

# Take & Make - *for Teens & Adults*

## Project #1: Zentangle

### What is it?

According to [www.zentanglemethod.com](http://www.zentanglemethod.com), "The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, *tangles*. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs. These simple shapes are the "Elemental Strokes" in all Zentangle art."

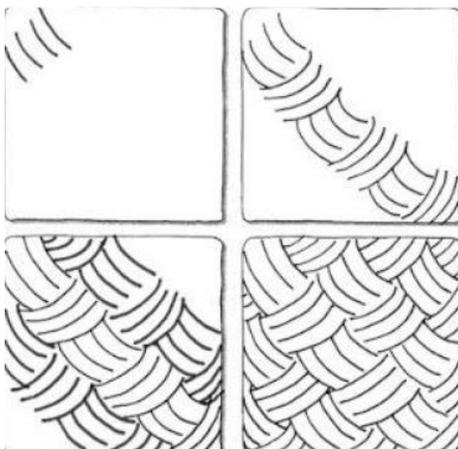
The benefits of practicing Zentangle have not been scientifically proven, however there are many anecdotal examples of how it has had a, "positive influence on creativity, self-image, focus and problem solving."-[www.zentanglemethod.com](http://www.zentanglemethod.com).

### What's in the kit:

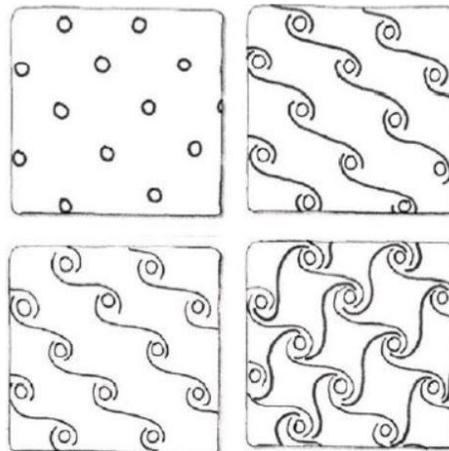
- 3x3 practice paper (2)
- 3x3 cardstock (1)
- Golf pencil w/eraser (2)
- Thin Sharpie (1)
- 3x3 canvas w/easel

### What we'll be doing:

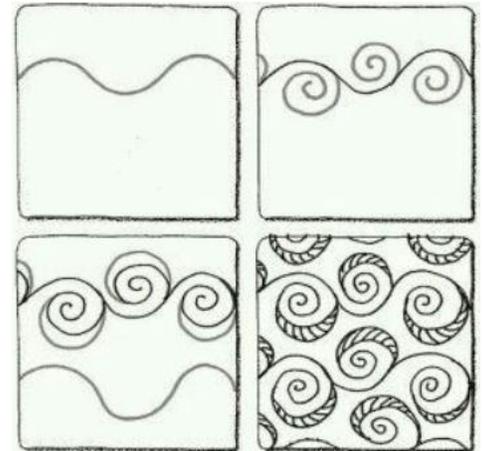
We will be creating 3 designs (all found on Pinterest):



Basket Weave



Star



Wave

Start with the practice paper for the first design (Basket Weave), then the cardstock for the second design (Star), then the canvas for the third design (Wave). If you are feeling creative, please feel free to make your own design instead of any one of these examples. YOU are the artist, so have fun with this art form!!!

Share your progress and designs on the library's Facebook and Instagram pages, or email them to Whitney at [wkbrown@sailsinc.org](mailto:wkbrown@sailsinc.org). Don't forget to register for Project #2: Terracotta Cactus Tealight, on Wednesday, July 22nd!