

Meditative doodling resources

## 8 Basic Steps

From Zentangle Primer, vol. 1

By Rick Roberts and Maria Thomas

- 1) Gratitude and appreciation
- 2) Corner dots.
- 3) Border
- 4) String
- 5) Tangle: chose patterns to work into your drawing.
- 6) Shade
- 7) Initial and sign
- 8) Appreciate

For more information on the Zentangle method as developed by Maria Thomas and Rick Roberts referenced in this video, please visit <https://zentangle.com/>

Here is the link to the 8 basic steps: <https://zentangle.com/pages/get-started>

Here links to my favorite patterns from which I will choose to design my tile in this video:

Beelight: <https://tanglepatterns.com/2010/09/how-to-draw-beelight.html>

Bales:

<http://archive.constantcontact.com/fs023/1101168872594/archive/1103321499550.html>

Cadent:

<http://archive.constantcontact.com/fs023/1101168872594/archive/1101900427012.html>

Chard: <https://tanglepatterns.com/2010/08/how-to-draw-chard.html>

Crescent Moon: <https://tanglepatterns.com/2010/05/how-to-draw-crescent-moon.html>

Cubine:

<http://archive.constantcontact.com/fs023/1101168872594/archive/1102185392200.html>

Flukes: <https://tanglepatterns.com/2010/09/how-to-draw-flukes.html>

ING:

<http://archive.constantcontact.com/fs119/1101168872594/archive/1118408285420.html>

Munchin:

<http://archive.constantcontact.com/fs023/1101168872594/archive/1102532072865.html>

Pinwheels: <https://tanglepatterns.com/2010/11/how-to-draw-pinwheels.html>

Printemps: <https://tanglepatterns.com/2010/05/how-to-draw-printemps.html>

Shattuck: <https://tanglepatterns.com/2010/06/how-to-draw-shattuck.html>

Tagh: <https://tanglepatterns.com/2010/05/how-to-draw-tagh.html>

Zin: <https://tanglepatterns.com/2010/07/how-to-draw-zin.html>

Zinger:

<http://archive.constantcontact.com/fs119/1101168872594/archive/1111601698863.html>

For access to a variety of tangles try: <https://tanglepatterns.com/>

For other Zentangle learning videos, see:

<https://www.youtube.com/user/Zentangle/playlists>

For other Zentangle resources, checkout: <https://zentangle.com/pages/online-zentangle-resources>

Zentangle Books in the collection:

Zentangle for kidz! A comic guide with Alex and Lilah

Sandy Steen Bartholomew

Juv. 741.2 BAR

<https://sarac.co.sarasota.fl.us/search/?searchtype=t&SORT=D&searcharg=zentangle+for+kidz&searchscope=14>

Inspiring Zentangle projects

Jane Marbaix

Juv. 741.2 MAR

<https://sarac.co.sarasota.fl.us/search~S14/?searchtype=t&searcharg=inspiring+zentangle+projects&searchscope=14&sortdropdown=-&SORT=D&extended=0&SUBMIT=Search&searchlimits=&searchorigarg=tzentangle+for+kidz>

Zentangle for kids

Jane Marbaix

Juv. 741.2 Mar

<https://sarac.co.sarasota.fl.us/search~S14/?tzentangle+for+kids/tzentangle+for+kids/1%2C1%2C2%2CB/frameset&FF=tzentangle+for+kids&1%2C%2C2/indexsort=->

Zentangle step by step

Hannah Geddes

Juv. 741.2 GED

<https://sarac.co.sarasota.fl.us/search~S14/?searchtype=t&searcharg=zentangle+step+by+step+&searchscope=14&sortdropdown=-&SORT=D&extended=0&SUBMIT=Search&searchlimits=&searchorigarg=tzentangle+for+kids>

Zentangle art therapy

Anya Lothrop

741.2 LOT

<https://sarac.co.sarasota.fl.us/search~S14/?searchtype=t&searcharg=zentangle+art+therapy+&searchscope=14&sortdropdown=-&SORT=D&extended=0&SUBMIT=Search&searchlimits=&searchorigarg=tzentangle+step+by+step+>

Zentangle basics

Suzanne McNeill

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