

# BOOMbox at Home

## Zentangles



Zentangles are a fun way to explore patterns as well as practice mindfulness. You don't need a large amount of supplies to do this art exercise, but you can get as intricate as you want!

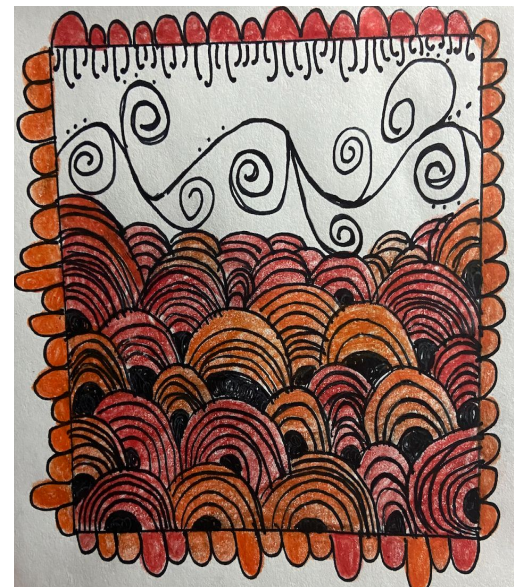
### Supplies

For this project, you will need:

- A pen or pencil
- Paper of your choice
- Colored pencils or pens

### Instructions

- On your sheet of paper, start by creating an outline shape. This will serve as the border to your zentangle.
- Choose one or two (or as many as you like) repeating patterns to draw, and begin drawing them freely on your sheet of paper.
- Fill up the outline with the repeating patterns, being as creative as you wish.
- Color in the repeating pattern with your favorite shades and tones to create a masterpiece.



### Want to explore more?

Check out [this tutorial from Creative Bug](#) for more Zentangles exploration. Creative Bug is a service that you can access using your library card. It is free and has a large number of other projects to explore as well!

*What will you learn today?*

*Send a photo of your project to [mycreation@skokielibrary.info](mailto:mycreation@skokielibrary.info) and we may feature it on social media.*