

Art Journals Zentangle Portraits

Art Journaling: An **art diary**, **art journal** or visual **journal** is a daily **journal** kept by artists, often containing both words and sketches, and occasionally including Mixed media elements such as collages.

Zentangles: Zentangles are miniature pieces of unplanned, abstract, black and white art created through a very specific Method from an ensemble of simple, structured patterns called tangles on a 3.5-inch (89 mm) square paper tile. Zentangles are not only exquisitely beautiful, they are fun and relaxing to create.

The process of creating a Zentangle is a form of “artistic meditation” as one becomes completely engrossed in making each pattern, deliberately focusing on “one stroke at a time”®. The creativity options and pattern combinations are boundless. ***And anyone can do it!***

Materials: **Mayfair paper**
 Pencil
 Colored Pencil
 India Ink
 Pen and Nib

Directions: Create a **stylized, self-portrait** inspired by the art journaling style (refer to references and videos shown in class) while incorporating **zentangling** to create interesting patterns in the hair and clothing.

You can also use **words, quotes, or song lyrics** to reflect parts of your personality and things that inspire you.

To begin: Choose your favorite “selfie” photo or pose for one in class. Fill the frame to create an interesting composition. Using a photo-editing program, change your photo to grayscale, and play around with the contrast to help eliminate any distracting details. Use this image as a base for your drawing.

Create an outline drawing (contour) of your chosen photo, drawing the necessary lines only to create the sections where the zentangle patterns will eventually go. Using colored pencil, add colors that reflect and enhance the mood of your piece.

Use ink to outline the piece (and the zentangle patterns) making sure to use weighted lines (or *accent* lines). This will be the finishing touch that will complete the work.