

# Zentangle: Creativity for Everyone

Mary Martin: [Mary.Martin@MTSU.edu](mailto:Mary.Martin@MTSU.edu)

Tammy Jones: [TammyJones@TLJConsultingGroup.com](mailto:TammyJones@TLJConsultingGroup.com)

Beta Chapter

What is it?

Why do it?



Minimal:

- Pencil, No. 2, with sharp point
- Micron Pigma 01 black pen
- Zentangle Tile or 3.5"x3.5" square of card stock – White or Cream
- Several patterns to try

Additional materials as desired:

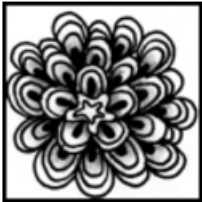
- Micron Pigma pens in different nib sizes and colors
- Watercolor pencils and different hardness of pencils for shading
- High quality eraser
- Journal
- Artist trade cards of differing sizes
- Pens, kits, and jars for storing supplies
- Zentangle books and apps for new patterns
- Notebook for sample tile storage
- Items - such as cookie cutters, seashells and small starfish - for using as outlines

Zentangle Steps

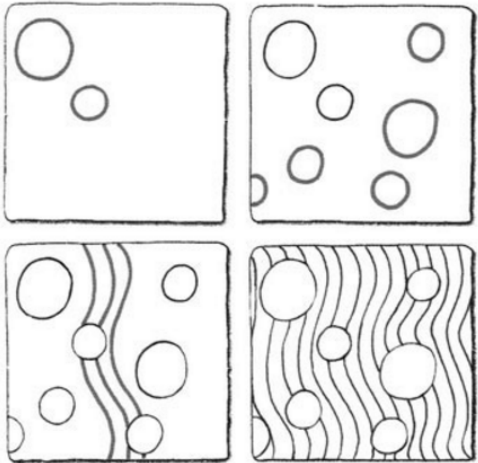
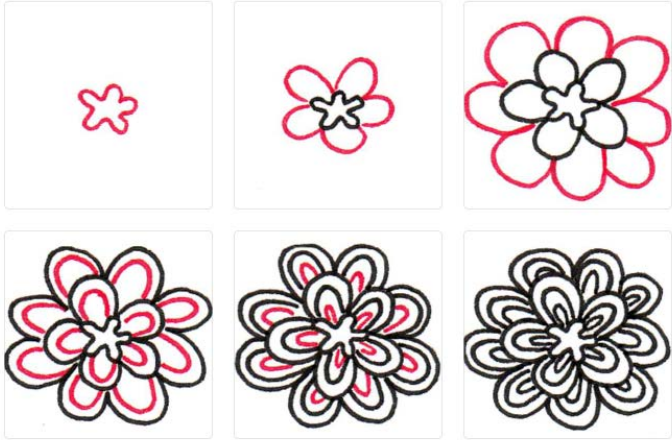
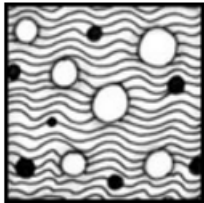
Some Patterns



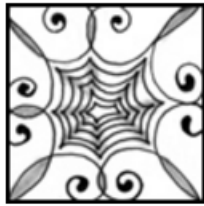
Mumsy



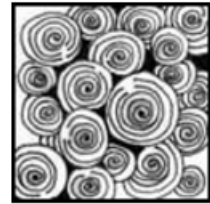
Nipa



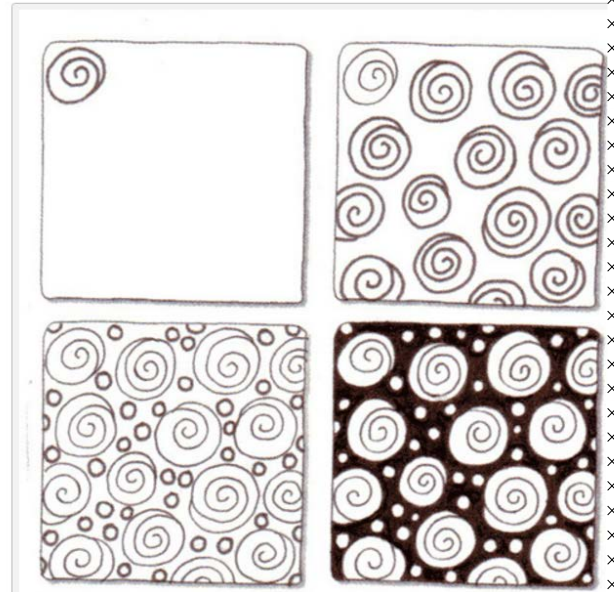
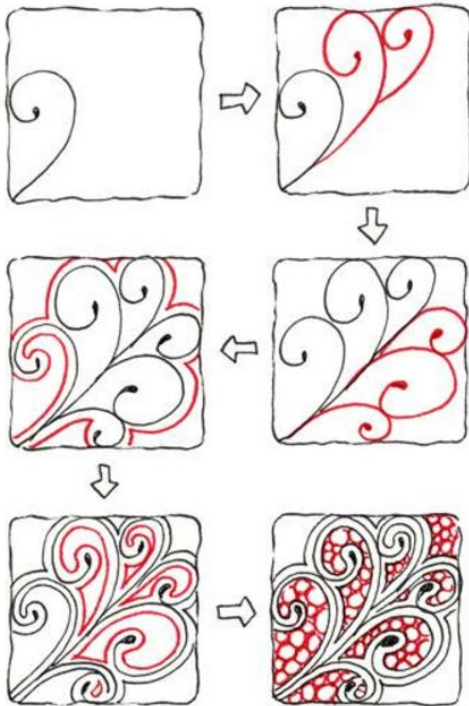
Opus



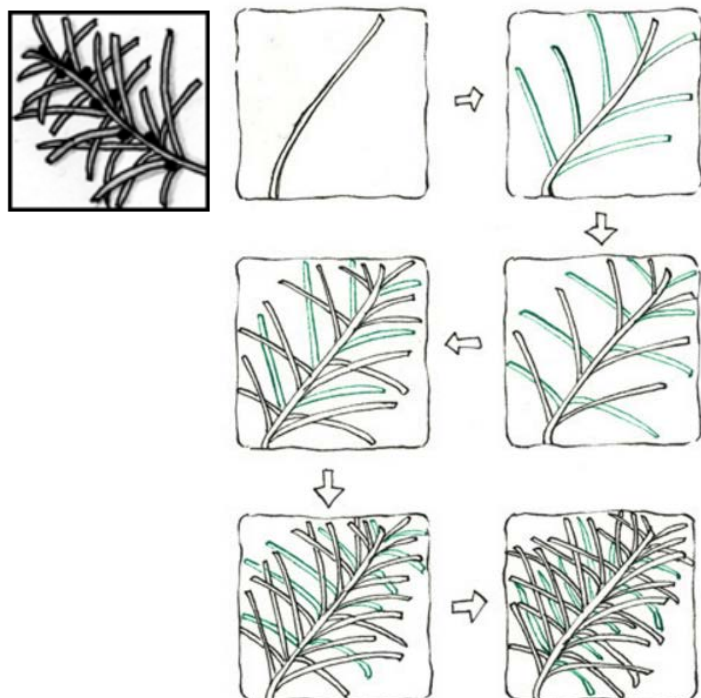
Printemps



OPUS / WITH AN AURA



Verdigogh



Yaf



## *Sources for Zentangle Patterns:*

### Books:

*The Joy of Zentangle*, McNeill, et al

*One Zentangle a Day*, Krahula

*Made in the Shade*, Letourneau

*Zen Doodle*, Jenny

### Online Resources:

[www.Zentangle.com](http://www.Zentangle.com)

[www.TanglePatterns.com](http://www.TanglePatterns.com)

[www.Artistsnetwork.com](http://www.Artistsnetwork.com)

### Apps:

Zentangle Mosaic

Tangle Library

Tangle Patterns

### Where to obtain materials:

Office supply store

Hobby or Craft store

Amazon

Registered Zentangle instructor ([Zentangle.com/teachers](http://Zentangle.com/teachers))

Note:

It is helpful to note the patterns you tangled on the back of the card as well as the date that you did them.