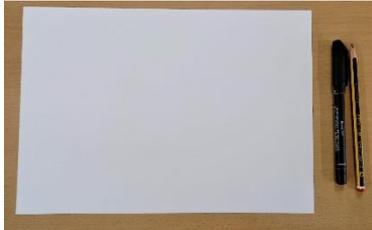


Make your Own Zentangle Colouring Page

Zentangles are a relaxing form of pattern making and make great colouring pages! You can make it as simple or as complicated as you like.

You will need:



Pencil

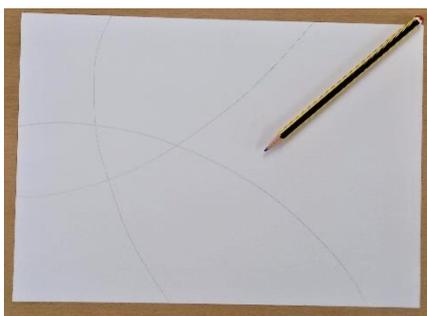
Paper

Pen (a black fine-liner is ideal but a ball point pen or felt tip will also work)

Eraser

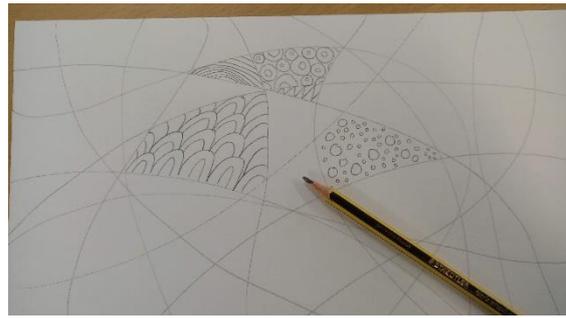
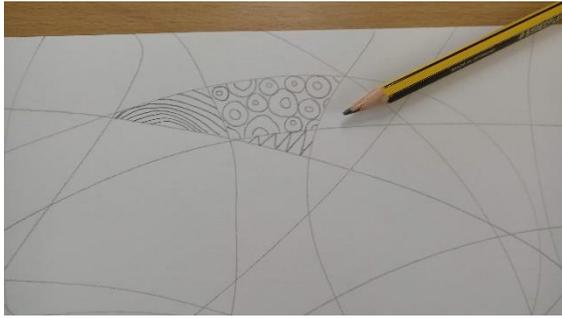
Colouring pens or pencils (optional)

Step 1.



Using the pencil make some sweeping lines right across the page. Press lightly with the pencil. Keep making lines until your page is divided into lots of smaller sections.

Step 2.



Still using the pencil start filling in the small sections with different patterns. Use your imagination and see how many different patterns you can create.

You could try:

- Shapes such as circles, square, triangles or random blobs
- Shapes from around you; leaves, rain drops, clouds, wood grain
- Lines; straight, wavy, dotted, dashed
- Patterns you like; maybe hearts, flowers, dots, zig zags

Keep going until you have filled each section with a pattern.

Step 3.



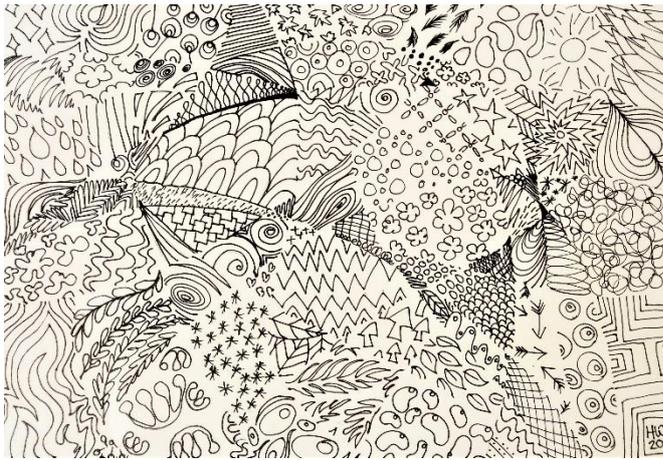
Carefully go over your lines with the pen.

Step 4.



Rub out your pencil marks. Make sure you wait until the pen ink has dried before you do this and work slowly so you don't crease your beautiful drawing.

Step 5.



If you want to you can now colour it in!

Have fun and don't forget to show us how you get on!