What is Zentangle?
Is an easy form of drawing that consist repetitive patterns. It's a fascinating art form that is fun and relaxing. It increases focus and creativity.

1. Get comfortable, take a few deep breaths
2. Trace your hand all over your paper, overlapping some. You can use a pencil first and then trace over with markers after.
3. Draw patterns inside your trace hands in the empty spaces, till you fill up the paper.
Tips:
➢ This process will take a while. Take your time.
➢ Don’t worry about your drawing being perfect, it’s ok to make mistakes
➢ You can repeat patterns
➢ This project is supposed to be relaxing not stressful
➢ Listen to your favorite songs as you complete your creation.

- Take pictures of your creation to share with your family not living with you, friends, classmates and NYJTL.
- Display your work of art.
- Be PROUD….You did it!!!