



ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing

“Zentangle®!” Art and Relaxation

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Zemirah Jazwierska

<http://kidsrelaxation.com> (December, 2014)

Objectives:

The participants will:

1. Learn about the calming art form known as Zentangle®
2. Use pattern, line, color and negative and positive space to create “tangles”

Audience:

Zentangle® art is suitable for any age group regardless of ability.

About Zentangles:

Zentangle®, an art form developed by Maria Thomas and Rick Roberts. Zentangle®, per their website, www.zentangle.com, is “an easy to learn and relaxing method of creating beautiful images from repetitive patterns.”

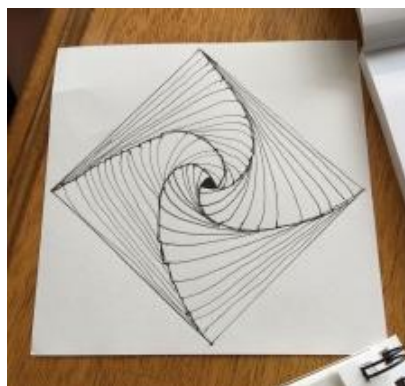


Current brain science tells us that:

1. Repetition is both calming for the brain AND how the brain learns new things.
2. When the brain is calm, it is primed for learning and retaining new information.
3. Sustained attention, focus and enhanced memory are possible.
4. Critical thinking ability is improved.
5. Emotional regulation is easier to achieve.

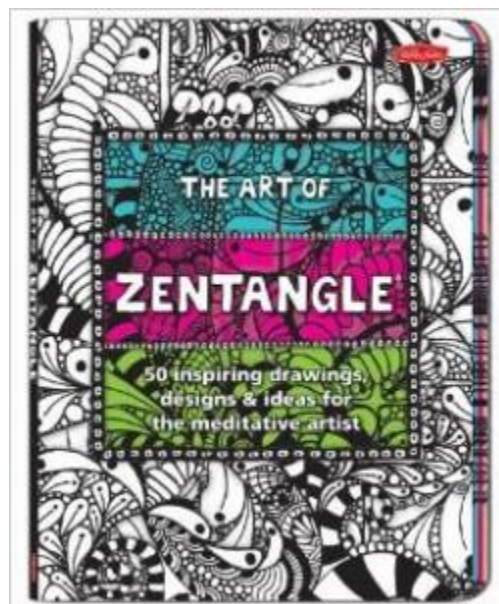


Zentangle® is a perfect way for your child to practice mindfulness since it requires calm focus on each small step to create the whole picture.

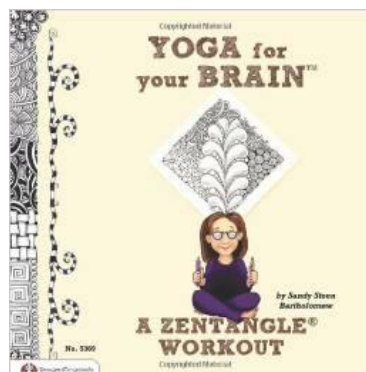


“At the bottom of the Zentangle® website reads: “Anything is possible.....one stroke at a time.” Zentangle® teaches about possibility and how BIG things can be accomplished through focusing on steps one small step at a time. The same is true for relaxation practice in that bodies learn, become trained over time as we return again and again to the practice, starting from the very first deep breath--All else builds from there.

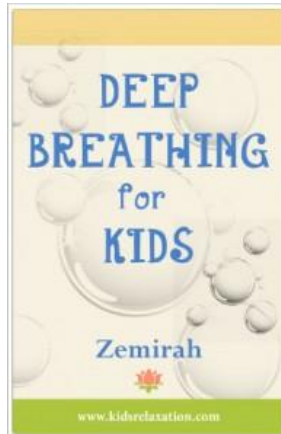
“These two books have been invaluable resources as we learn the Zentangle® strokes. Check them out! We found our copies at our local Hobby Lobby, but they are also available on Amazon:



“The Art of Zentangle®: 50 Inspiring Ideas for the Meditative Artist by Bremner, Brunell, and Raile: http://www.amazon.com/Art-Zentangle-inspiring-drawings-meditative/dp/160058358X/ref=sr_1_3?ie=UTF8&qid=1419137230&sr=8-3&keywords=Zentangle



“Yoga For Your Brain, A Zentangle® Workout by Sandy Steen
Bartholomew: http://www.amazon.com/Yoga-Your-Brain-Zentangle-Workout/dp/1574216988/ref=sr_1_10?ie=UTF8&qid=1419137284&sr=8-10&keywords=Zentangle



“This chapter includes several basic deep breathing activities to jump start your practice.”

Other books to check out: : [Pattern Play: A Zentangle® Creativity Boost](#) by Cris Letourneau, [Zen Doodle: Tons of Tangles](#) by Tonia Jenny, Drawing: [Drawing Art for Beginners: Doodle Patterns and Shapes](#) by Meredith Graham and, [Design Originals, Joy of Zentangle®](#) by Marie Browning.

Note to Facilitator from Hildegard Center:

This wonderful, structured form of “doodling with purpose” can be enjoyed by all ages. There is no “right or wrong” or rules to follow in the process. By learning a few basic patterns and giving yourself “permission” to be creative, regardless of your artistic abilities, you can create wonderful designs using pens and paper—the possibilities are endless! Time will fly as you focus on your designs with this calming exercise that gives a personal sense of well-being and accomplishment. The above books are excellent resources for getting started. Also, by exploring on-line resources, you will find a wide variety of easy to create patterns with step-by-step instructions and visuals to help you along the way. Here are some images of “Zentangles®” created by a complete novice without any artistic ability. See, anyone can do it!



Note to Therapists/Counselors:

Consider putting together a small “Zentangle®” bag or packet for each individual client to keep for personal use and enjoyment. It would be simple to include two or three pens, a small stack of cardstock paper cut into squares and four or five patterns to use as a reference. The packet could then be pulled out to use to calm or focus.



Adaptations and Extensions:

For a project incorporating Zentangles®, check out Cheryl Trowbridge’s lesson “Name Tangles” included on this website or visit <http://www.teachkidsart.net/name-tangles/> .




Plan in Action:

Adrienne Poppe, Foster Care Recruiter, shared how this activity was used with youth served at “CEDARS” in Lincoln, NE. The mission of “CEDARS” is *“to help children who have been abused, neglected, and homeless achieve safety, stability, and enduring family relationships”*. Visit www.cedars-kids.org to learn more about Cedars

From Adianne: “Last week (October 26, 2015) our Youth Action Committee held its “YAC Knows the Ropes” Mini Session Night! Youth within our Emergency Shelter, Foster Care, Reporting Center, Street Outreach and Independent Living Programs were invited to participate in the event. The youth were able to pick from 6 different session offerings lead by volunteers within CEDARS.

“This month our YAC Leadership Team chose to focus on the topic of Self Care and Stress Relief for our mini-session night. We went right to the resources that were given to use through the “Hildegard Center for the Arts’ “Art Bridges“ Project and the YAC Leadership Team decided to use 2 of the lesson plans as sessions for the evening. The “Zentangles®” and “Feelings Mandalas” lesson plans were session offerings and they turned out great! Twenty-three Youth were able to take home a booklet with examples of Zentangle® patterns, Mandala templates, a color wheel with assigned feelings and sketch books. Our hope is that the youth will take these lessons and be able to apply them to their lives! And I did see a glimmer of this coming to action just yesterday!! I was walking through our Emergency Shelter and noticed some computer paper on one of the tables in the

common area with what appeared to some pretty awesome Zentangle® doodles on it!! Volunteers that lead the sessions found the lesson plans extremely easy to follow and were also able to put their own spin on it!”



YAC Knows the Ropes: Self Care Mini Session Night!
Monday, October 26th from 5:30-7:30
CEDARS Northbridge (27th and Holdrege)

Each youth will choose from 6 mini session offerings focusing on Self Care and Stress Relief!! We ask that youth choose 4 sessions of interest and they will be assigned 2 to attend that night based on their top picks!


Schedule: 5:30-6:00pm Arrival and Dinner (pizza provided)
 6:00-6:10pm Session Cards Assigned
 6:15-6:45pm Session 1
 6:45-7:00 pm Transition to Session 2
 7:00-7:30pm Session 2
 7:30pm Dismiss

Session Offerings!

Please pick your top 4! (Number 1-4)


Zentangles (Doodling with purpose) Structured breathing/stress balls
 Musical Art Flow Canvas Card Games/Tricks
 Yoga/Meditation
 Feelings Mandala

Please RSVP Adrienne Poppe (Apoppe@cedars-kids.org) or to your Resource Partner by Sunday, Oct 25th




Session Descriptions

Zentangles “Doodling with a purpose”/Mandalas: An easy to learn and relaxing method of creating beautiful images from repetitive patterns. (Take Home: Sketch Book/Zentangle Patterns)

Example: 

Feelings Mandalas: Learn about the art form of mandalas. Explore emotions and assign a color for each emotion.

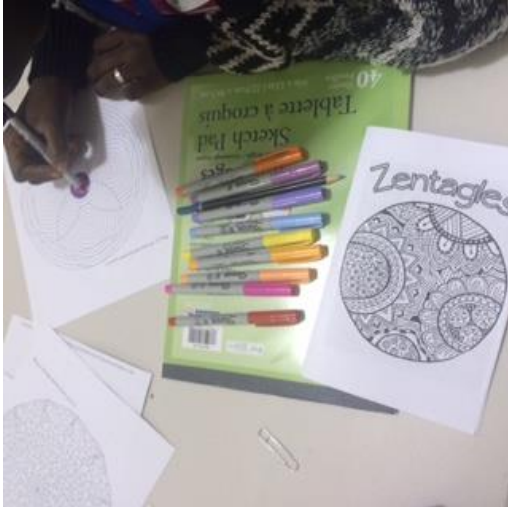
Example: 

Musical Art Flow Canvas: An opportunity to calm your mind by listening to music and create a painting to take with you. (Take Home: Canvas)

Yoga/Meditation: 30 minute Yoga opportunity. (Take Home: Guided Meditation CD/Relaxation Eye Pillow)

Slam Poetry: 30 minute slam poetry workshop. (Take Home: Journal)

Structured Breathing and Relaxation Tools: Learn structured breathing techniques that can help to lower stress levels and make your own relaxation tools such as stress balls or rain sticks. (Take Home: Relaxation Tools)



*Special Thanks to **Zemirah Jazwierska** who graciously gave permission to Hildegard Center to re-post her excellent article. Zemirah shared in recent correspondence, "I would be honored to support your project and to be featured on your website! Since I have had several similar requests as of late, I am in the process of putting together a page on my site that highlights the programs, materials and websites that are utilizing the kids' relaxation resources. This will provide a resource link from my site to others with similar missions to support kids, families, educators, and therapists." Please visit Zemirah's website <http://kidsrelaxation.com> to learn more about her work and resources that are available for helping our children live healthier and happier lives.*

If you have used this activity, we'd love to hear from you! Please send questions or comments through our website www.hildegardcenter.org .

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