



# THE ENRICHMENT PROJECT

Badge Program

larajla.com



## Zendoodle

*Do you doodle? Zendoodle, also known as Zendoodle, involves creating doodled patterns in predefined areas. It is an easy technique done in black and white. Anyone who can doodle can do this craft technique.*

## ZENDOODLE

### Steps

#### 1. Reduce stress.

You'll notice that both references use the word "zen." The act of creating repeating patterns is relaxing and requires focus. It is a great activity to help reduce stress. While working on this badge, make sure to have a place you can focus and work without interruptions.

#### 2. Basic materials.

A pencil, a black permanent fine line marker and smooth paper is all you need. Thicker paper is better so the marker doesn't leak through it. Find these materials and a clean, flat surface to work on.

#### 3. YouTube.

Check out the videos on YouTube to see how to Zendoodle. You can purchase kits and books, if you really enjoy this technique. Watch at least two videos completely to see how this technique is done.

#### 4. Research patterns.

There are many patterns available online. Start at [tanglepatterns.com](http://tanglepatterns.com) or Flickr. Save the patterns you like or continue to Step 5.

#### 5. Pattern collection.

You can doodle the patterns you find. Use cards or a notebook to keep your collection. When you create Zendoodles, you will have a variety of patterns at your fingertips. To help, the Enrichment Project has printable ATC-sized cards available.

#### 6. Small Zendoodles.

Create a few small Zendoodles. Start with a simple shape, draw inside to define your pattern areas and fill it in.

#### 7. More complex.

You can create Zendoodle letters, frames or outlines of recognizable shapes — animals, insects, flowers and more! In addition, look beyond paper and pencil. You can Zendoodle on fabric (quilting), paint on 3D shapes, or create anywhere else you can doodle.

#### 8. Where to use Zendoodles.

Here are a few ideas. What else can you come up with?

- Altered art
- Artistic trading cards
- Dishes
- Greeting cards
- Journals
- Postcards
- Quilts
- Scrapbook pages



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larajla@gmail.com



### 9. **Practice.**

Practice your new skill. This is very time consuming, so most of your time will be spent on this step. Remember, you are doodling so there is no “right” way to do it. You’re also supposed to be relaxing, so don’t rush yourself.

### 10. **Color.**

When you first experiment with color, copy your Zendoodle and color the copy. You do not want to mess up your original after spending so much time with it. Make sure you’re happy with your color choices before altering your original.

### 11. **Share your Zendoodle.**

Share your finished shapes, unique patterns and more with friends, online groups or even the Enrichment Project’s Flickr group.

## Supplements

SUPP\_ATC\_TangleFrames.pdf

*ATC-sized cards with different frame options*

SUPP\_ATC\_TanglePatterns.pdf

*ATC-sized cards to make your own patterns*

SUPP\_ATC\_Tangle\_Steps1.pdf

*ATC-sized cards for showing how to recreate patterns, grayscale*

SUPP\_ATC\_Tangle\_Steps2.pdf

*ATC-sized cards for showing how to recreate patterns, black*

## Sites to Explore

[suite101.com/article/what-is-a-Zentangle-a411644](http://suite101.com/article/what-is-a-Zentangle-a411644)

[creative-crafting-magazine.blogspot.com/2012/02/how-to-zen-doodle.html](http://creative-crafting-magazine.blogspot.com/2012/02/how-to-zen-doodle.html)

[www.Zentangle.com](http://www.Zentangle.com)

[blog.suzannemcneill.com](http://blog.suzannemcneill.com)

[www.pinterest.com/lilsis57/zen-doodle-patterns](http://www.pinterest.com/lilsis57/zen-doodle-patterns)

[www.milliande.com/Zendoodle-Sampler-Zentangle-Pattern-Styles-Tutorial.html](http://www.milliande.com/Zendoodle-Sampler-Zentangle-Pattern-Styles-Tutorial.html)

[tanglepatterns.com](http://tanglepatterns.com)

[www.squidoo.com/Zentangle-patterns](http://www.squidoo.com/Zentangle-patterns)

[thetangledpenguin.com/beginner-tangle-patterns](http://thetangledpenguin.com/beginner-tangle-patterns)

***Check out Larajla’s Enrichment Project to start your own adventure.***