

## Grade 2 Project: Zentangle Hand

### Element of Art: Texture

**Objective:** to create visual textures by using Zentangle patterns (called “tangles”) and to learn that practicing art can also be about relaxing and enjoying the process

**Artistic Influence:** the Zentangle system created by Rick Roberts and Maria Thomas



**Element of Art:**  
Texture

**Materials:**

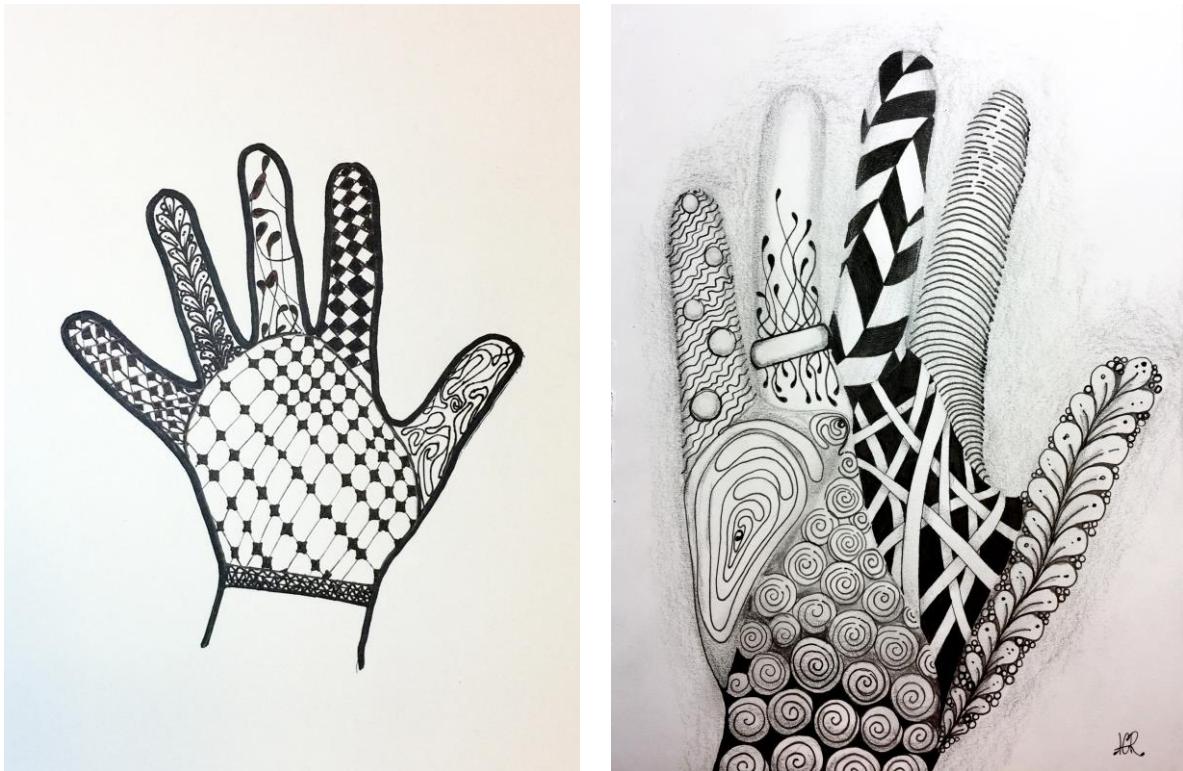
- A regular graphite pencil from the students' desk for tracing the hand and drawing the initial “string”
- Black Ultra Fine Point Sharpie, at least one per student (fine Sharpies are too thick for the pattern detail)
- Light colored tagboard or cardstock, or any thick paper, to avoid messy Sharpie bleed-through
- Black Fine Sharpie, this is optional, to be used only if students want a thick outline on the outside of the hand to cover stray lines – adults can help with this step if the students want.

**Instructions and notes:**

1. Ahead of teaching, print enough copies of the “Introduction to Zentangle Practice Sheet” (page 3 in this document) for each student to have one.
2. Present the PowerPoint slide deck pausing on slide 7 to read more about Zentangle on the practice sheet and then have students practice drawing the tangles on their practice sheet.
3. Note that each individual doodle pattern is called a “tangle” in the Zentangle system.
4. After showing students the step-by-step slides, pause on slide 18 to leave the examples “tangles” projected on the screen as students work on their hand drawings.
5. Make sure that all of the Sharpies are tightly closed when the students finish.
6. Invite students to share their art and talk about the process if time allows.

## Zentangle Hands

The goal of this 2<sup>nd</sup> grade lesson was to create visual textures and experience how art can be about relaxation and enjoying the process.



### WA State Visual Arts Standard (VA:Cn11.1.2)

Compare and contrast cultural uses of artwork from different times and places.

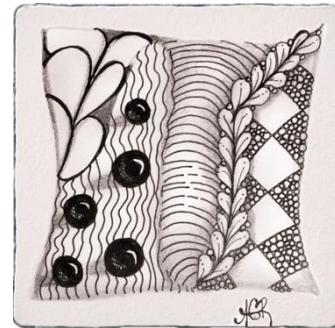
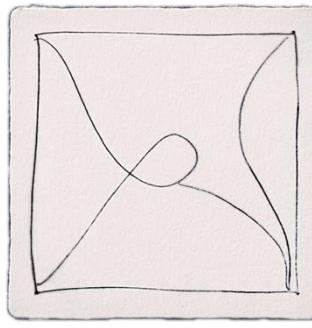
In this art lesson taught by volunteer art docents, students learned that **texture** is an element of visual arts that portrays surface quality. They used Sharpie markers to make Zentangle patterns inside the traced shape of their hands, creating a rich and varied **visual texture**.

Our inspiration for this project was the Zentangle system designed by Rick Roberts and Maria Thomas. Zentangle is a form of organized and thoughtful doodling that can be used as a tool for relaxation and artistic inspiration. Many great artists doodle before settling into the work of creating more traditional or serious art. It's also fun!

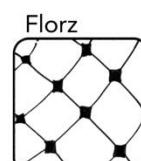
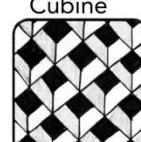
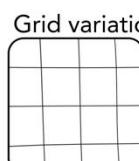
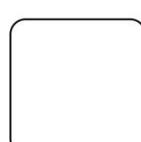
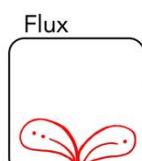
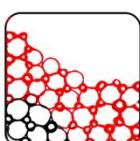
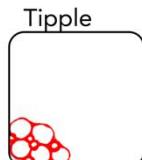
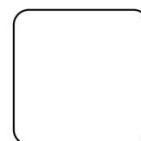
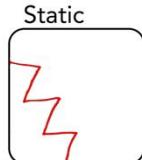
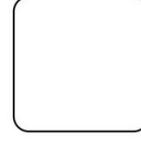
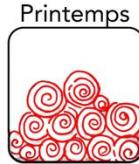
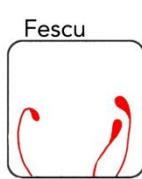
The development of this Lake Washington School District art docent lesson was made possible by a grant from the Lake Washington Schools Foundation.

# An Introduction to Zentangle: Practice sheet

Rick Roberts and Maria Thomas created the Zentangle process as a means of relaxation or an alternative form of meditation through drawing repetitive doodle patterns (lines and shapes) to make abstract drawings. Strictly speaking, Zentangles are drawn on 3½ inch x 3½ inch squares of stiff paper called tiles. You start by drawing a freeform string with pencil to decide where one tangle pattern ends and another begins.



In Zentangle the individual patterns or **tangles** have names, as shown in the examples below. More and more, artists use these tangles to create Zentangle Inspired Art that may be abstract or figurative and not limited to the small square tiles. Tangles are drawn in ink with the option of using a 2B pencil to do shading. Use the empty squares to practice the tangles shown here.



Grid variations:

