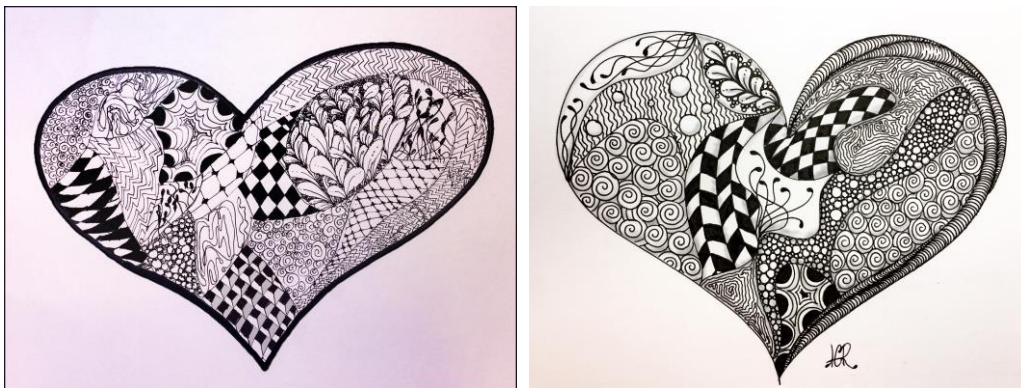


4th Grade LWSD Art Docent Project: Zentangle Heart

Element of Art: Value

Objective: to create visual a patchwork of different values by using Zentangle patterns (called “tangles”) and to learn that practicing art can also be about relaxing and enjoying the process

Artistic Influence: the Zentangle system created by Rick Roberts and Maria Thomas



Elements of Art:

Value

Materials:

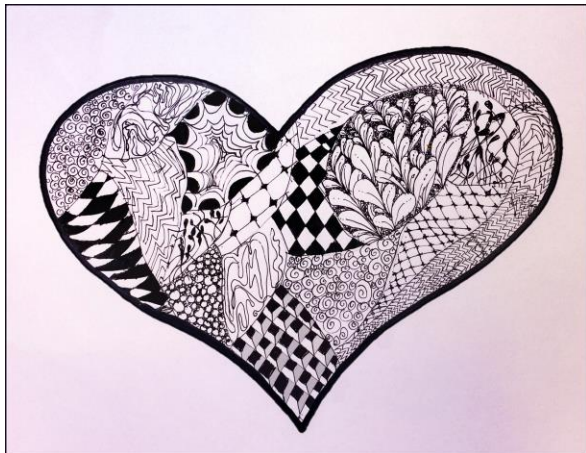
- **A regular graphite pencil from the students’ desk** (for tracing the hand and drawing the initial “string”)
- **Black Ultra Fine Point Sharpie** (at least one per student, fine Sharpies are too thick for the pattern detail)
- **Light colored tagboard or cardstock, 8.5”x 11” or smaller** (thick paper to avoid messy Sharpie bleed-through)
- **Photocopy of the Introduction to Zentangle practice sheet**
- **2B graphic pencil**
- **Black Fine Sharpie** (this is optional, to be used only if students want a thick outline on the outside of the hand to cover stray lines – adults can help with this step if the students want)

Instructions and notes:

1. Ahead of teaching, print enough copies of the “Introduction to Zentangle Practice Sheet” (page 3 in this document) for each student to have one.
2. You may want to make some large heart stencils for those students who do not feel comfortable drawing their own heart freehand.
3. Present the PowerPoint slide deck pausing on slide 8 to read more about Zentangle on the practice sheet and then have students practice drawing the tangles on their practice sheet.
4. Note that each individual doodle pattern is called a “tangle” in the Zentangle system.
5. After showing students the step-by-step slides, pause on slide 23 to leave the example “tangles” projected on the screen as students work on their hand drawings.
6. Make sure that all of the Sharpies are tightly closed when the students finish.
7. Invite students to share their art and talk about the process, if time allows.
8. Distribute parent information page for students to take home, and print an extra page to post on your bulletin board with the finished art. See following page.
9. Please complete the brief [LWSD Art Docent Program Feedback Survey](#) for this lesson.
10. Thank you for supporting our elementary students’ visual arts education.

LWSD Art Docent Project: Zentangle Heart

The goal of this 4th grade lesson was to create value contrast and experience how art can be about relaxation and enjoying the process.



WA State Visual Arts Standard

Compare responses to a work of art before and after working in similar media. (VA: Re.7.1.4)

In this art lesson taught by volunteer art docents, students learned that **value** is an element of visual arts concerned with the darkness or lightness of a line, shape, or form. They used Sharpie markers and pencils to make Zentangle patterns inside the shape of a heart, creating a patchwork of doodle patterns called “tangles” of contrasting **values**.

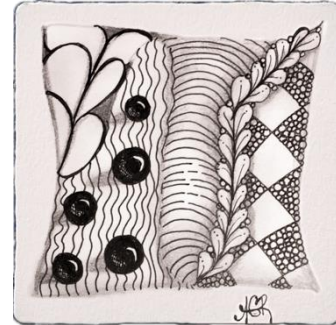
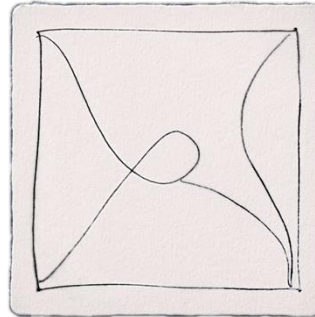


Our inspiration for this project was the Zentangle system designed by Rick Roberts and Maria Thomas. Zentangle is a form of organized and thoughtful doodling that can be used as a tool for relaxation and artistic inspiration. Many great artists doodle before settling into the work of creating more traditional or serious art. It is also fun!

The development of this Lake Washington School District art docent lesson was made possible by a grant from the Lake Washington Schools Foundation.

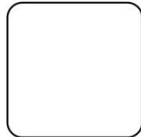
An Introduction to Zentangle: Practice sheet

Rick Roberts and Maria Thomas created the Zentangle process as a means of relaxation or an alternative form of meditation through drawing repetitive doodle patterns (lines and shapes) to make abstract drawings. Strictly speaking, Zentangles are drawn on 3½ inch x 3½ inch squares of stiff paper called tiles. You start by drawing a freeform string with pencil to decide where one tangle pattern ends and another begins.

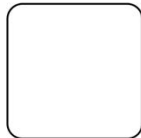


In Zentangle the individual patterns or **tangles** have names, as shown in the examples below. More and more, artists use these tangles to create Zentangle Inspired Art that may be abstract or figurative and not limited to the small square tiles. Tangles are drawn in ink with the option of using a 2B pencil to do shading. Use the empty squares to practice the tangles shown here.

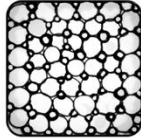
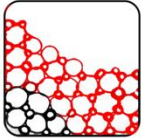
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Static



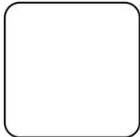
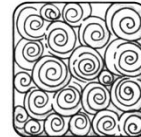
Tipple



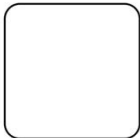
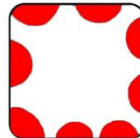
Flux



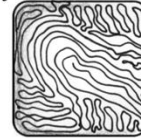
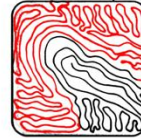
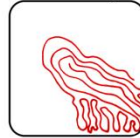
Printemps



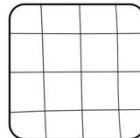
Crescent Moon



Amaze (a single line, the pen stays in contact with the paper)



Grid variations:



Knight's Bridge



Cubine



Floriz

