

ART AT HOME: *Zentangle*

~Mt. Sinai Hospital Artist-In-Residence Sascha Mallon



Zentangle is a fun and relaxing way to spend the time.

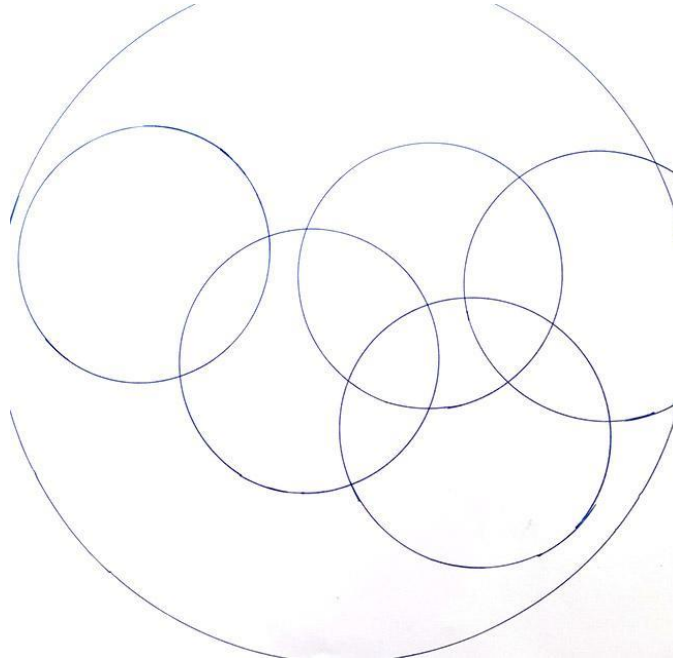
Materials:

- Markers
- Paper
- A cup, a lid

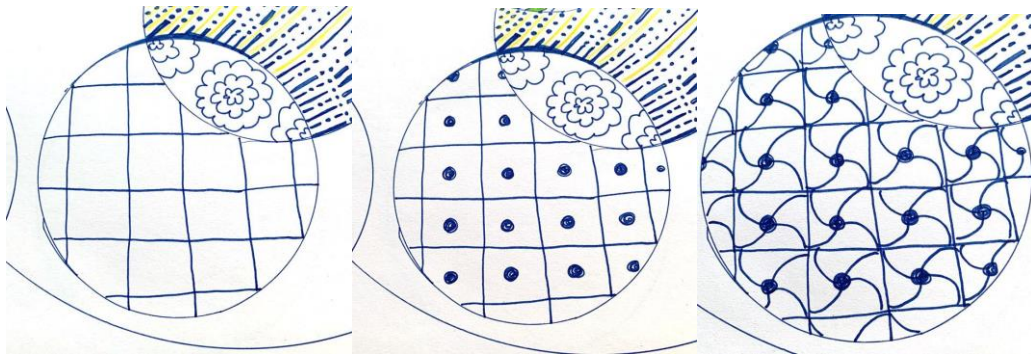


1) Trace the outline of a large shape or plate.

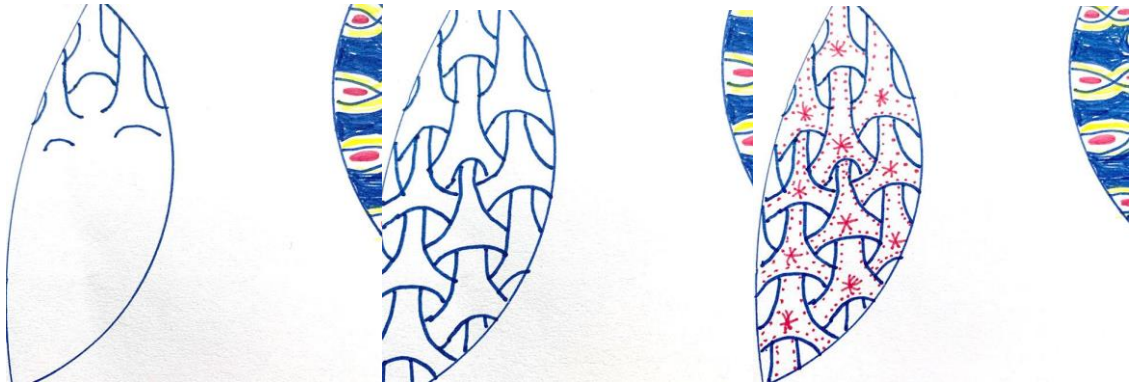




- 2) Trace circles and then fill the sections with patterns. You can create simple patterns, or more complicated ones. Both are equally fine. Here are just some examples. The main goal in this drawing exercise is to relax by drawing repeating patterns. Here are some patterns, you can find many more inspirations online.



- 3) Experiment, relax and go with the flow.



Have fun!