

Snake Zentangle

Zentangles are unplanned, abstract, black and white art made up of beautiful patterns. According to the trademarked Zentangle Method. True Zentangles are always created on 3.5 inch (8.9 cm) square tiles, and they are always done in black ink on white paper. The process of creating a Zentangle is considered a form of “artistic meditation.” Its creation is celebratory. Like meditation, the Zentangle Method is meant to feel freeing and healing. Students don’t need special tools or technology because zentangle designs are considered timeless, simply putting pen to paper. The Zentangle Method was invented by Rick Roberts and Maria Thomas. The two discovered that the act of drawing abstract patterns with a few basic rules was a meditative artform.

Benefits of Zentangle:

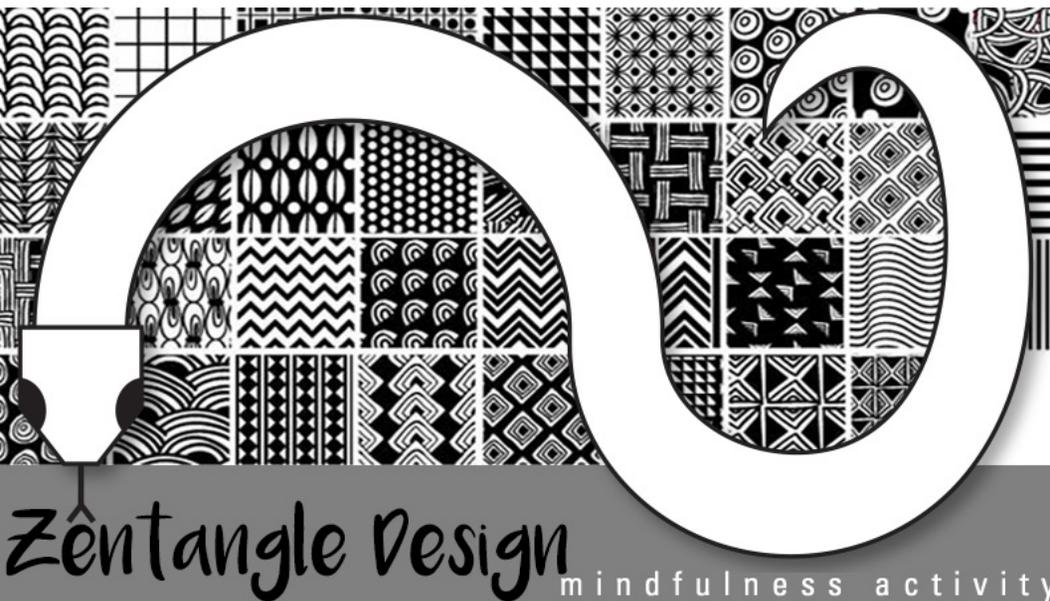
- Relaxation / stress reliever
- Non-verbal journaling
- Modifying behavior / anger management
- Nurture and develop creative abilities
- Improve eye/hand coordination
- Increase attention span and ability to concentrate
- Problem Solving

Snake Instructions:

1. Using the printable provided, give each student a thin, black Flair pen. First students **draw a string**. “A light curved line or squiggle that will lend structure to your design.” Students are basically dividing the snake into sections, creating borders.

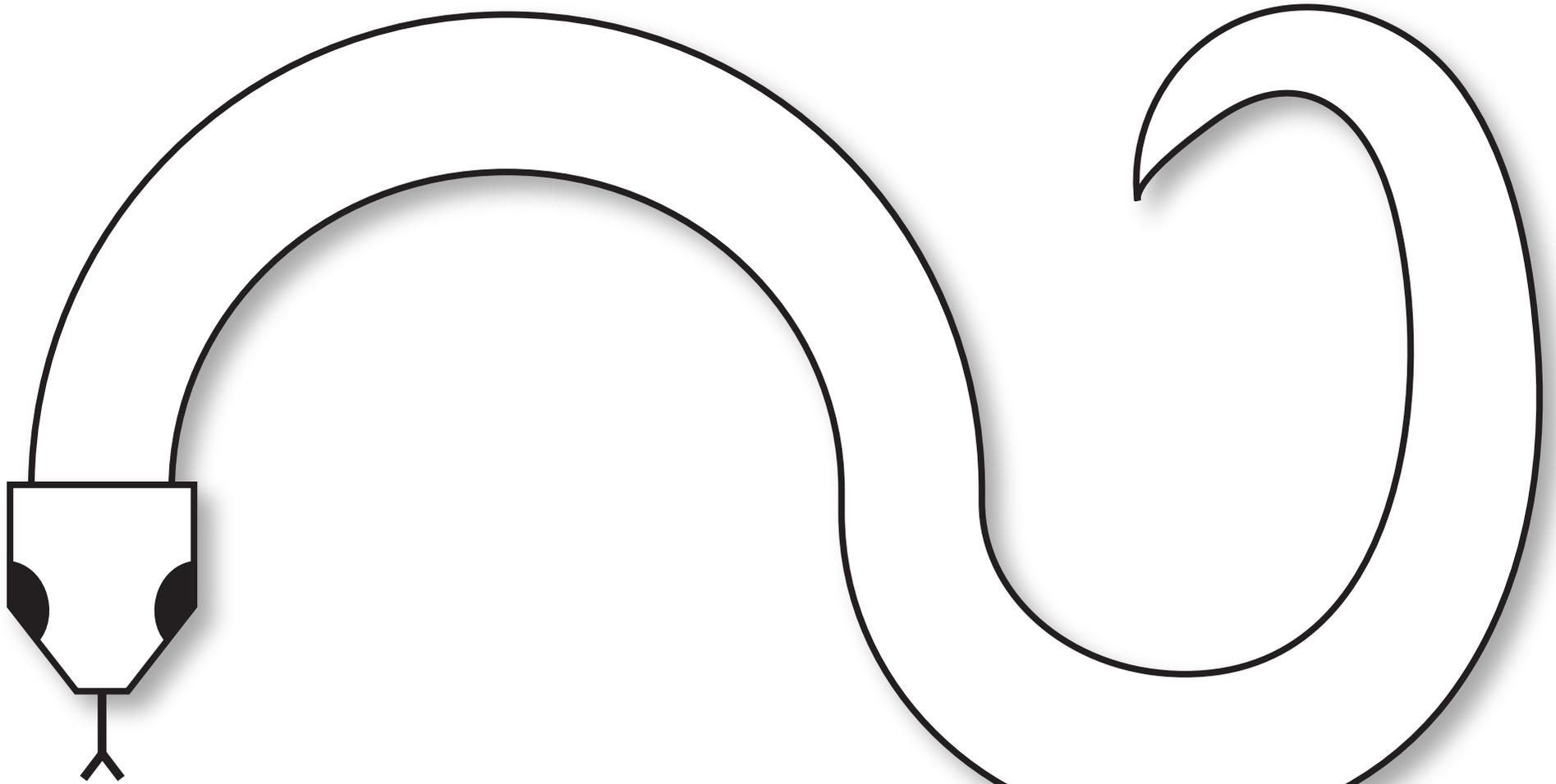
2. **Create tangles** - a tangle is a pattern drawn in pen along the contours of a string. (Students draw a pattern in one of the open spaces). Then they continue drawing different patterns in each space.

Once students are finished creating, showcase their beautiful black and white designs in your classroom hallway! Zentangles are perfect to integrate in your classroom during downtime. Students can relax and this artform helps promote critical thinking skills. I invite you to try this art method in your classroom!



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mindfulness design



name _____