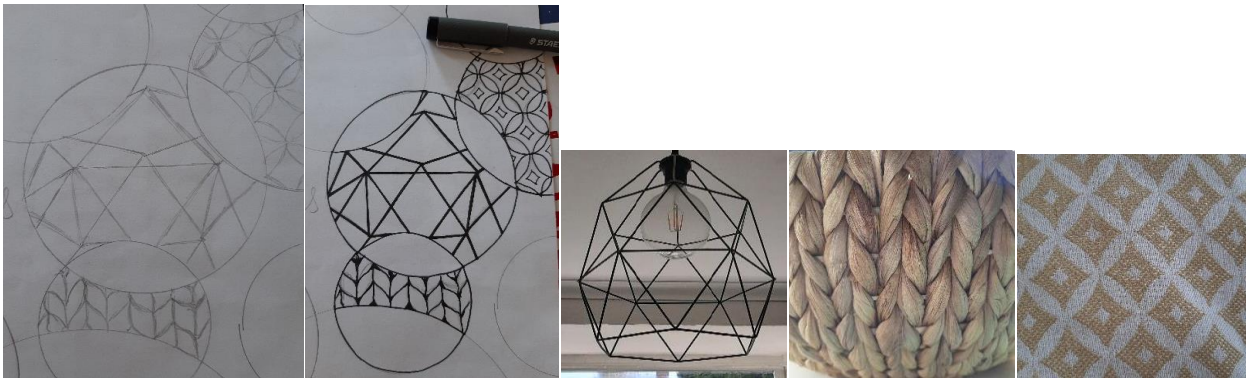
This challenge involves looking at the patterns and shapes you see every day. Many of these patterns can be turned into zentangle patterns.

Here are some of the patterns I see every day in my house:



Look around your house and garden. What patterns do you notice? You can take photographs of these patterns if you want.

Once you have found patterns, turn them into zentangle patterns by using the same technique as in challenge one. You can choose your own template this time. You might want a grid, circles, triangles etc. Watch me do it:



If you are having trouble finding patterns, feel free to use some of my pictures below.



CHALLENGE 3 – Family Tangle

This is a challenge that the whole family can get involved in.

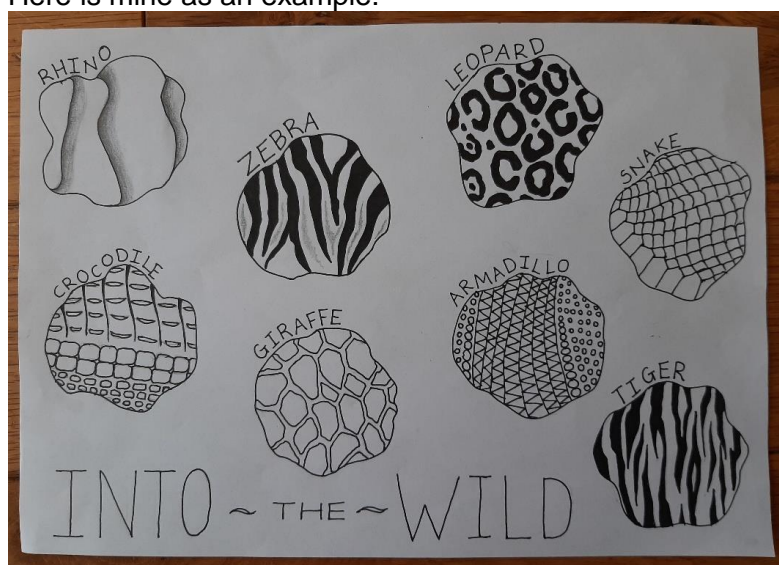
First, create a template (grid, circles, odd shapes, stripes etc) and put it up somewhere in your house.

Every day, one person in your family will complete one piece of the zentangle. Once all the parts are filled, you will have a lovely family zentangle picture.

CHALLENGE 4 – Wild Tangle

For this challenge, you need the Internet. Look at images of wild animals and see if you can turn any of their body parts into zentangle patterns. You could choose their markings, beak patterns, eyes, wings etc. Choose 6-8 animals that interest you. Draw 6-8 splats on your page and create a zentangle pattern in each one, based on the patterns you found.

Here is mine as an example:



You can colour this too, if you wish. Here are some wild animal prints to get you started:



CHALLENGE 5 – Creature Tangle

Look at the creatures you see in your garden. (You can also look up ‘garden creatures’ on Google to help you). What patterns do you notice?

Draw 6-8 circles on your page. In each circle, draw a zentangle pattern based on the creatures you found.

You can choose any of their body parts (markings, eyes, wings etc).

Here is mine as an example:



You could colour too, if you wish. Here are some creatures to get you started:



CHALLENGE 6 – Hand Tangle

For this challenge, your template is your own hand! Draw around your hand carefully or ask someone else to draw around it for you.

Inside your hand, draw straight or curved lines to create sections. In each section, draw your own zentangle patterns. Use patterns from the Internet to help you if you are stuck for ideas.

To make your hand stand out, choose a bright colouring pencil to shade around the hand. Here is mine:

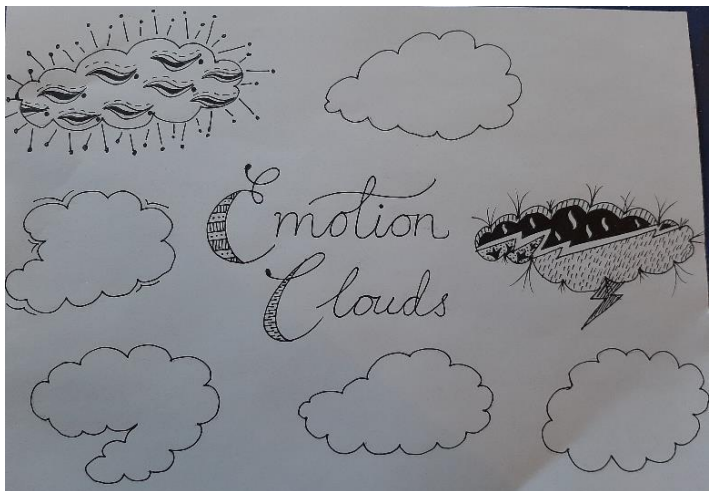


CHALLENGE 7 – Emotion Tangle

You can use zentangle patterns to show how you feel. First, create a template with 7 sections.

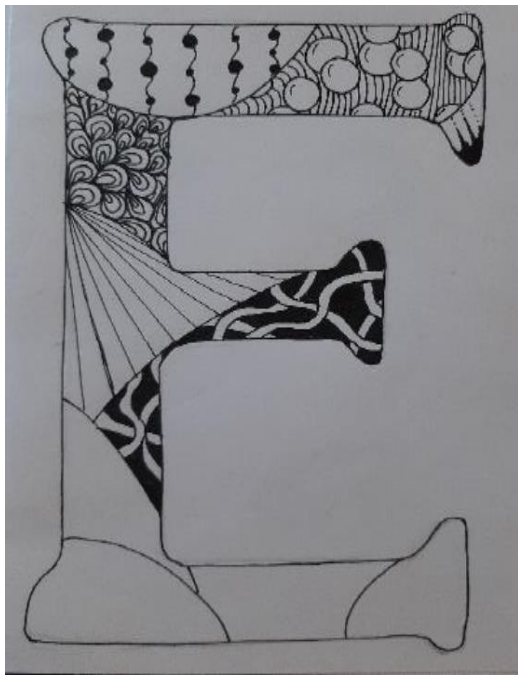
I have used clouds, but you can use hearts, circles or a grid. Everyday, draw a zentangle that reflects your emotion that day. Try to use your imagination rather than copying patterns. At the end of the week you will have a fabulous 'emotion tangle' that will only mean something to you.

Here is a quick example:



CHALLENGE 8 – Letter Tangle

Draw a letter of the alphabet on your page. Your letter can be in any style/font you like, but the larger the space within the letter, the better. Create sections within your letter and draw zentangle patterns in each section. Here is a quick example:

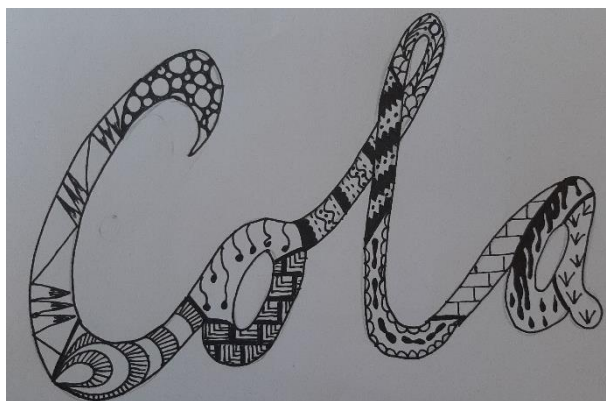
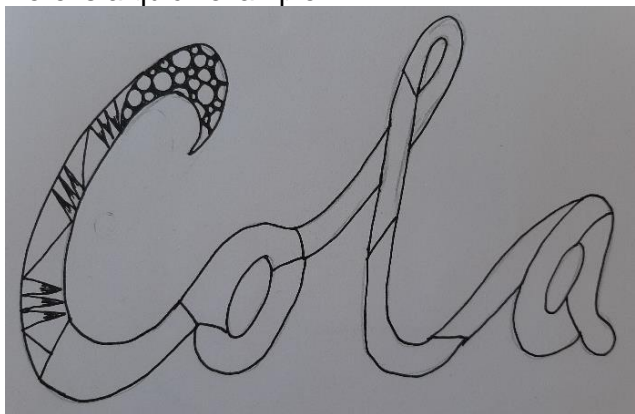


You could also leave the letter white and zentangle around it. Like the second example from the Internet.

CHALLENGE 9 – Word Tangle

Like the previous challenge, but with a whole word. Write a word in any style you like, creating enough space within the word for your zentangles. Create sections within the word and draw zentangle patterns in each one.

Here is a quick example:



You could also leave the word white and zentangle around it. Like these examples from the Internet:



CHALLENGE 10 – White Space Tangle

This challenge involves leaving a white shape in the centre of the page, and creating zentangle patterns around it. For example, you could draw the outline of an animal, a leaf, a flower, or any other recognisable object.

Don't draw any details within your shape. Around your shape, create sections and draw a zentangle pattern in each one. Here are some examples taken from the Internet:

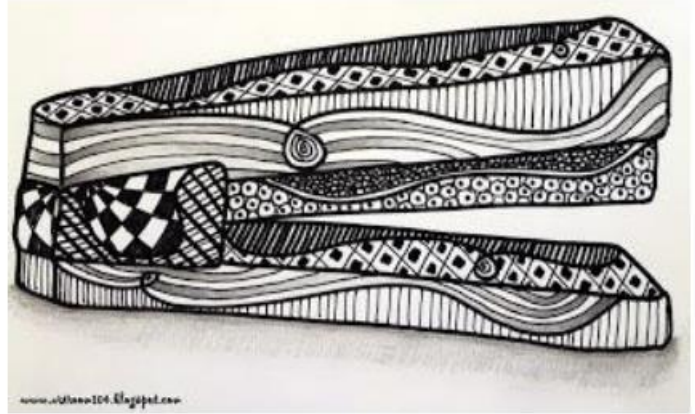
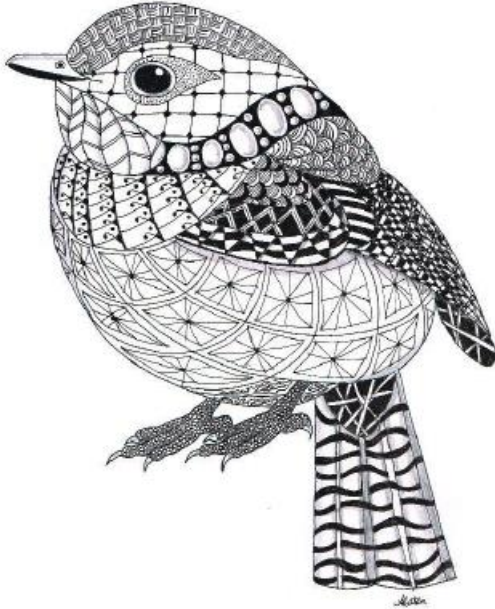


CHALLENGE 11 – Fill It Up Tangle

This challenge is the opposite of Challenge 10. This time, the shape you draw will contain zentangle patterns.

The space around the shape you draw needs to remain white for this to be effective.

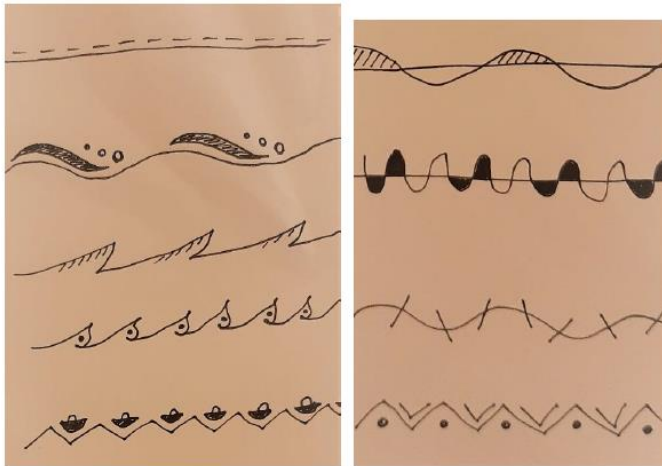
Here are some examples from the Internet:



CHALLENGE 12 – Line Tangle

Draw some lines on your page, making sure there is enough space between them. You could also use wavy lines, straight lines, zig-zags etc. Zentangle each line in different ways. You can add branches, spots, repeated patterns etc.

Here is a quick example:



CHALLENGE 13 – Colour Tangle

This challenge involves using more than one colour. Create any zentangle you like – a word, a grid, circles etc – and use another colour or colours to decorate.

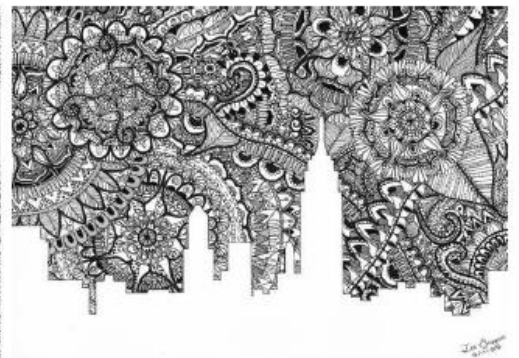
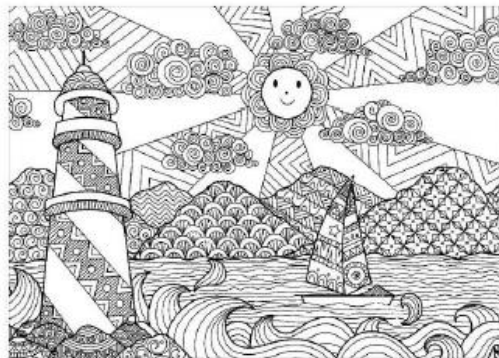
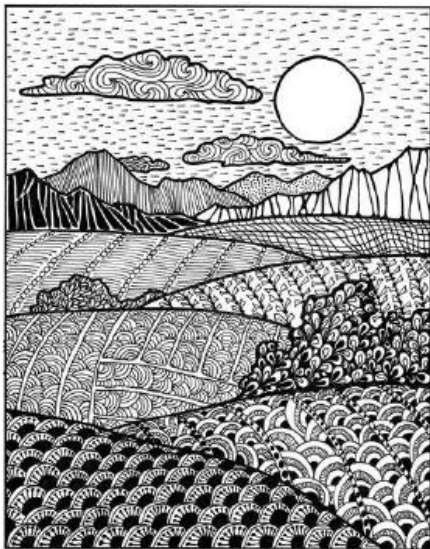
Here are some examples from the Internet:



CHALLENGE 14 – Setting Tangle

Draw a setting. It could be your back garden or another setting from your imagination. (Use Google Images to help you if you need it) Once you've drawn your setting, create zentangles in each section of your picture.

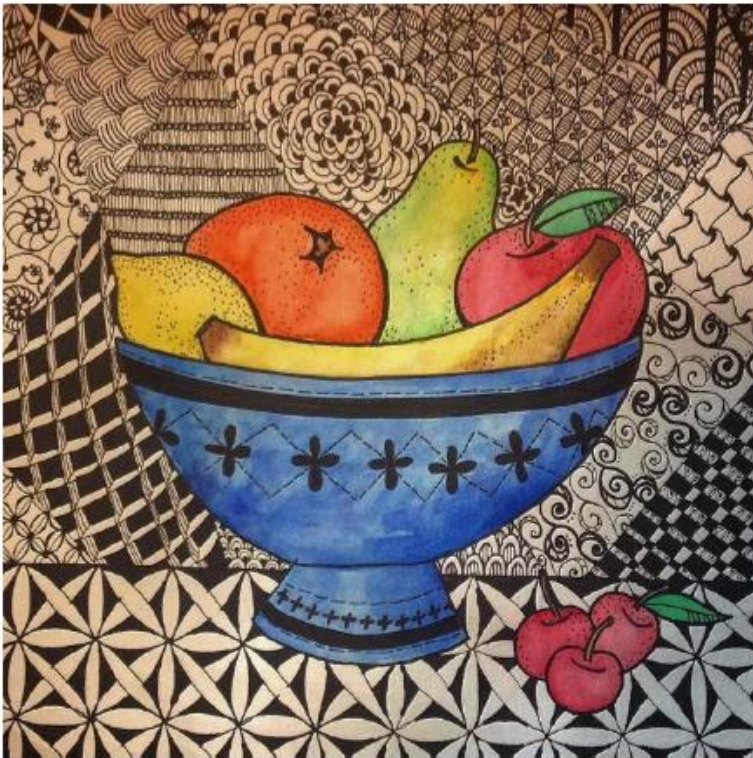
Here are some examples from the Internet:



CHALLENGE 15 – Still Life Tangle

Arrange some objects in front of you. It could be a fruit bowl, a vase of flowers, items in your pencil case etc. Create zentangle patterns within or around this image. You can use colour if you wish.

Here are some examples from the Internet:



CHALLENGE 16 – Outdoor Tangle

For this challenge, you need chalk and a flat surface outside. If you don't have chalk but still want to do the challenge, you can create an outdoor zentangle using any objects you find (blades of grass, twigs, petals, stones etc). If using chalk, create a zentangle pattern on your flat surface.

Here is an example from the Internet:



CHALLENGE 17 – Ocean Tangle

This challenge is just like Challenges 4 & 5, but this time you are looking at patterns in sea life. Use the Internet to help you find pictures of ocean creatures and plants. Select some that interest you and turn them into zentangles. Your page can be arranged however you like. You could have bubbles, shells or a row of seaweed, for example. Here are some patterns to get you started:



CHALLENGE 18 – Floral Tangle

Look at flowers and leaves that you have in the garden (or pictures on the Internet). Choose some patterns that interest you and turn them into zentangles. Your page can be arranged as you like. Here are some flowers, leaves and fruit to get you started:



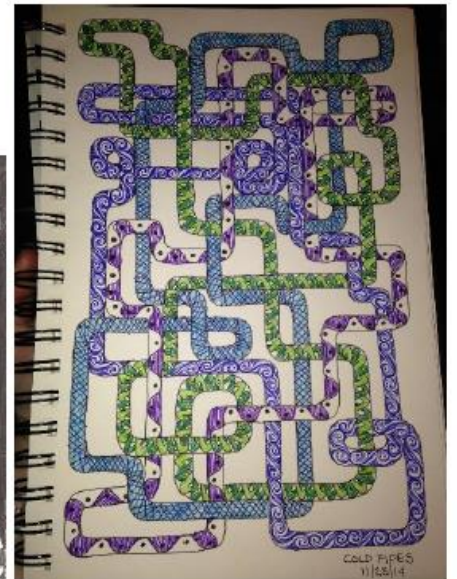
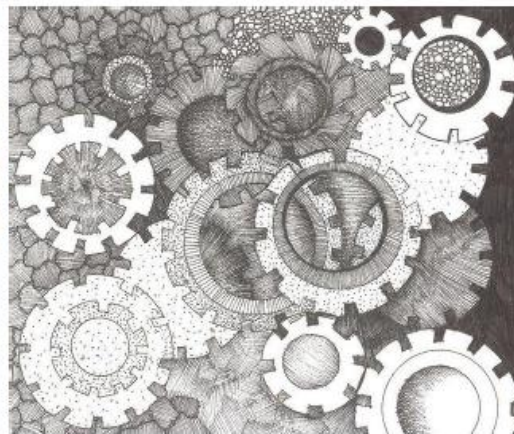
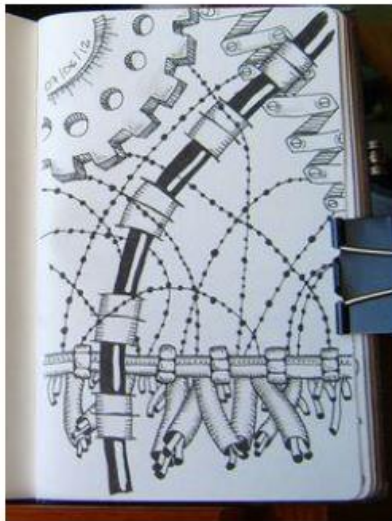
CHALLENGE 19 – Frui-tangle

Look at fruit that you have in you house, or pictures of fruit. Choose some patterns that interest you and turn them into zentangles. Your page can be arranged as you like. You might want to use circles or a grid. Here are some fruits to get you started:



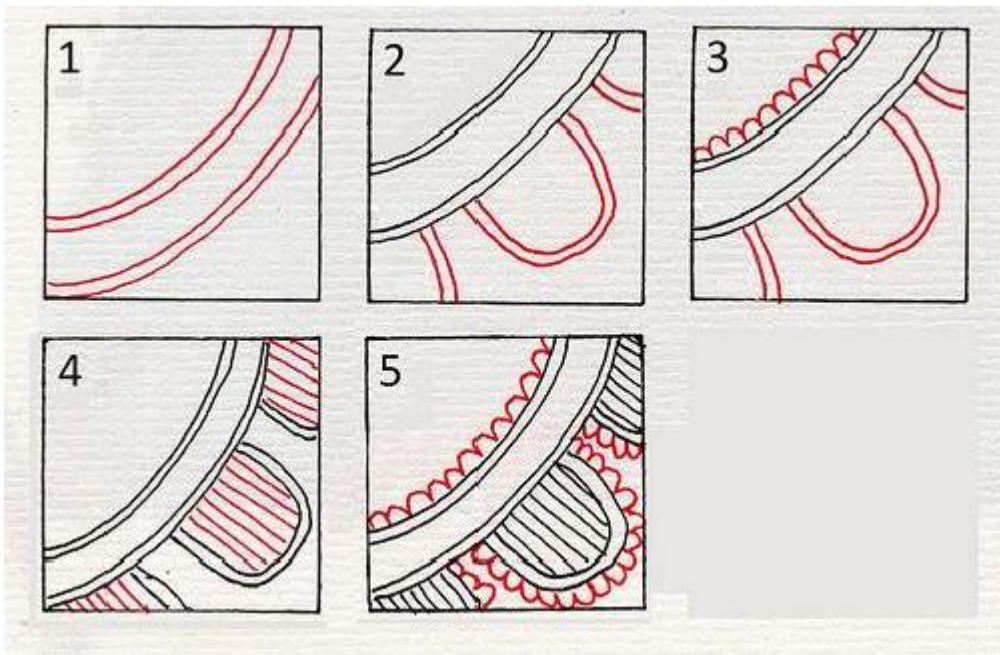
CHALLENGE 20 – Industrial Tangle

This challenge involves all things industrial - plugs, wires/cables, cogs, nuts, bolts, screws, pipes etc. Use images of these items to create your own zentangle patterns. Here are some industrial zentangles:



CHALLENGE 21 – Build It Up Tangle

This challenge is all about building upon your previous picture. Start with a simple shape. Draw it again but add something to it. Repeat this two or three more until you end up with 4-5 images.



CHALLENGE 22 – Portrait Tangle

Draw a picture of yourself (use a mirror or copy a photograph if you want to). Choose how to zentangle your portrait. You could create zentangle patterns in different sections of the face and hair. Or, you could just zentangle around the face. If you don't want to use your own face, choose a face from a magazine.



CHALLENGE 23 – Print-angle

This challenge involves combining printing with zentangle patterns. You will need paint for this challenge. Create a print and, when dry, add more detail using a pen. You can use potatoes, kitchen utensils, string, or other objects to create your print. (Check with an adult that you can use the object before you dip it in paint!) Safety: If cutting vegetables, please ask an adult to help you.

Here are some examples of printing from the Internet:

