

Wellbeing: Zentangle Art

Course overview

Zentangle art is the creation of tiny works of line-based art using paper, pencil and a black pen. Zentangle art is mindful doodling. The focus is on the strokes and not on the end result. It is a great way of reducing stress and anxiety and creating a feeling of calm. By avoiding common blocks to creating art such as: self-criticism, fear of failure, worrying about outcomes, lack of inspiration and doubts about what to do, you can create beautiful art right away.

What will I study?

You will:

- Experience what makes Zentangle different
- Practice the 8 steps to creating Zentangle art.
- Experience the relaxation that comes from creating Zentangle art.
- Create and sign your own piece of art.
- Work with form of artistic creation that easily lends itself to meditation or mindfulness.

Assessment method

You will participate in discussions, practical activities, Q&A and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet. If you have a favorite black pen bring it along.

Key information

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing course or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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