



Family Zentangle

PURPOSE

- To practice mindful/meditative drawing
- To relax your mind and reduce stress

OBJECTIVE

- To create a Zentangle Drawing and compliment the drawings of others

INSTRUCTIONS

Materials

- Drawing template (1 per participant)
- Pens or markers (can be colored or black)

Assembly

1. Print out the drawing sheet for each member of the family
2. Optional: Print out the Zentangle Pattern Examples
3. Draw and display

Application

- Draw a different repeating pattern in every closed section of the template
 - You can choose to stick with only using black pen, or use different colors for each section/pattern
 - Try to focus on the repetitive, relaxing motion of the drawing. Don't worry about making mistakes!
- After everyone is finished with their drawings, show them to each other. Go around and say one thing you like about each person's drawing.

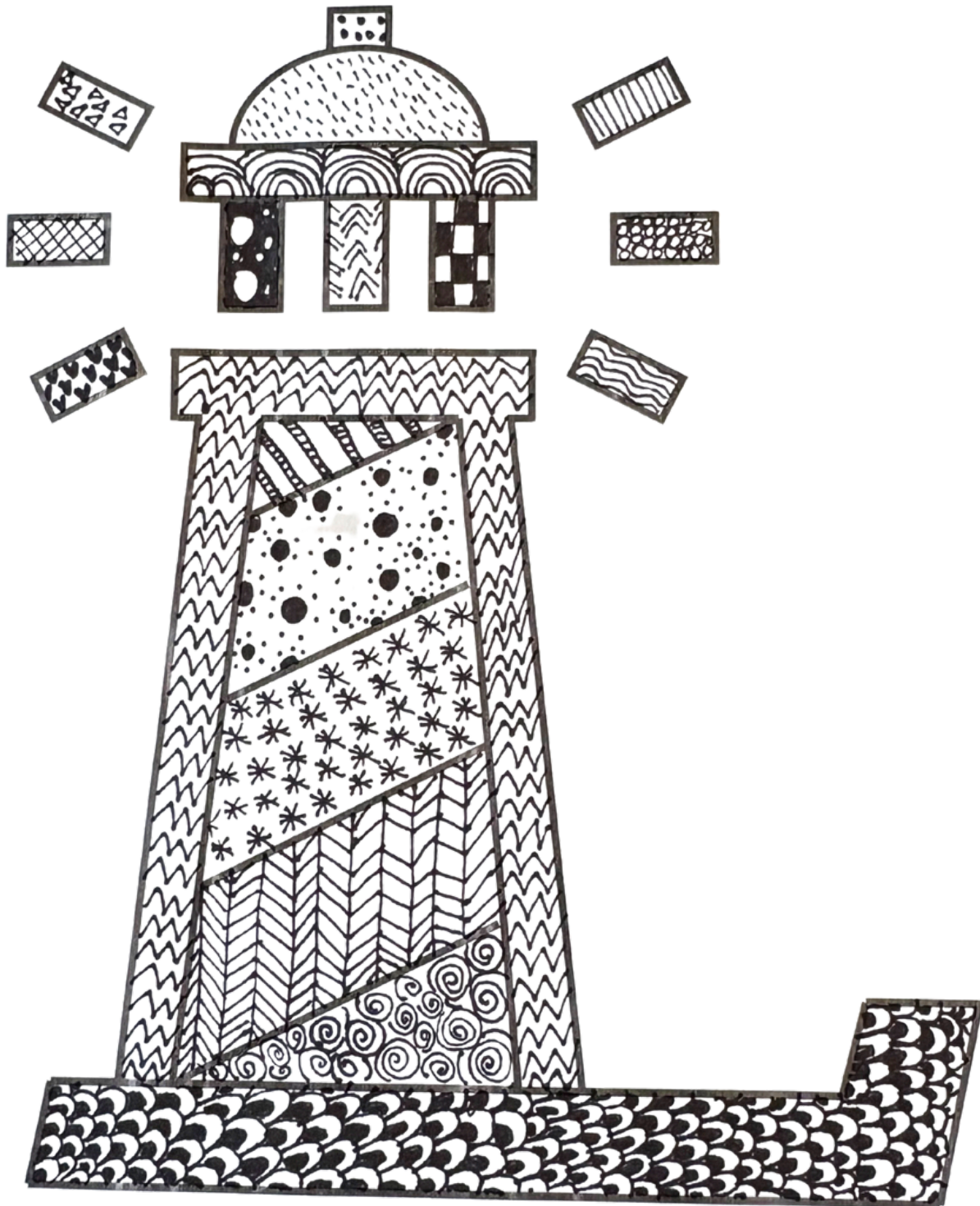
BONUS: Make copies of your pattern and save them for coloring sheets

Let us know how the activity goes!

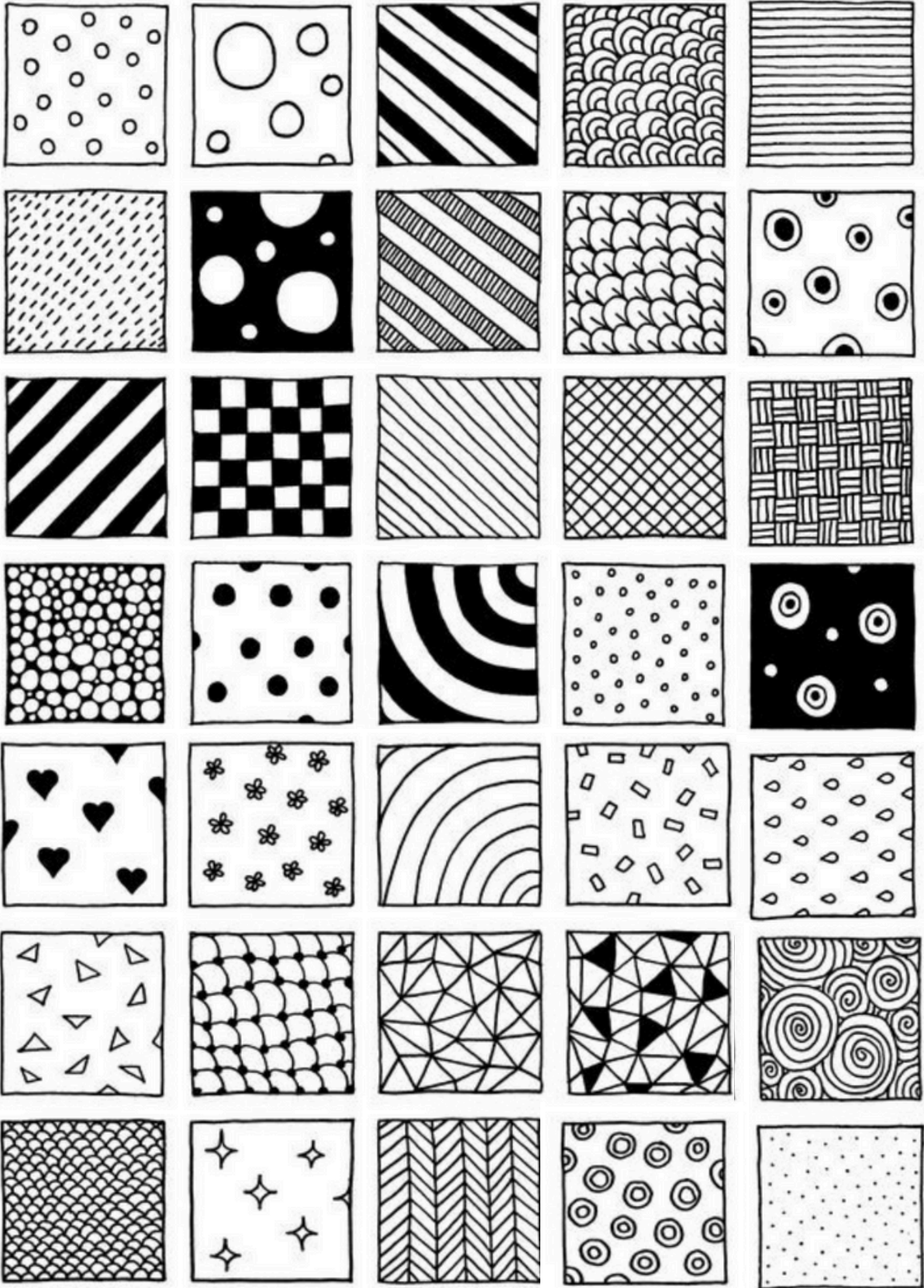
We'd love to hear from you or receive pictures or tag us on social media:

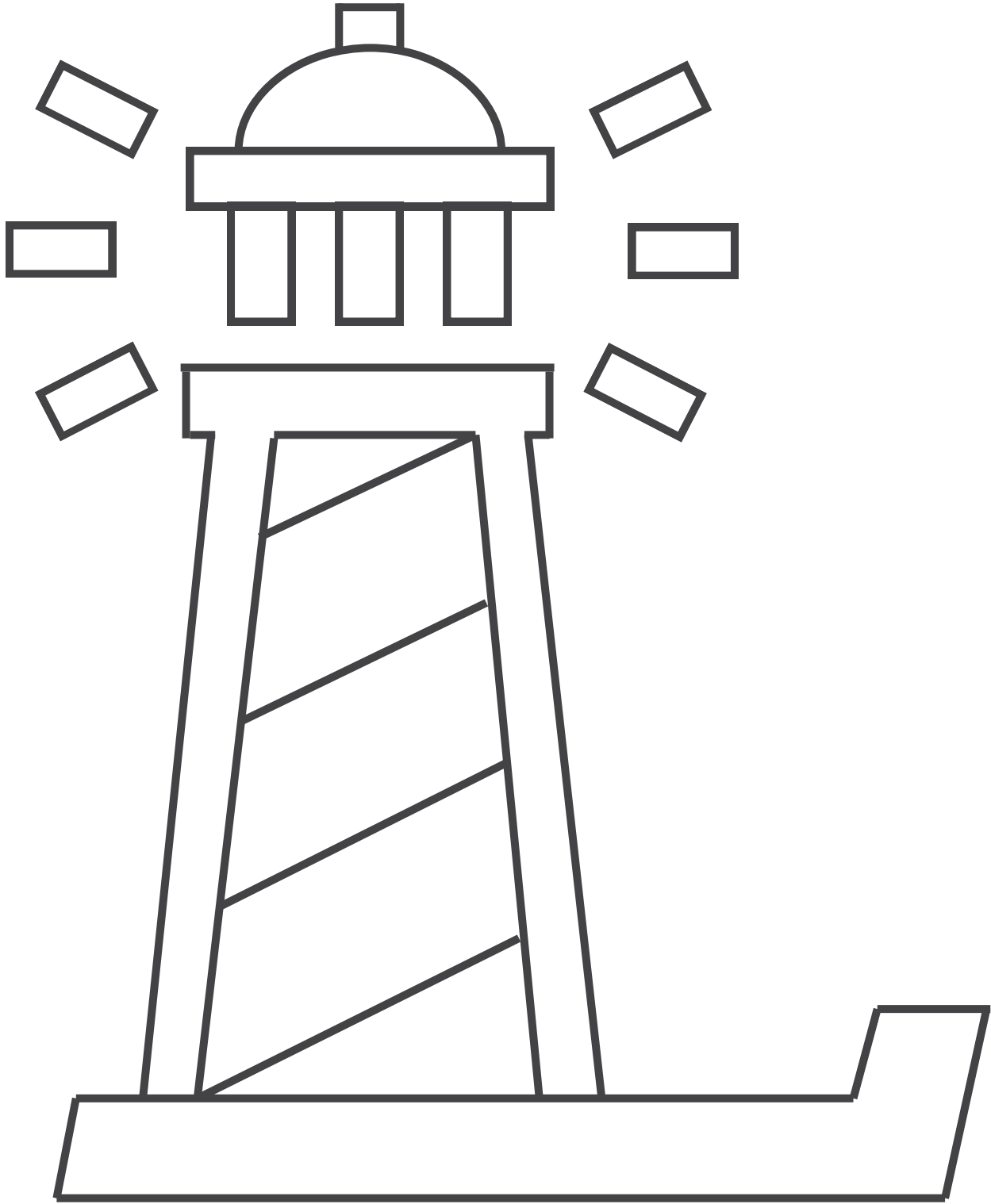


Example



Zentangle Pattern Ideas





Erika's Lighthouse®

