



Zentangle Practice Page

Create your own zentangle patterns in the boxes below. Some of the boxes have names of patterns to try. Others have been left blank for you to create your own patterns.

Dots			
		Zig Zags	
	Stripes		Swirls

Remember

Don't worry about making mistakes or 'messing up'. This is only a practice sheet and it is supposed to be fun and relaxing. There are no rules! Nobody know what your pattern is meant to look like, so they wont know if you made a mistake!

You can use...

Paints, crayons, pens, pencils, or felt-tips.

Black and white, one colour or loads of colours!