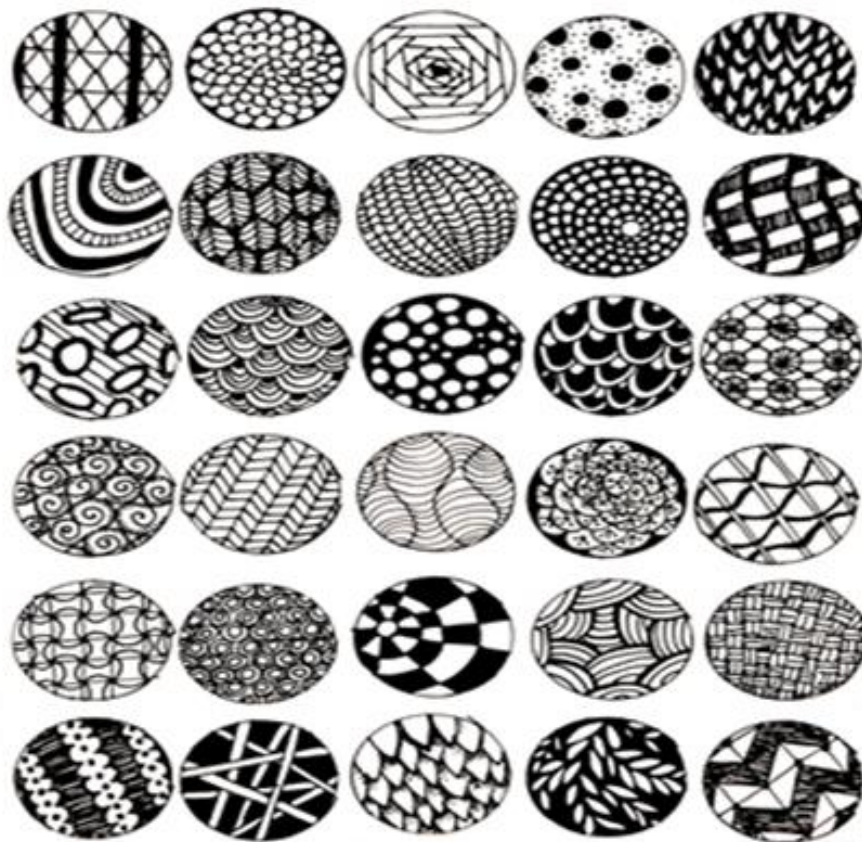


### My Zentangle Pattern Hand

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.



Zentangle Pattern Ideas

**CRAFT**  
*whack*

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.

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## 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!!!**

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