

What is Zentangle Art?

Zentangle Art is an art technique that creates images by drawing structured patterns.

The patterns are created using combinations of dots, lines, curves, orbs and shapes such as circles, triangles and squares, and abstract shapes

Zentangle Art can be drawn in monotone (one colour) or be multicoloured.

Zentangle Art is unplanned with emphasis on focusing on each stroke rather than the finished work.

You may have an idea of what you want to draw but more often, the strokes and patterns will create an unexpected result.

Zentangle Art is meditative. Many people find it relaxing and reduces stress.

Materials Needed

Zentangle Art is low cost as the minimum requirement is a pencil or pen and a blank piece of paper.

Paper

- White copy paper. Colours such as pastels and neutrals work well too. Dark coloured papers can be used too with white or very light coloured pencils.
- Sketch books and art journals.
- Light card.

Pencils

- Lead pencils – various gradings from HB to 6B, 8B etc. – Various gradings from the H range (2H, 4H etc). The B gradings are softer than the H gradings.
- Coloured pencils

Pens

- Writing pens
- Fine tip pens such as Artline 200, Sakura, Staedtler Triplus Fineliner brands. These brands produce fine tip pens of varying nib size such as 0.1mm to 0.8mm in black as well as a range of colours. The various nib sizes enable the artist to draw lines in different widths and vary the detail in patterns.
- Felt pens – preferably with fine nibs.
- Copic markers – preferably with fine nibs.

Gel pens – may not give as fine detail as the fine tip pens. Metallic gel pens can be used to add highlights.

Books and websites on Zentangle Art

Books

- Zentangle Sourcebook: The Ultimate Resource for Mindful Drawing by Jane Marbaix.
- The Great Zentangle Book: Learn to Tangle with 101 Engaging Patterns by Beate Winkler et al.
- The Joy of Zentangle by Marie Browning, Suzanne McNeil.
- Zentangles Untangled by Kass Hall.

Websites

Tanglepatterns.com

<https://tanglepatterns.com>

This website lists an A-Z of patterns with most patterns shown step-by-step.

Zentangle.com

<https://zentangle.com>

Everything you need to know about Zentangles!

You can find plenty of zentangle patterns on the web – just google 'zentangle patterns'.

There are also many useful tutorials on You Tube.