

ZENTANGLE HAND SILHOUETTE

with tinted
color
background

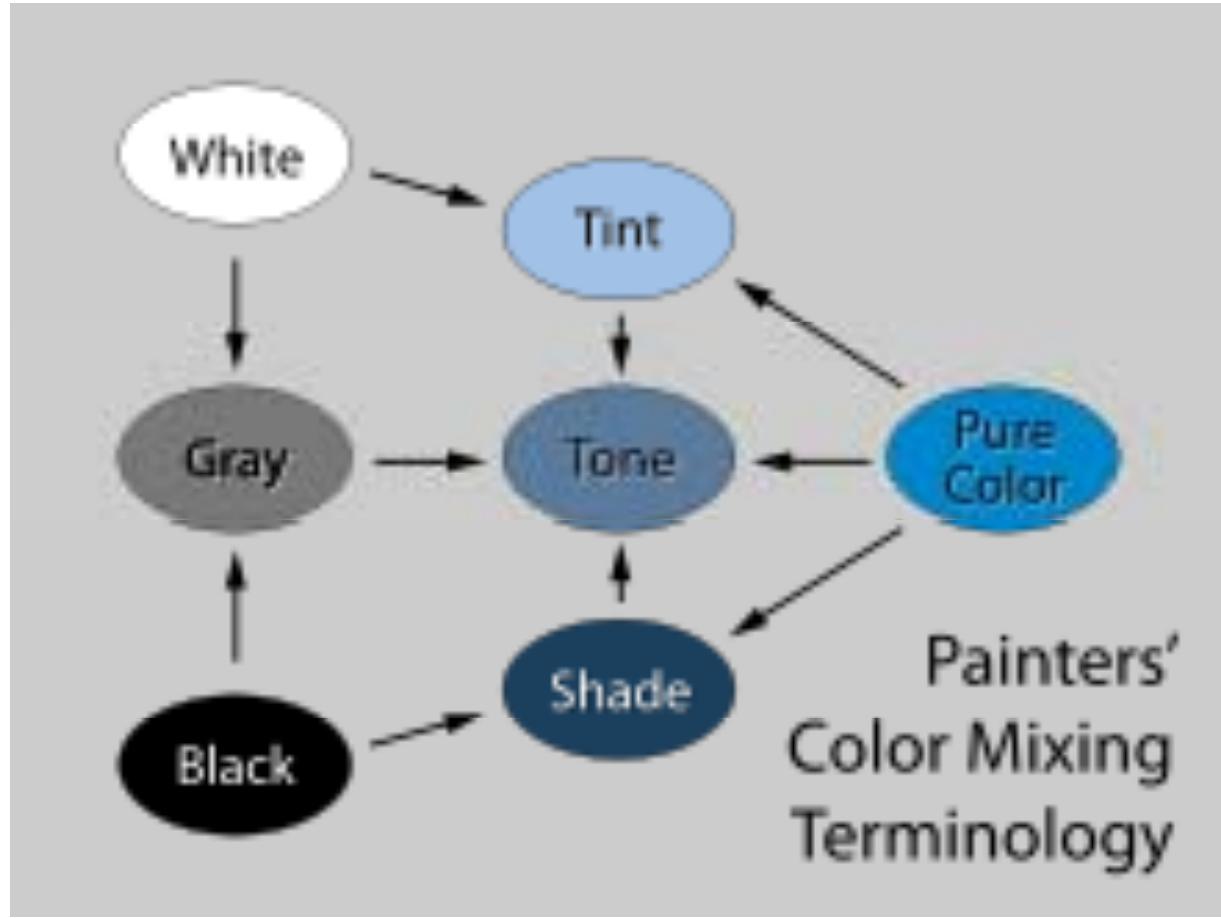


TINTING AND SHADING

In color theory, a tint is the mixture of a color with white, which increases lightness.

A shade is the mixture of a color with black, which reduces lightness.

Mixing a color with any neutral color including black, gray, or white reduces the colorfulness.



ABOUT ZENTANGLES

FOUNDING ARTISTS

The zentangle method was invented by Rick Roberts and Maria Thomas when they discovered that the act of drawing abstract patterns with the constraint of different rules was extremely meditative.

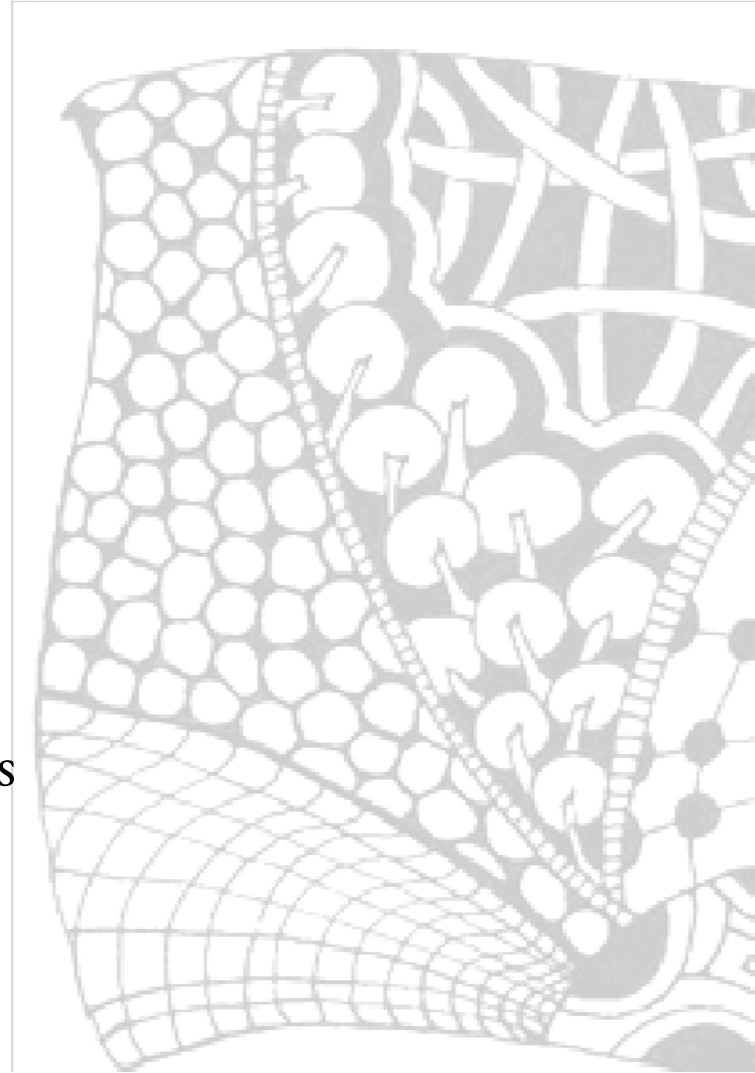


ABOUT ZENTANGLES

Zentangle drawing is easy-to-learn, relaxing, and a fun way to create beautiful images by drawing patterns inside a boundary called a **Border**.

The border is broken up into segments with **Strings**. We draw our patterns inside these segments.

These patterns are called **Tangles**. You create Tangles with combinations of dots, lines, simple curves, S-curves and orbs.



ABOUT ZENTANGLES

No erasing is allowed in creating Zentangle art.

- We have no eraser in life -- if our pen marks aren't initially what we might have intended we can use them as inspirations to go in directions that we may not have otherwise explored.
- Instead of looking at them as mistakes, we think them as “opportunities” and use them as the foundation for an unexpected pattern.



HOW A ZENTANGLE IS DIFFERENT

The Zentangle method is very different from regular drawing, painting and other art forms.

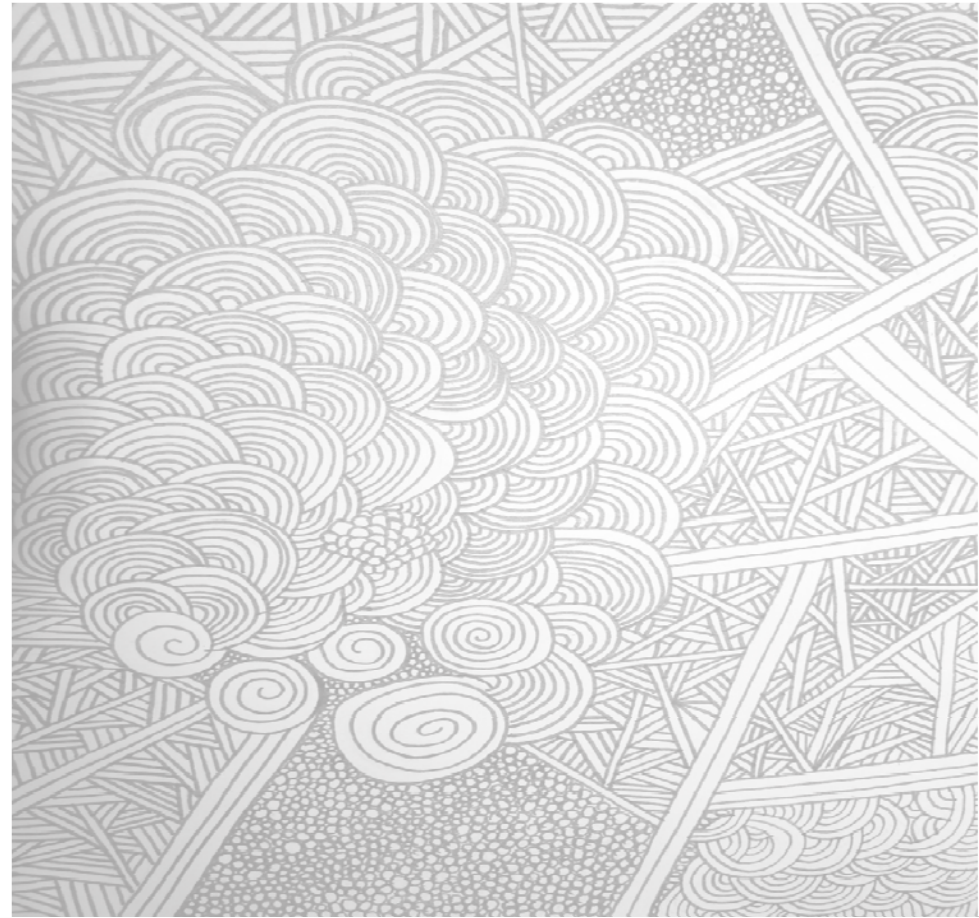
- It is meant to be a form of artistic meditation that anyone can do.
- Its creation is **unplanned** -You don't need to know what a tangle is going to look like to draw it.
- Its creation of a Zentangle drawing is **deliberate**, yet unexpected. Each stroke should be made deliberately, rather than hesitantly.



ZENTANGLE VIDEO

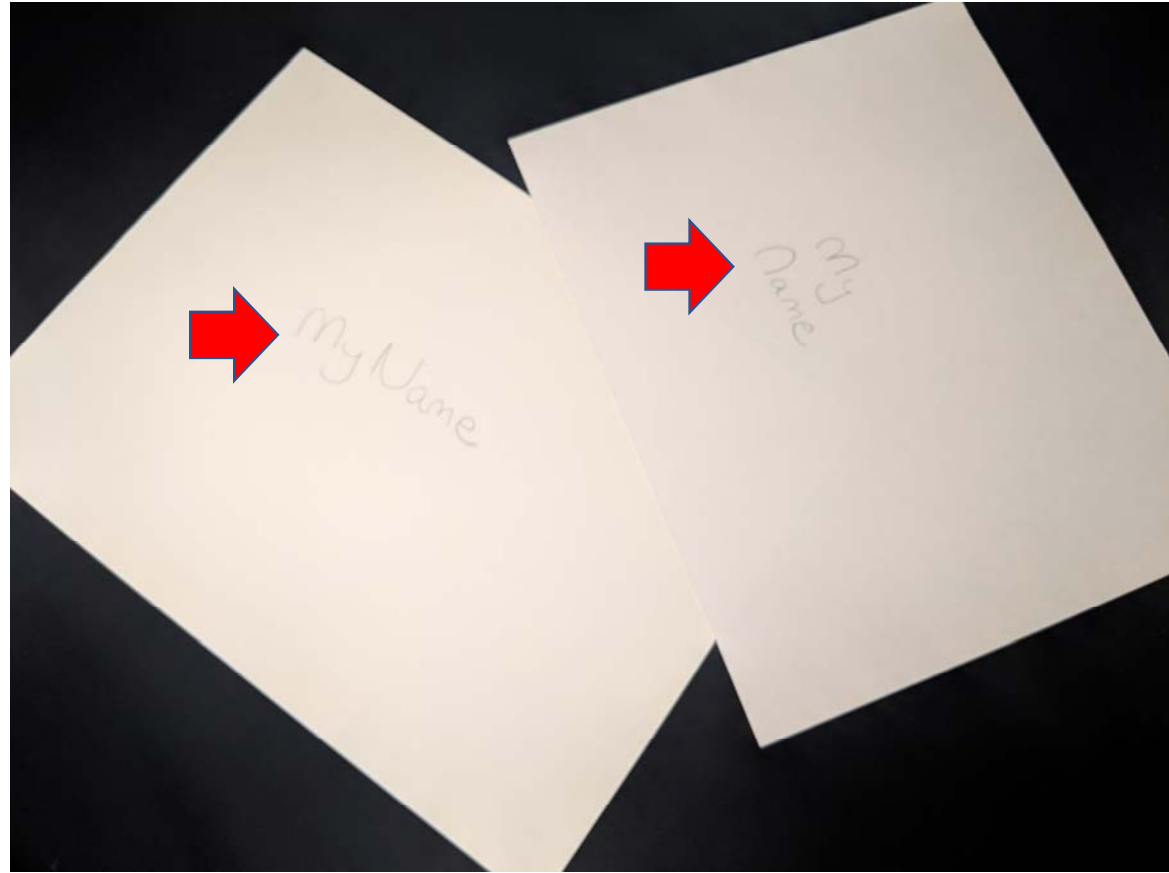
Please pause after 2 minutes and 13seconds

<https://youtu.be/l3QuS4Qah60>



ZENTANGLE HAND SILHOUETTE

- Pick desired color
- Write your name on the back of the watercolor paper and cardstock paper



TRACE HAND

Trace hand on 9x12 cardstock paper and set aside for later

Do NOT press too hard - you don't want to see the lines when you are done with your Zentangle



TRACE HAND

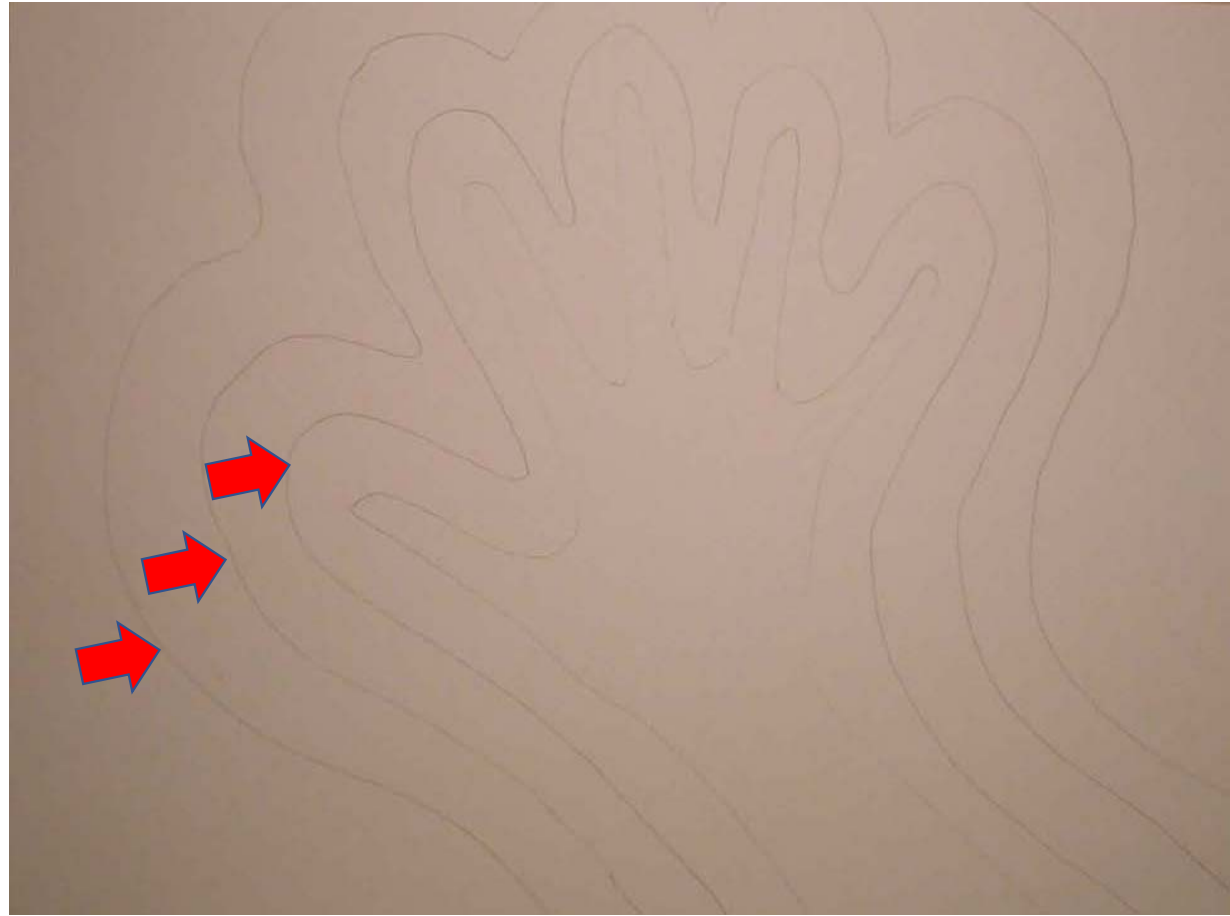
On 9x12 watercolor paper - trace same hand again in the same position or “pose”

Do NOT press too hard - you don't want to see the lines when you are done with the painting



TRACE HAND

On the watercolor paper, lightly trace 3 more outlines about a half inch apart (the width of your thumb) around your hand silhouette. Think of these as gloves on your hand – three on each



TEMPERA TINTING



TEMPERA TINTING

Start with white and add two drops of your desired color.



Gently and thoroughly mix paint and apply a medium-heavy coat to your first stripe or “glove”



TEMPERA TINTING

Add four more drops of color.



Gently and thoroughly mix and apply a medium-heavy coat to your **second** stripe or “glove”



TEMPERA TINTING

Add twelve more drops.

Note: more drops may be needed to increase contrast



Gently and thoroughly mix and apply a medium-heavy coat to your **third** stripe or “glove”



TEMPERA TINTING

Add twenty-four more drops.

Note: more drops may be needed to increase contrast



Mix and then paint the rest of the paper, but **NOT** the middle of the hand.



TEMPERA TINTING

Set your paper aside to dry.

Wipe up any paint that might have gotten onto the table.

Clean your brush.

Throw away your cup.

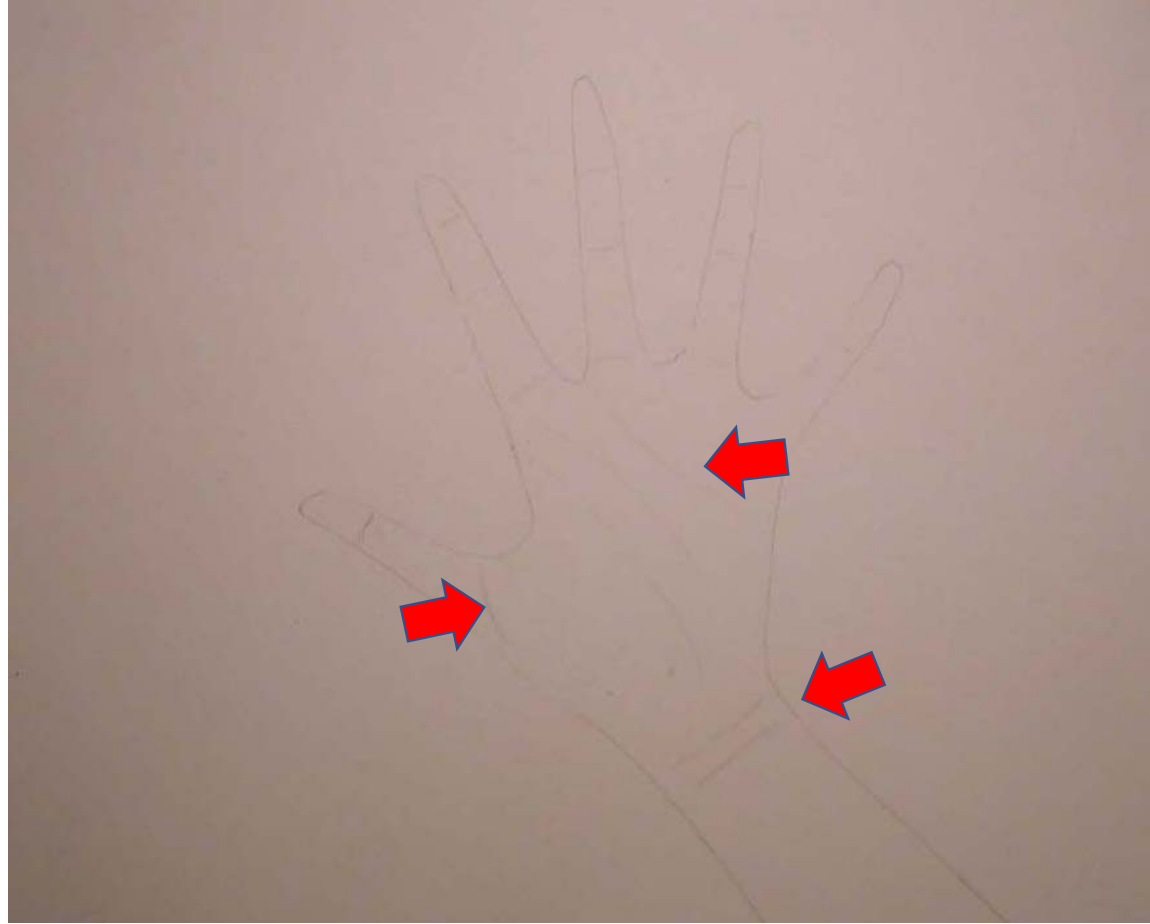
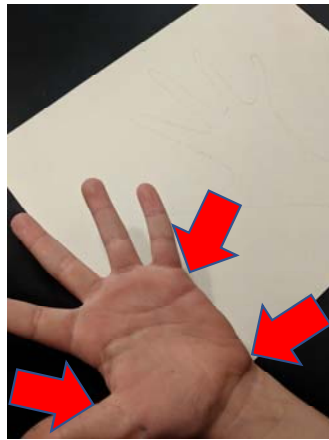


ZENTANGLE HANDS

Draw **Strings** representing the creases in your hand

Look at the palm of your non-writing hand and **lightly** copy the creases that you see onto the silhouette.

These will be our **Strings**.



ZENTANGLE HANDS

Draw your **Tangles**.

The drawing should be completed in **black ink**.

You create Tangles with combinations of **dots, lines, simple curves, S-curves, and orbs**.

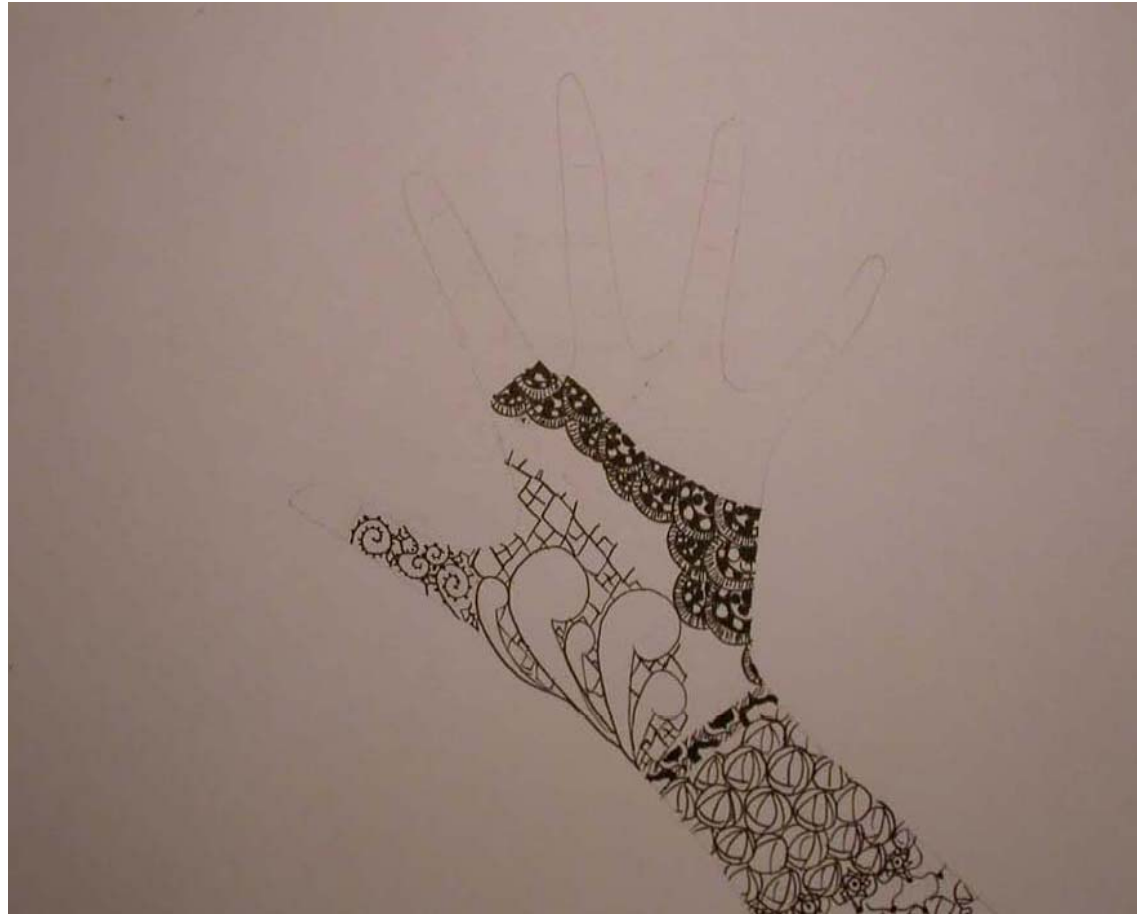


ZENTANGLE HANDS

Draw your Tangles.

They are **non-representational** and **unplanned** so you can focus on each stroke and not worry about the result.

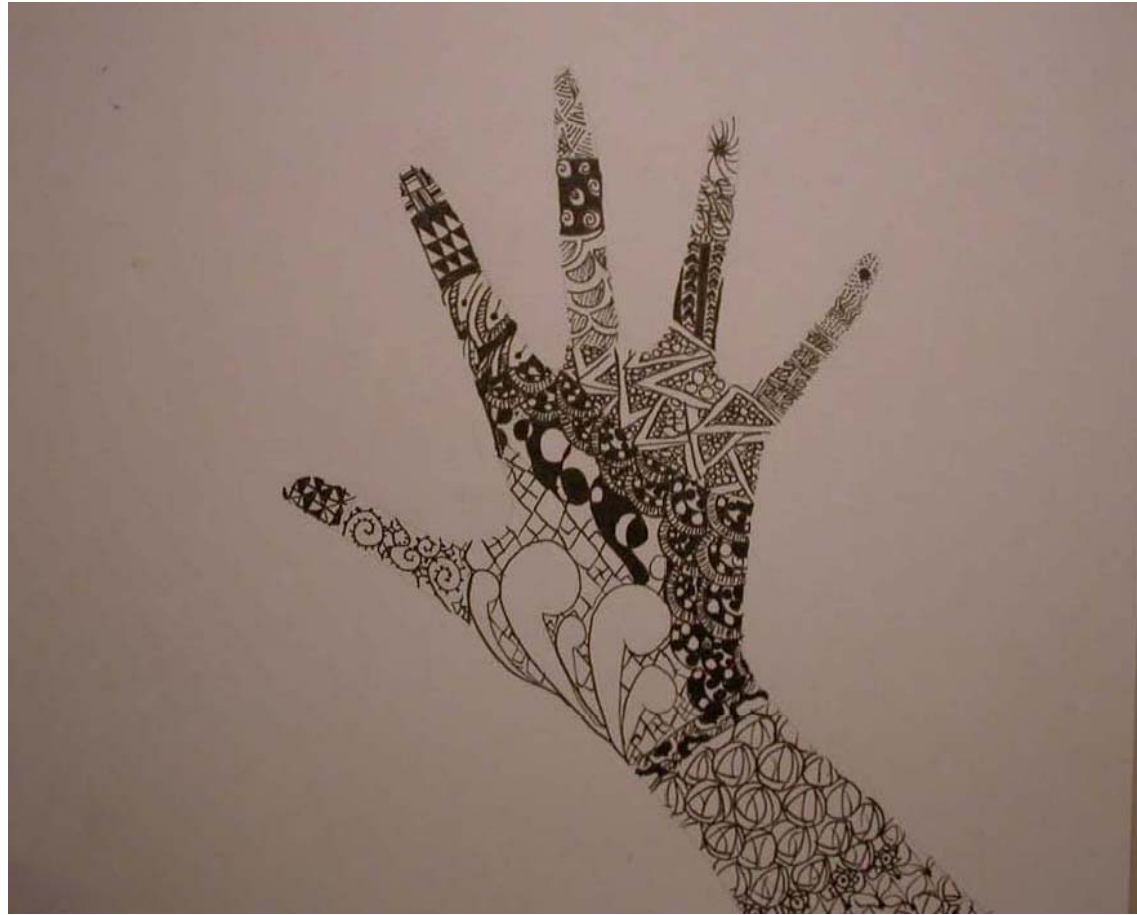
It should not be representative of any certain recognizable object; rather, it should be **abstract**.



ZENTANGLE HANDS

Draw your Tangles.

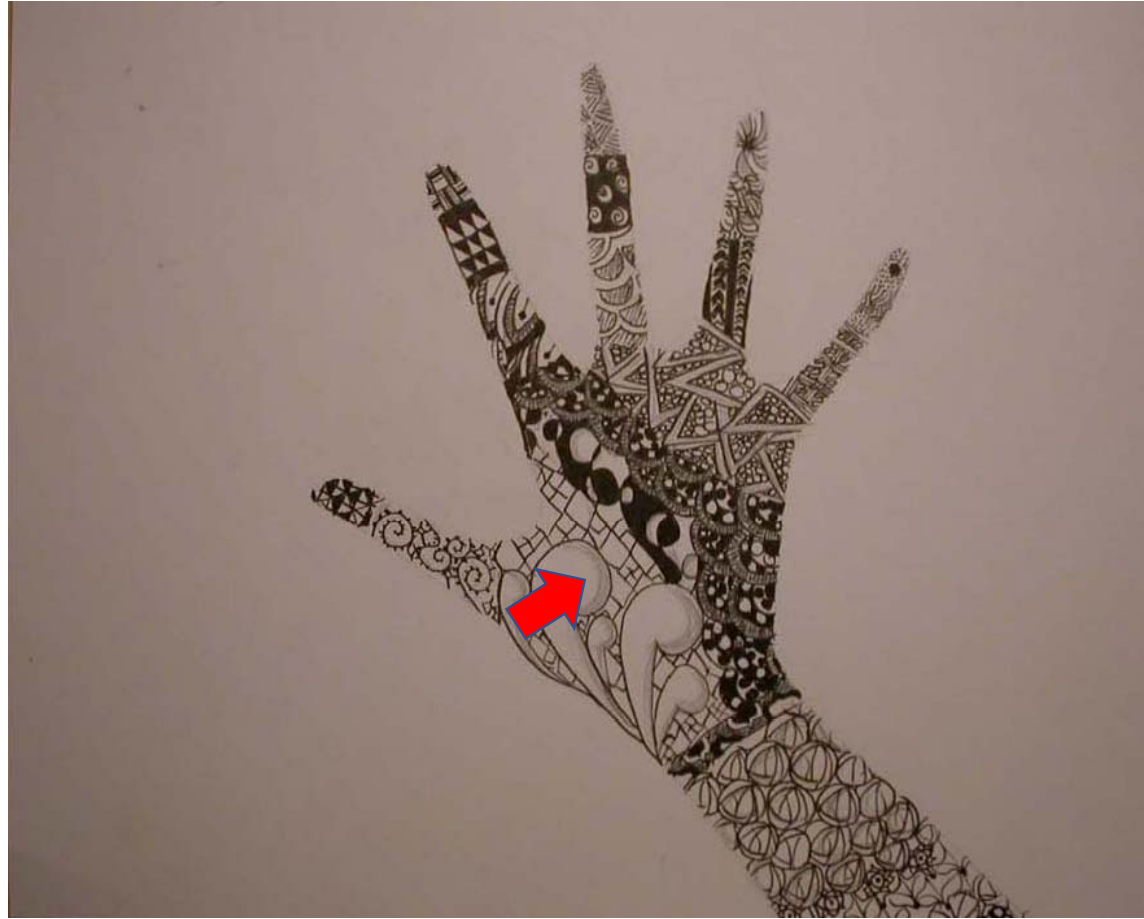
You will know when you're done!



ZENTANGLE HANDS

Shade your Tangles.

When you're done with your Tangles, go in and shade some parts with your pencil to give parts of the Zentangle a 3-dimensional look.



ZENTANGLE HANDS

If there is time, cut out your Zentangle hand



ZENTANGLE HANDS

And glue your cutout onto tinted paint outlines



ZENTANGLE PROJECT COMPLETE!

