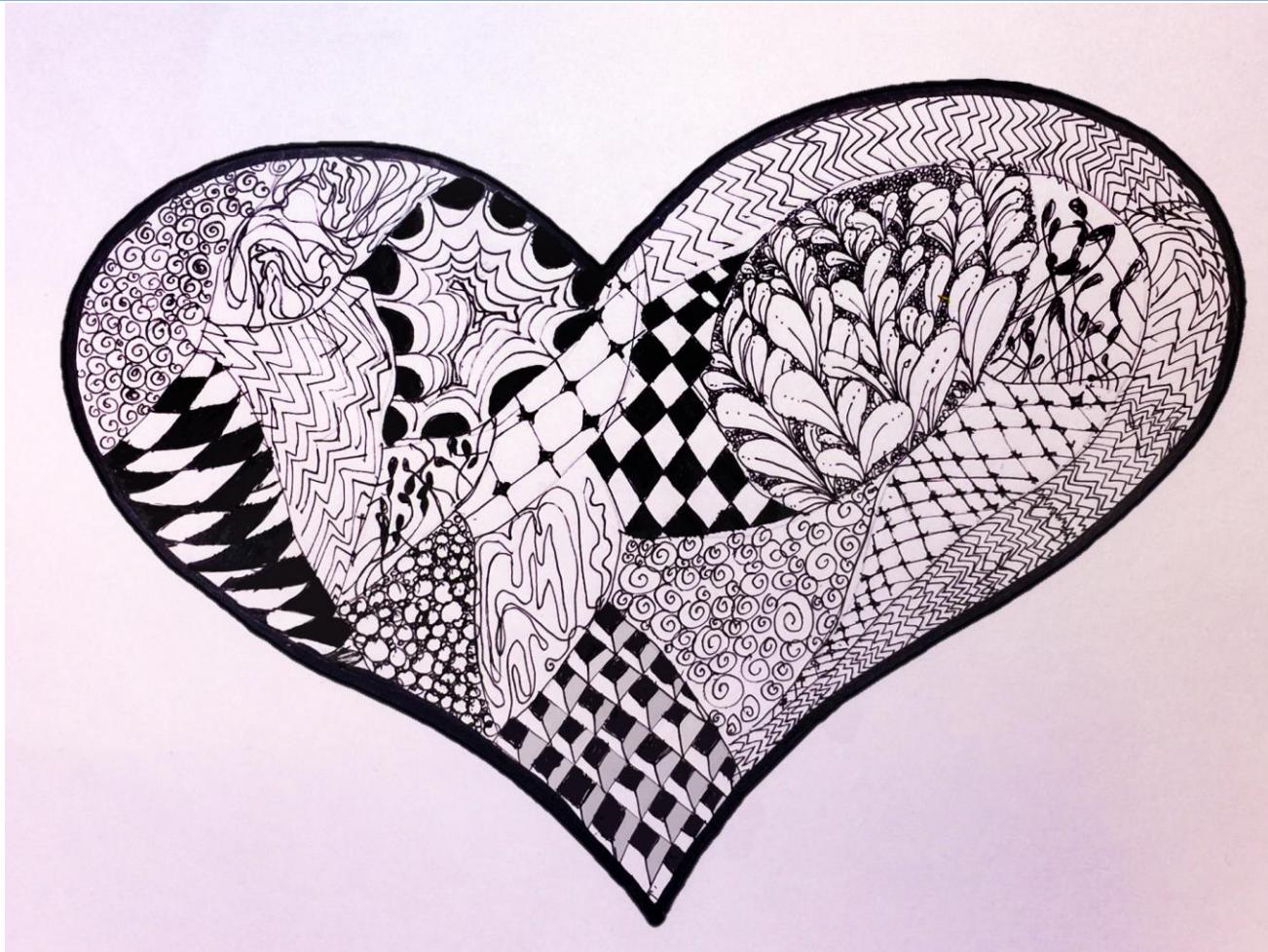
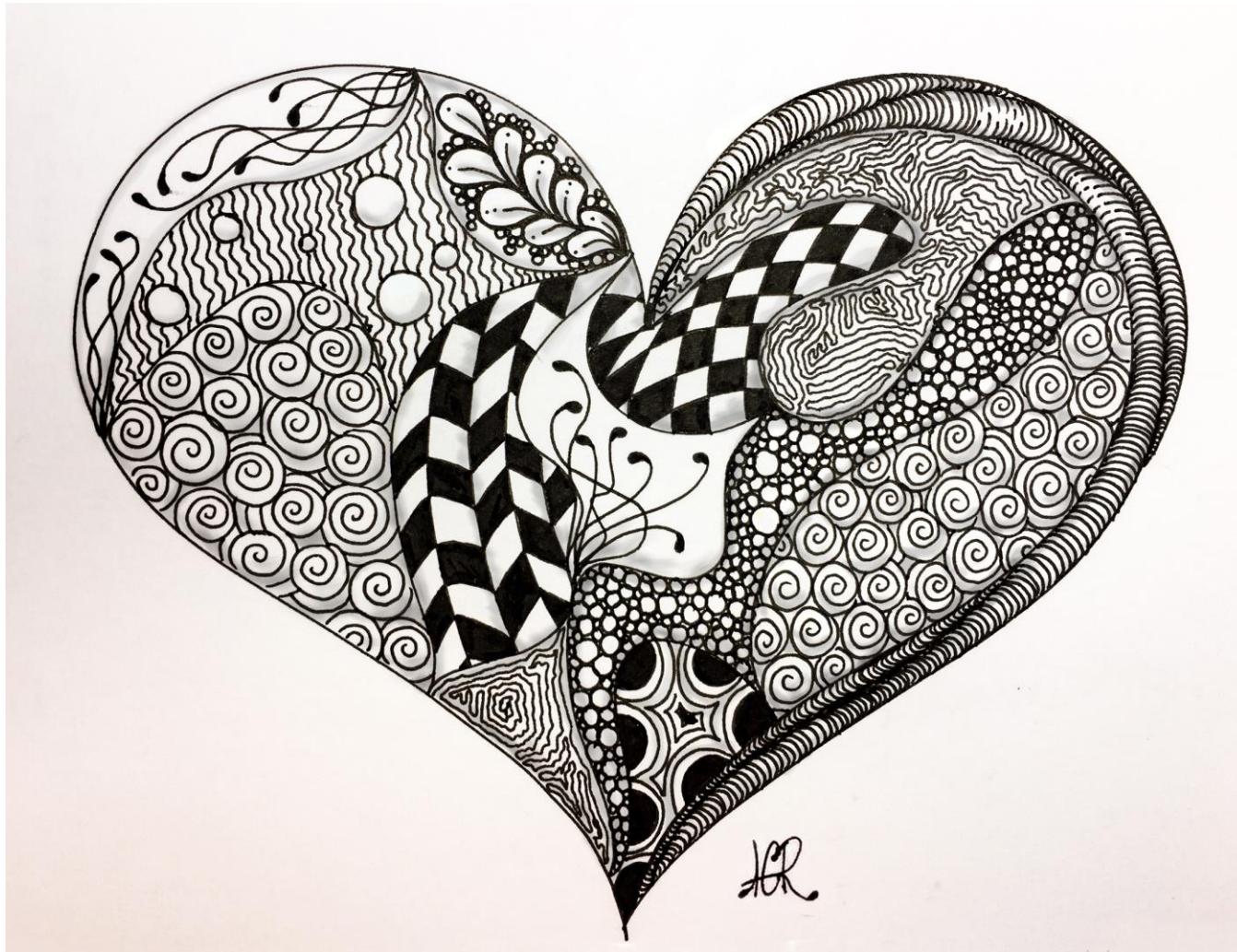


Grade 4 – Tangled Heart



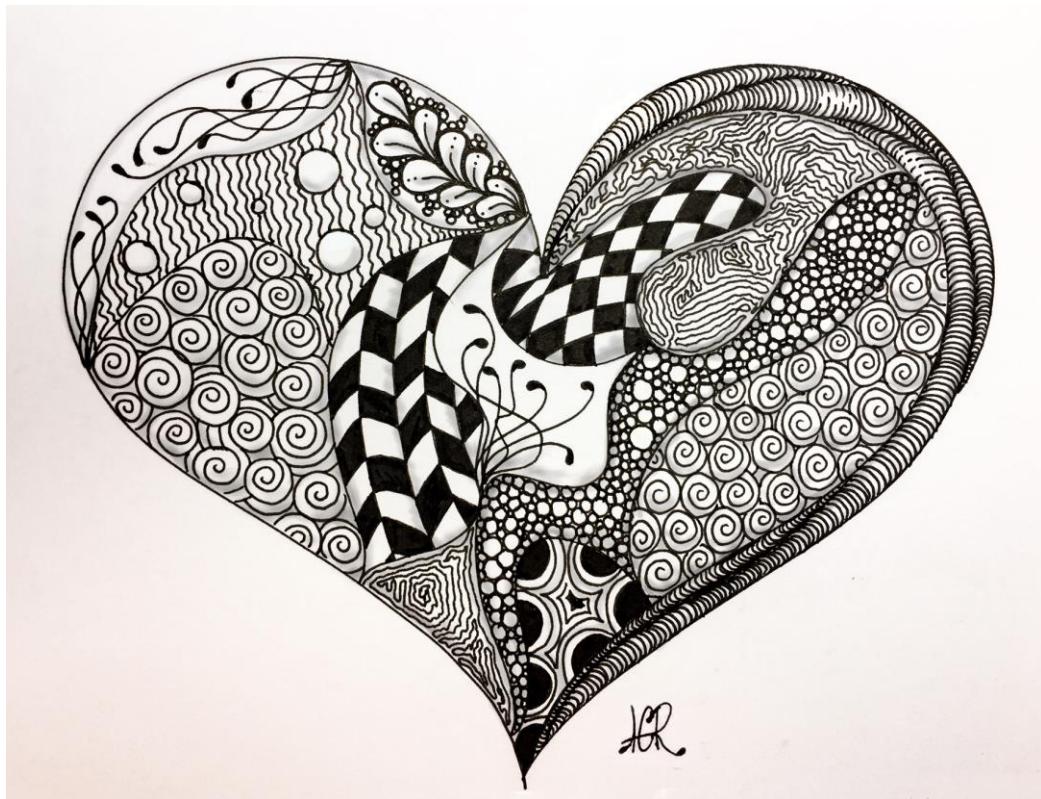
Value

What do you see?



Tangled Heart, 2017, Audrey Guidi

Artistic Focus: Value



Tangled Heart, 2017, Audrey Guidi

VALUE is the lightness and darkness of a line, shape, or form.

Today's objective:

1. To use the Zentangle system to create a heart made of up patterns with darker or lighter **value**, almost like a patchwork quilt.
2. To relax and have fun!

WA State Visual Arts Standard
Compare responses to a work of art before and after working in similar media. (VA: Re.7.1.4)

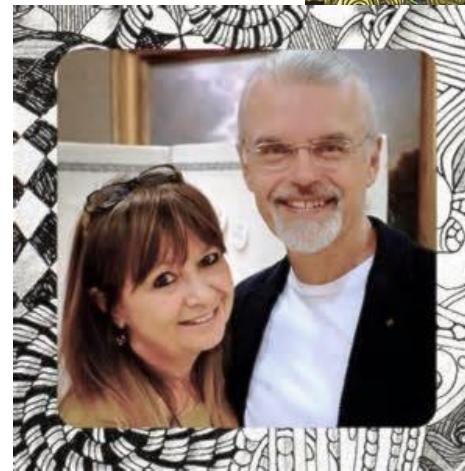
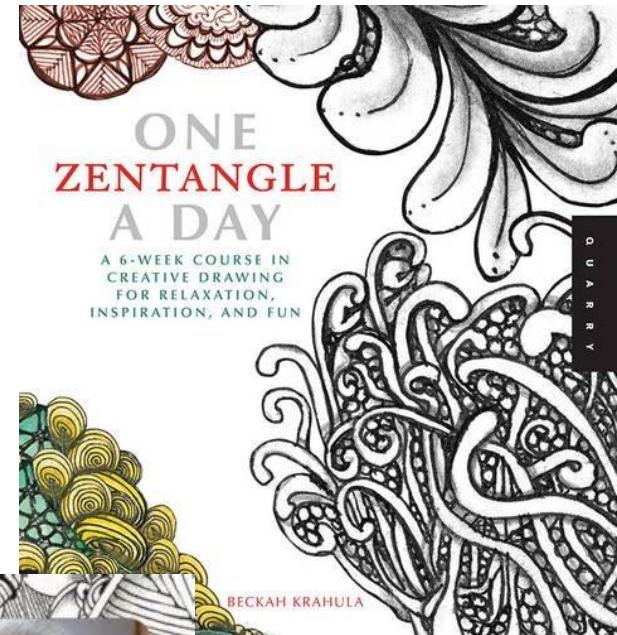
What is Zentangle?

The Zentangle system:

- Designed by Rick Roberts (concept) and Maria Thomas (artist) who live in Massachusetts
- Created as a means of merging meditation or relaxation with art
- Each “tangle” pattern has a name

Possible benefits and uses of the Zentangle system:

- Relaxation
- Inspiration
- Relieve stress
- Increase attention span
- Improve eye/hand coordination
- Create beautiful works of art



Artwork



Zentangle Tile, 2016, Audrey Guidi



Zentangle Tile, 2013, Maxine Pippin

Artwork



Two Hearts, 2016, Audrey Guidi

Materials

Tangle practice sheet and blank paper,
preferably cardstock or tagboard



Pencil, to be used only for tracing
hand and drawing string



Ultra Fine Point Sharpie



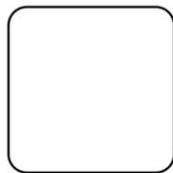
(Optional) Fine Sharpie, only for retracing the
outer outline of the hand once all tangles are
completed inside the hand shape



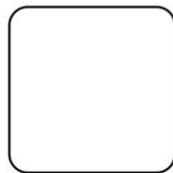
Tangle Practice

- Try some tangle designs in the empty square on your practice sheet.
- The red lines show you where to start and how to move to the next step.

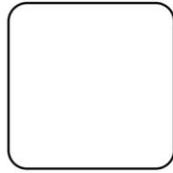
Fescu



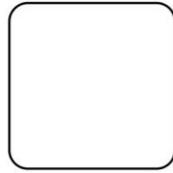
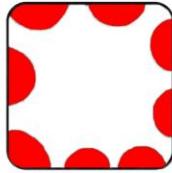
Printemps



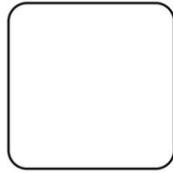
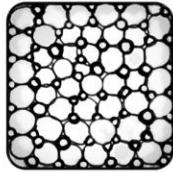
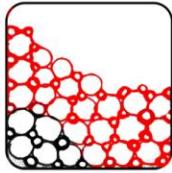
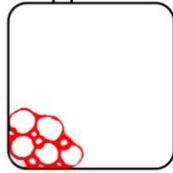
Static



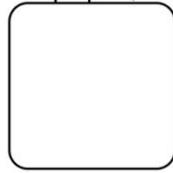
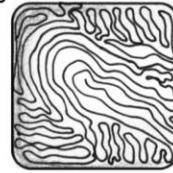
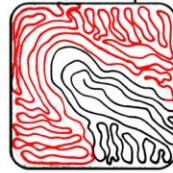
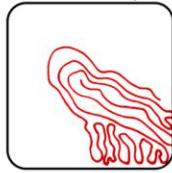
Crescent Moon



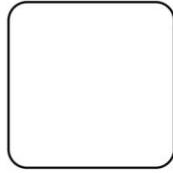
Tipple



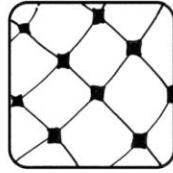
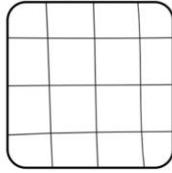
Amaze (a single line, the pen stays in contact with the paper)



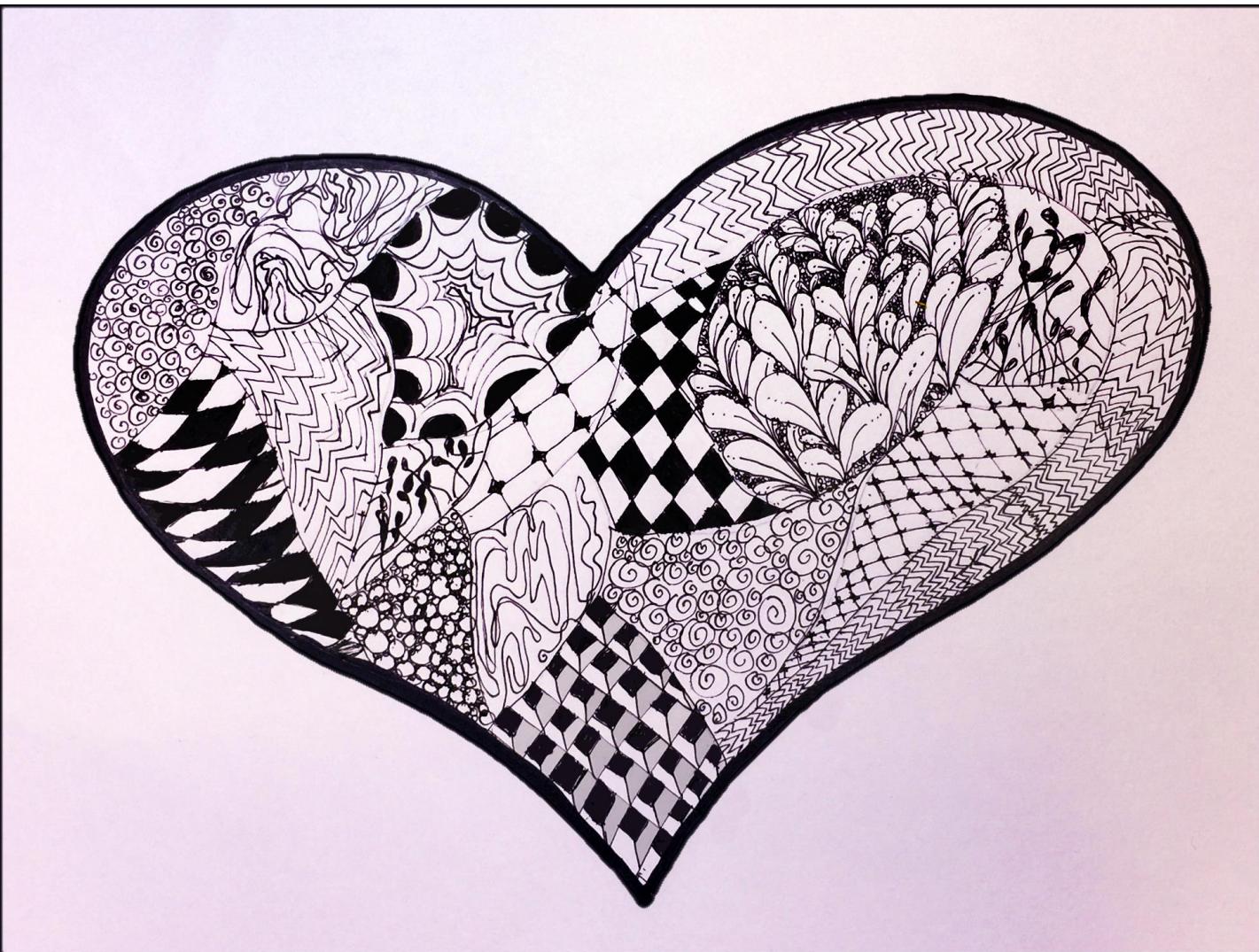
Flux



Grid variations:



Examples of Today's Project



Before You Begin

1. Write your **name** in pencil on the **back** of the paper.
2. Flip your paper over.
3. **Roll up your sleeves!**



Step 1

- Use a pencil from your desk to draw a heart.
- Use that same pencil to draw a “string” dividing the space inside the heart into 8 to 14 segments.
- You may use an eraser, but the strings really don’t need to be perfect.



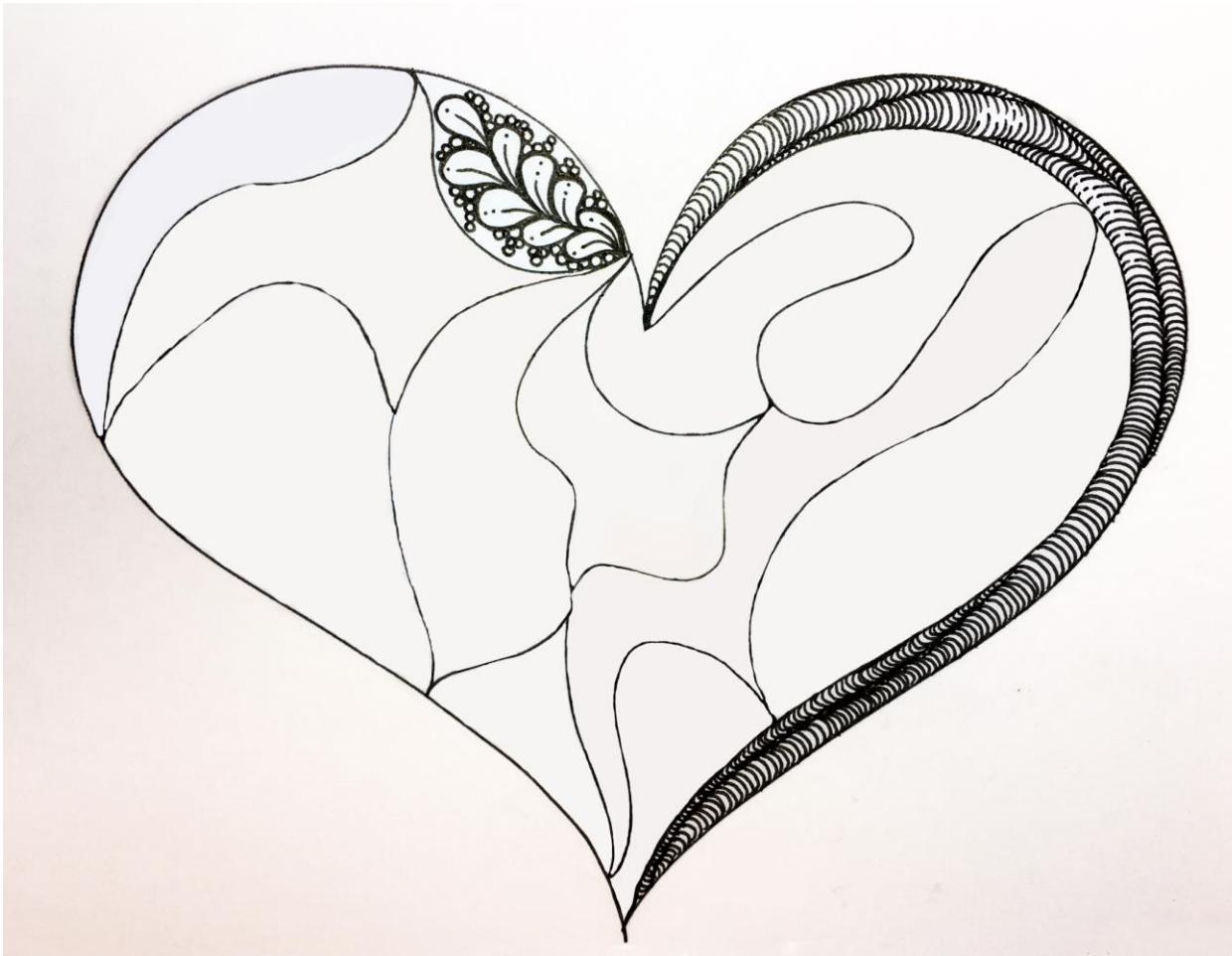
Step 2

- Now put your pencil away and choose a “tangle” from your practice sheet.
- Use your Ultra Fine Point Sharpie to fill in a section.
- Relax, concentrate, and enjoy. Perfection is not the goal.



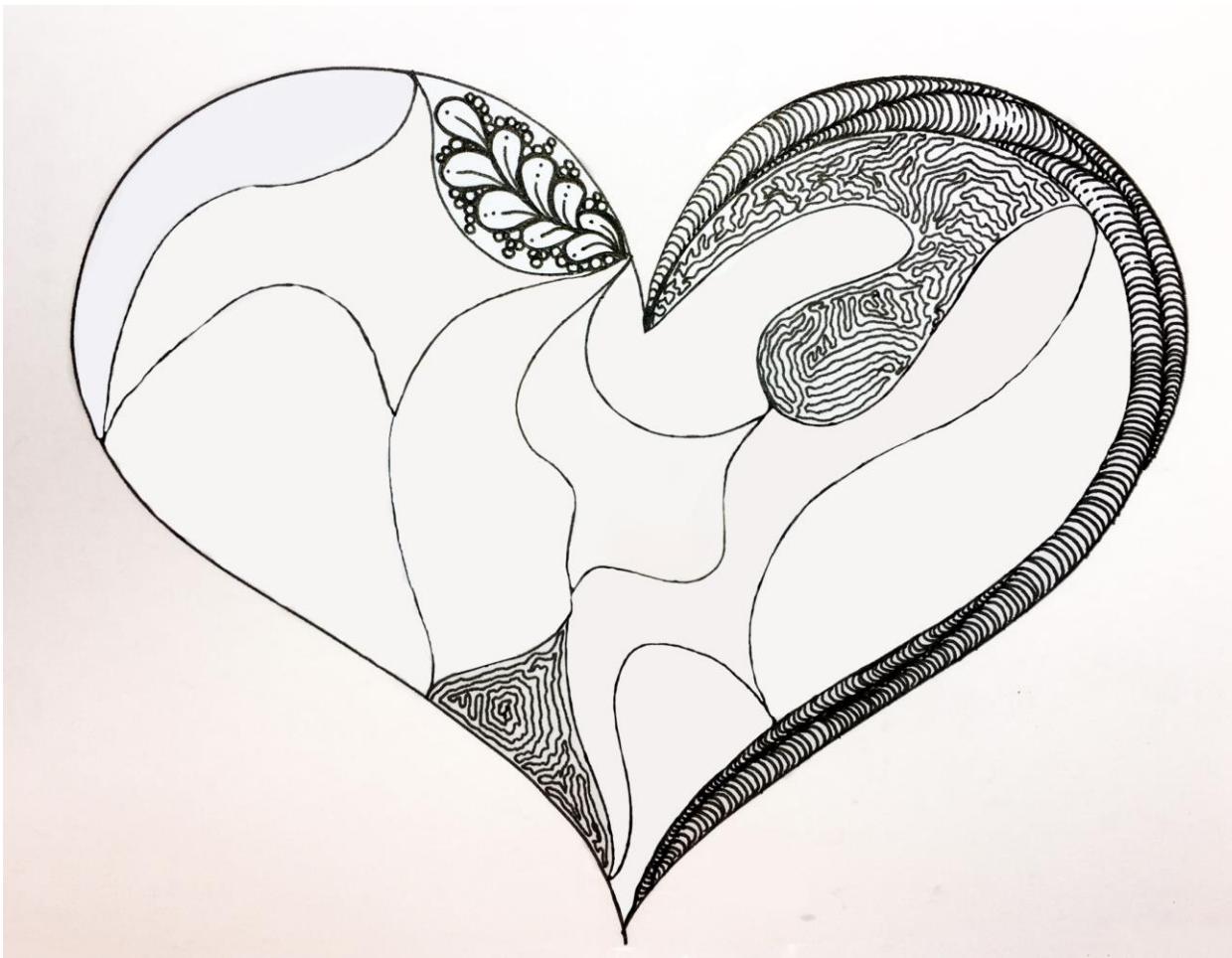
Step 3

- Choose another section and use your Ultra Fine Point Sharpie to fill it in.
- Perfection is not the goal. Creating patches with contrasting **value** is the goal.



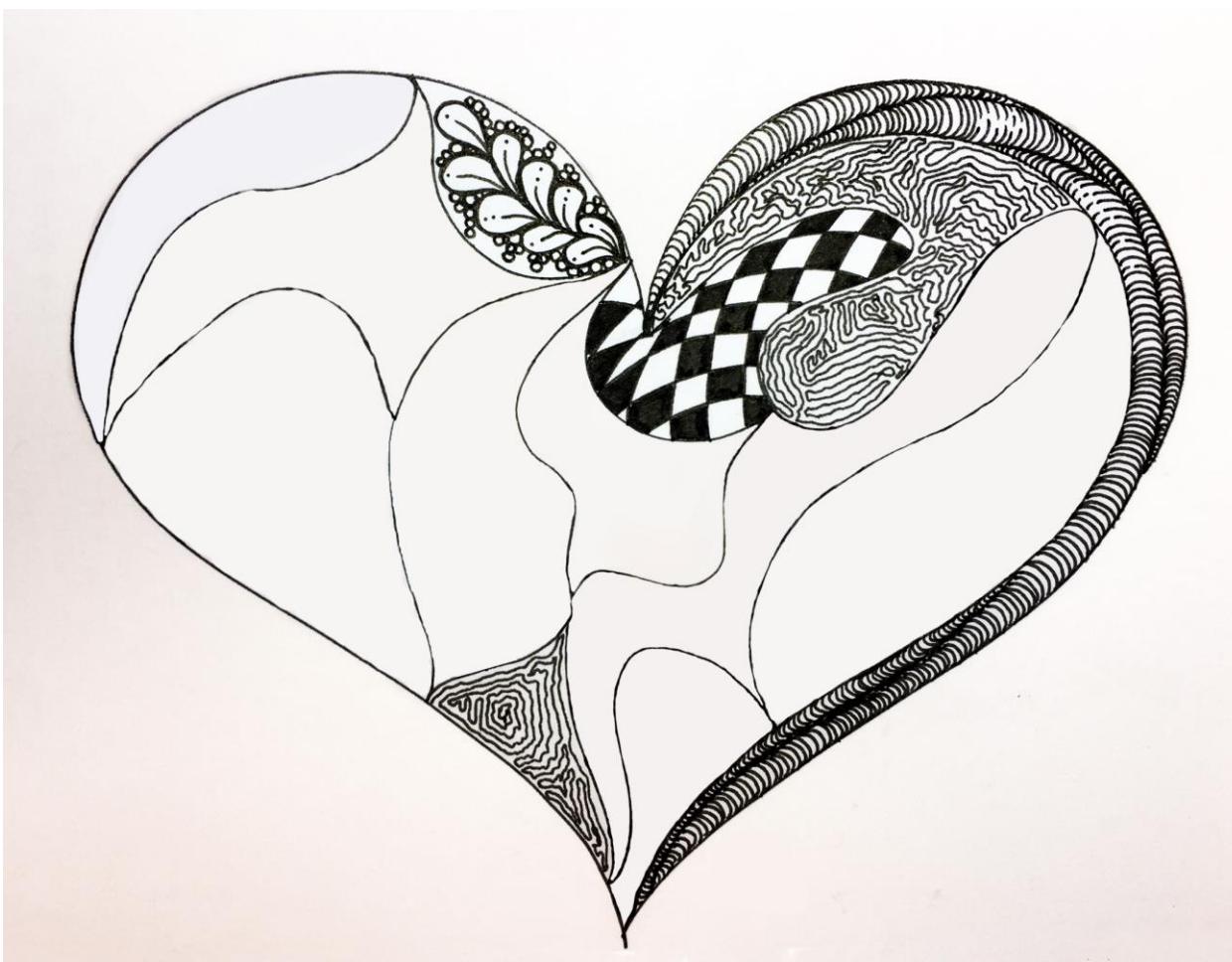
Step 4

- This time try filling two separate sections with the same design.
- It is hard to notice small mistakes once your page is full of different patterns.



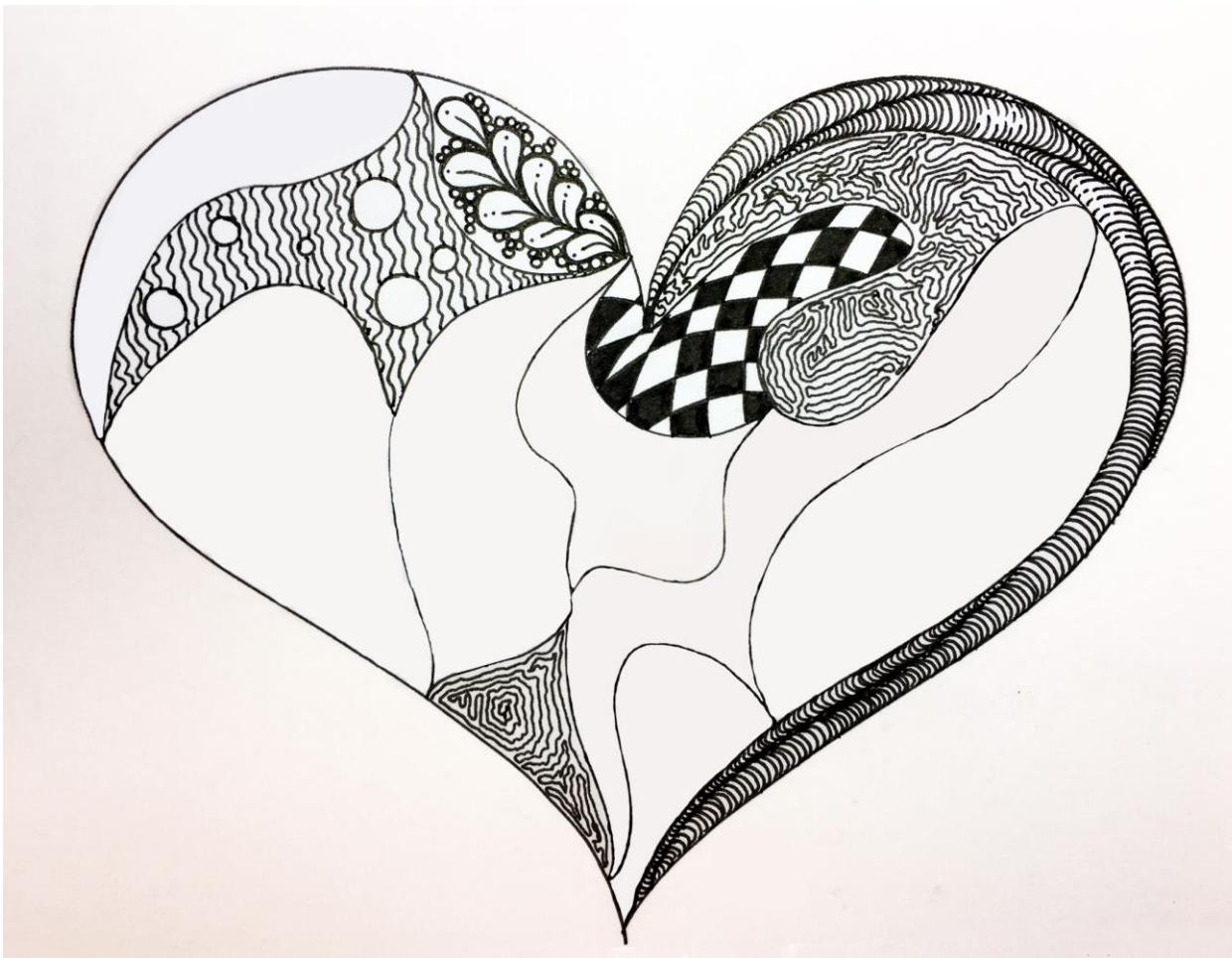
Step 5

- Think about the **value** of each different tangle pattern. “Knight’s bridge,” added below, has more solid black bits, so it appears darker than “Amaze” next to it.
- Try to place darker tangles next to lighter tangles for **value** contrast.



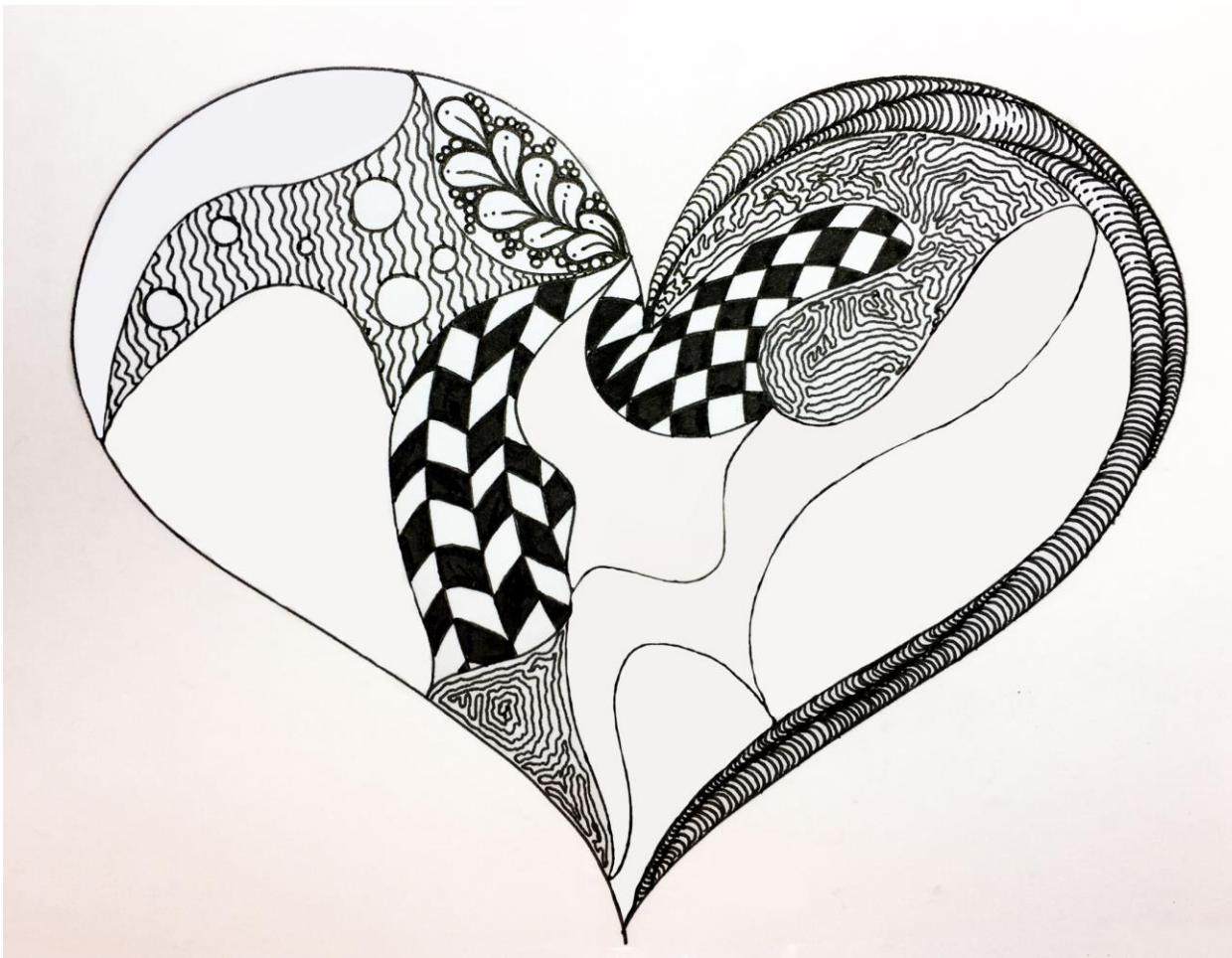
Step 6

- Choose another section and use your Ultra Fine Point Sharpie to fill it in.
- Remember: relax, concentrate, and enjoy.



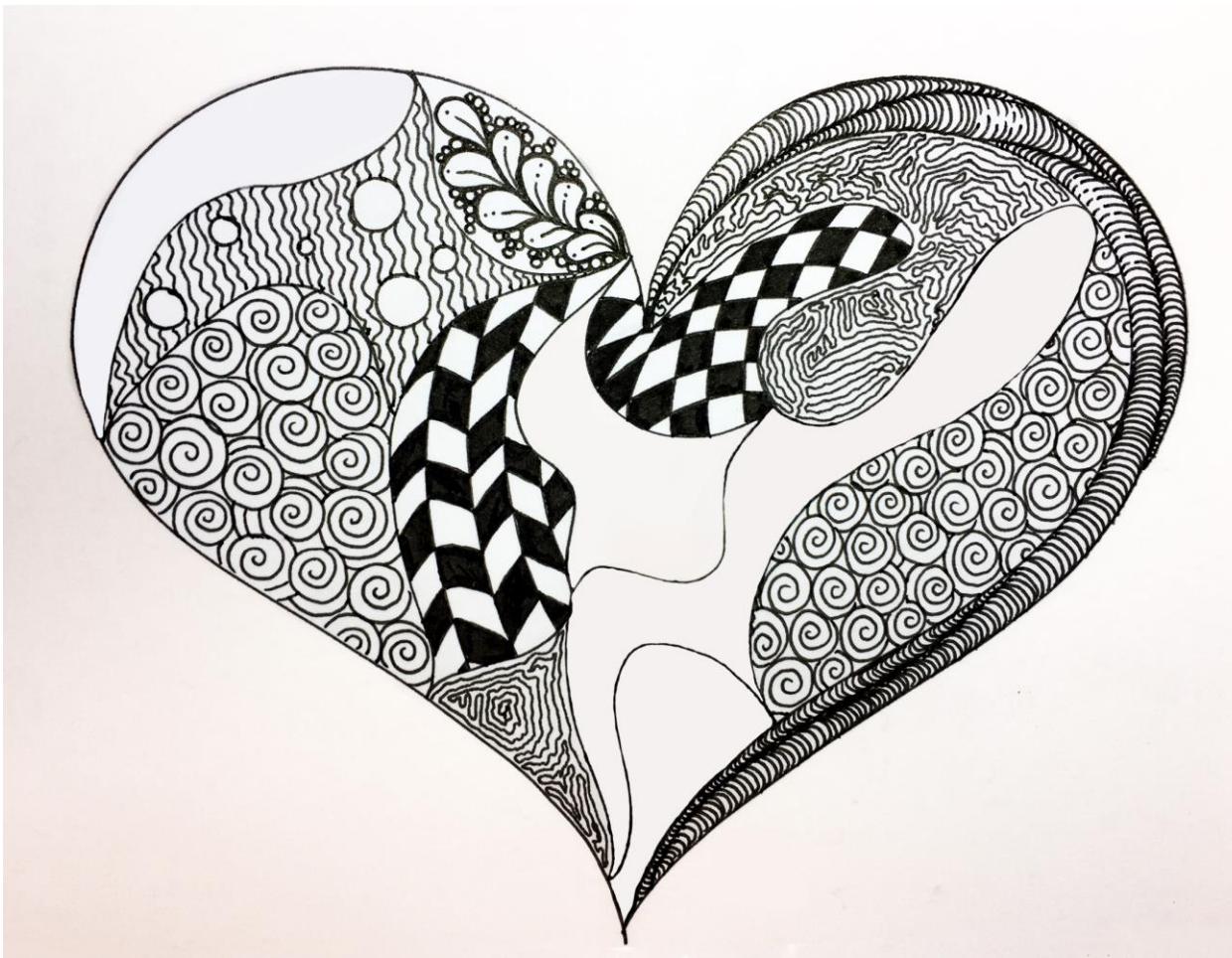
Step 7

- Choose another section and use your Ultra Fine Point Sharpie to fill it in.
- “Jonquial,” added below, is another tangle with a dark **value**.



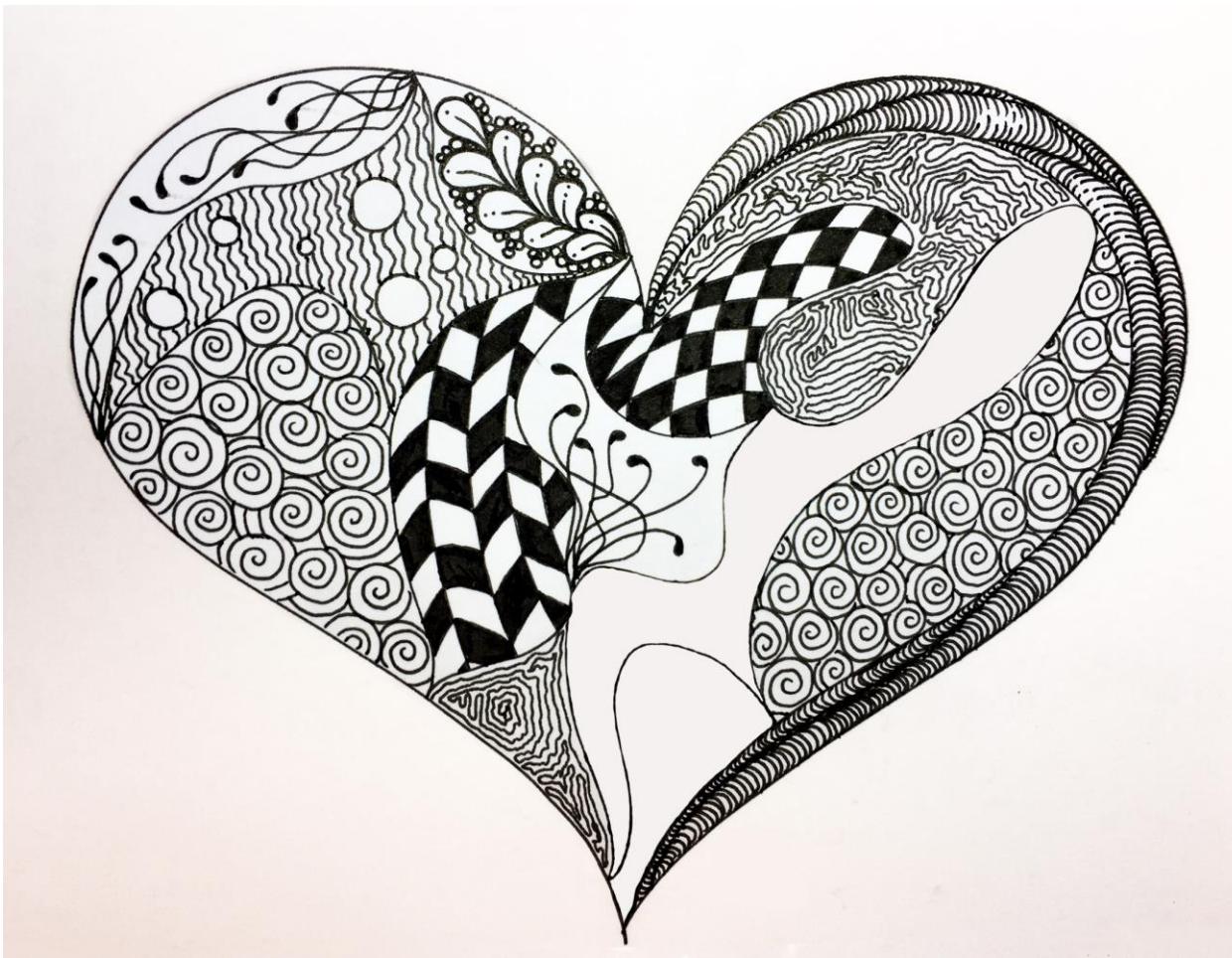
Step 8

- Once again, fill two separate sections with the same design.



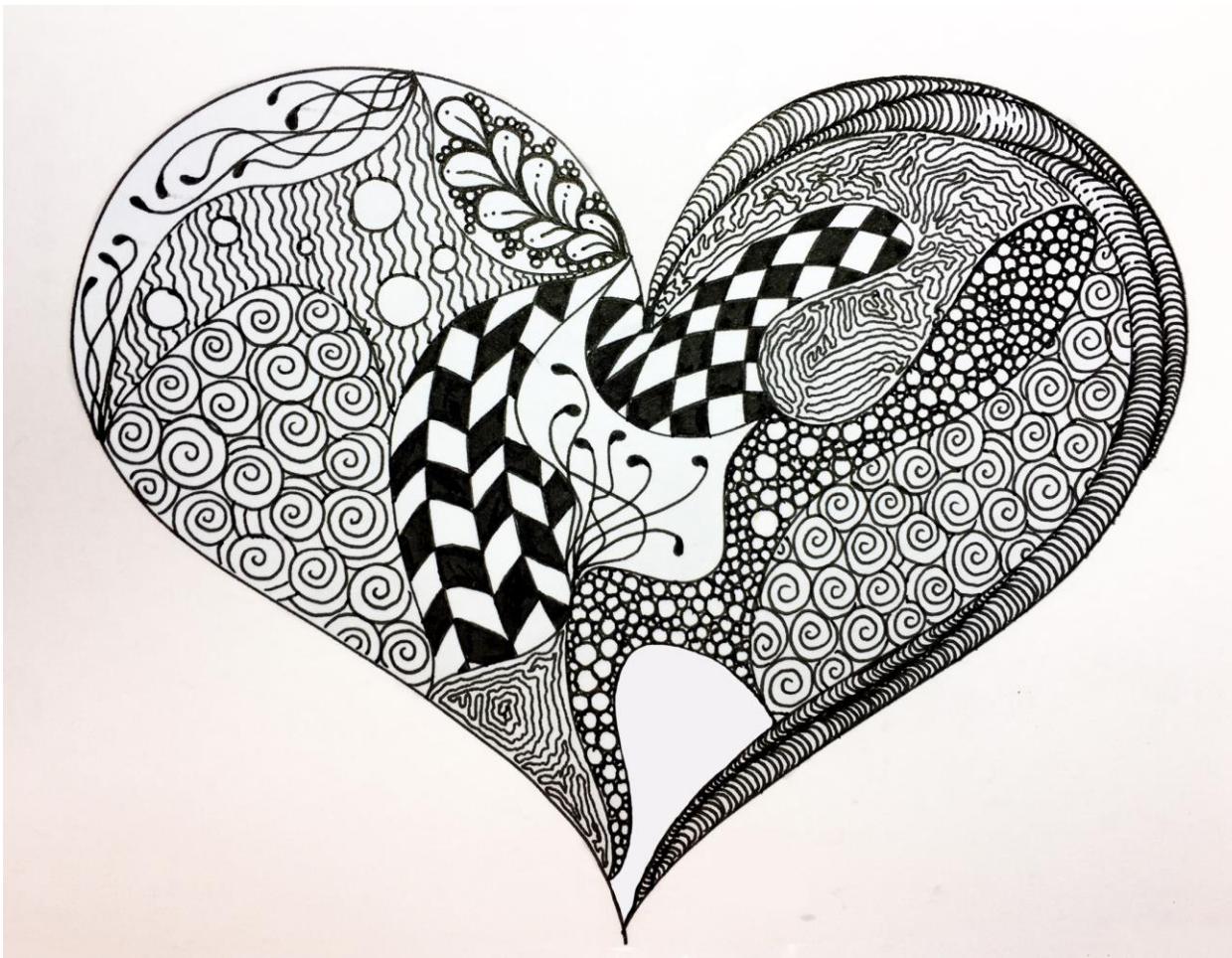
Step 9

- Notice how “Fescue” has more white space than most patterns. It’s lighter **value** makes a nice contrast with the darker “tangles.”



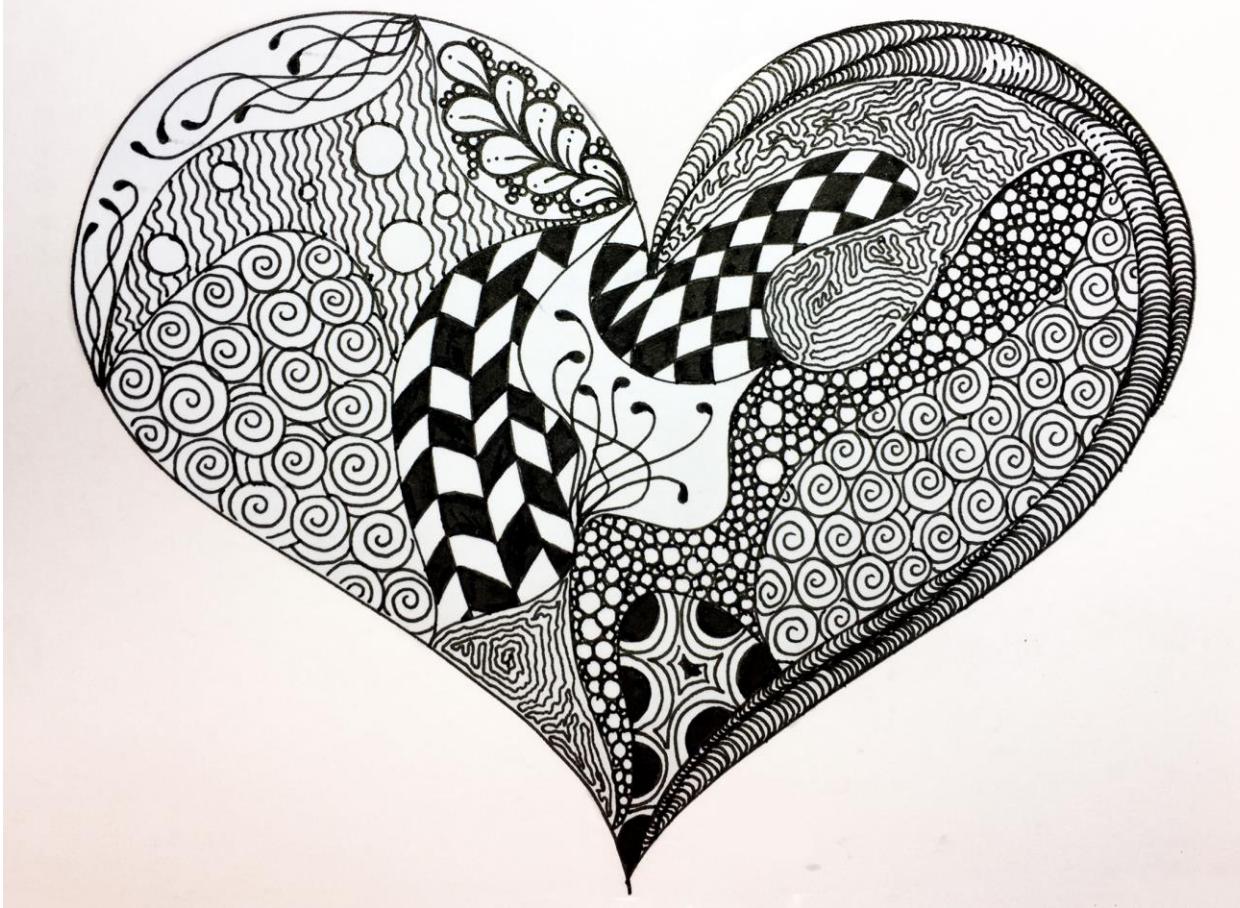
Step 10

- Choose another section and use your Ultra Fine Point Sharpie to fill it in.
- Almost done!



Step 11

- Complete your last section with your Ultra Fine Point Sharpie.
- Admire your work. This is considered an important step in Zentangle.
- Decide if you want to outline the heart shape in bold black or use a 2B pencil for shading.



Step 12

- You may use a 2B drawing pencil to shade the edges of each section.
- 2B pencils are softer than your usual school pencil; use gentle pressure when shading, and use your fingers to smudge the marks.
- Sign with your initials, and admire your completed heart.



Example Tangles for Inspiration

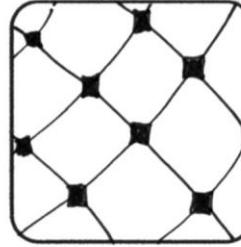
Knights
Bridge



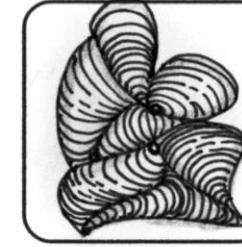
Cubine



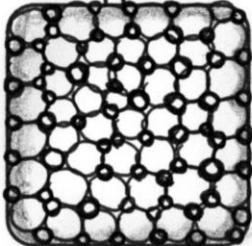
Florz



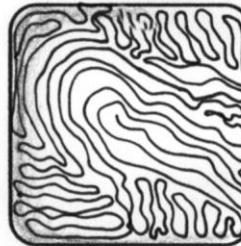
Isochor



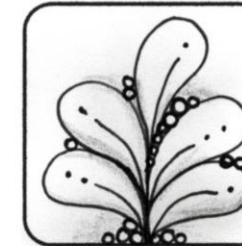
Tipple



Amaze



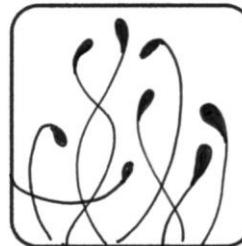
Crescent Moon



Flux



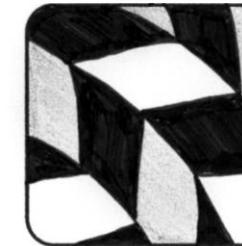
Static



Fescu



Printemps



Jongrial

JKR

Reflection

- Do you notice how the lightness and darkness of different tangles create **value** contrast?
- If you used a 2B pencil to shade your tangles, did you notice how it affected the **value** of the pattern?
- What was your favorite part of our project today?
- Would anyone like to share their art?



Credits

1. About Zentangle <https://www.zentangle.com/zentangle-method>
2. Book pictured in presentation One Zentangle a Day: A 6-Week Course In Creative Drawing for Relaxation, Inspiration, and Fun by Beckah Krahula
3. Original LWSD sample art, used with permission.
4. Zentangles created by local artists Maxine Pippin and Audrey Guidi, used with permission.



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

