Zentangles can benefit our wellness and activate our creativity! Did you know that creating a zentangle can relax you in times of stress or anxiety? It is a simple process that reinforces “aimlessness” — using a doodling process as a form of mindfulness. What is something that you do in times of stress and anxiety that helps relax you? In this zentangle project, we will not only be slowing down and discovering this relieving relaxation process through our creativity, but we will also be connecting to nature by creating our zentangles from items we gather outside. What collectible pieces of nature do you think will make an interesting and mindful zentangle?

SUPPLIES
• Paper
• Pencils
• Markers
• Found natural materials

INSTRUCTIONS
Step 1: Pick out your nature items to trace. Look around outside for items that would be interesting and simple to trace.

Step 2: Begin tracing your natural object(s) on your paper. Trace your object repeatedly on a blank piece of paper. Try to overlap your tracings in a layout that satisfies you. Experiment by overlapping in random and different directions. There is no right way to do this, just have fun with it!

Step 3: Using a black marker, retrace over your pencil lines. This step will emphasize the lines and images of your natural material when you begin designing the inside of your shapes.

Step 4: Create meditative patterns or color in your traced shapes.

Step 5: Remember to return your nature items to the outdoors where you found them.

To watch this process visit youtube.com/PeabodyEssexMuseum

SHOW US!
We want to see your nature zentangle. Share your photos online using #PEMpod or #peabodyessex