

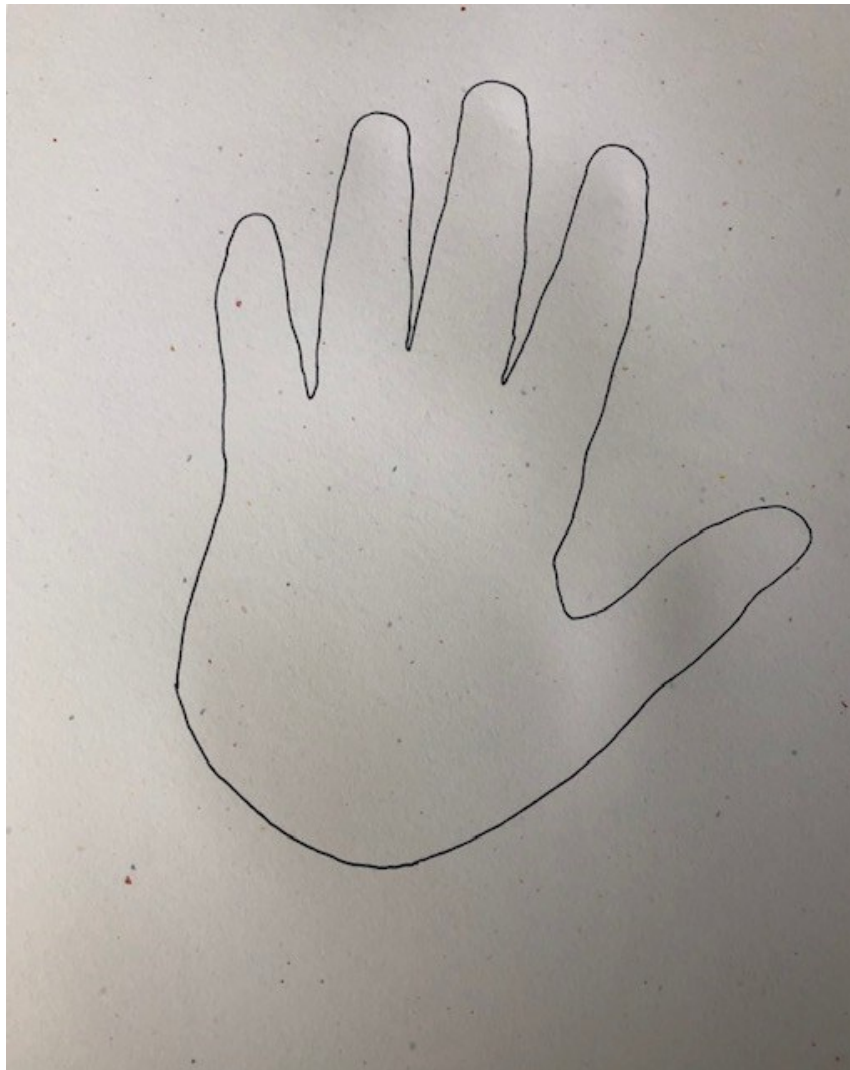
# Zentangle Hand



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## Supplies:

- Blank piece of card stock, any color or any piece of blank paper
- Fine line, acid free marker or black ball point pen
- Your own hand for tracing

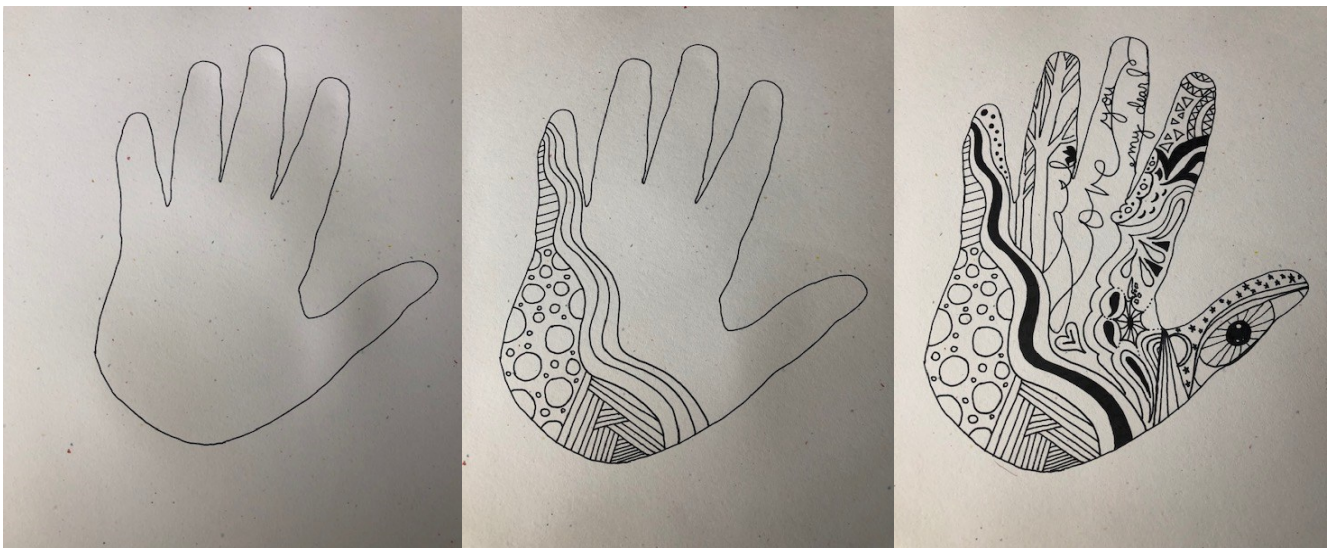


# Zentangle Hand

Zentangle Definition: a form of meditative doodling that has patterns, or tangles, put together to form a Zen-tangle\*

## Directions:

1. Lay out your piece of paper and trace your hand with your pen
2. Next, using your pen—doodle and doodle whatever you feel
3. You are the creator, so you can create ANYTHING!



\*Definition from [www.definitions.net](http://www.definitions.net)