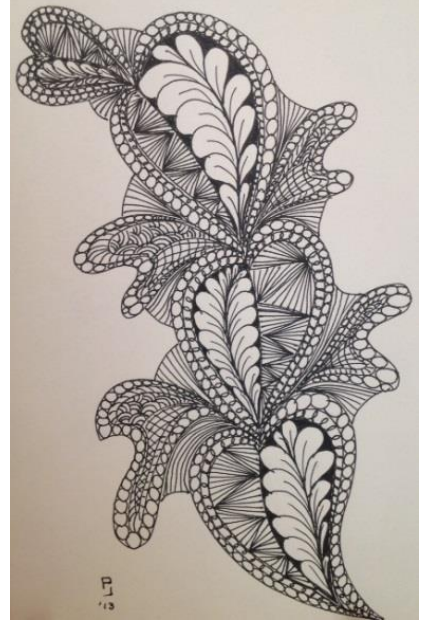
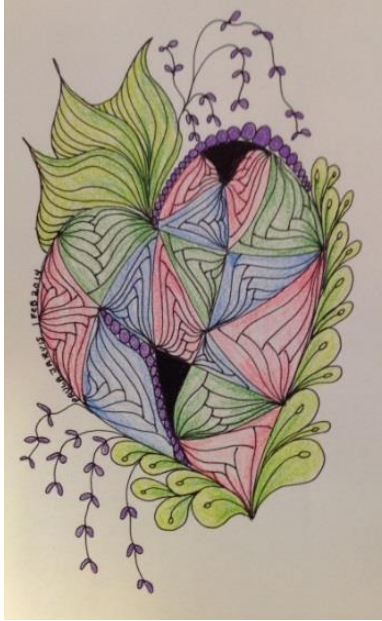
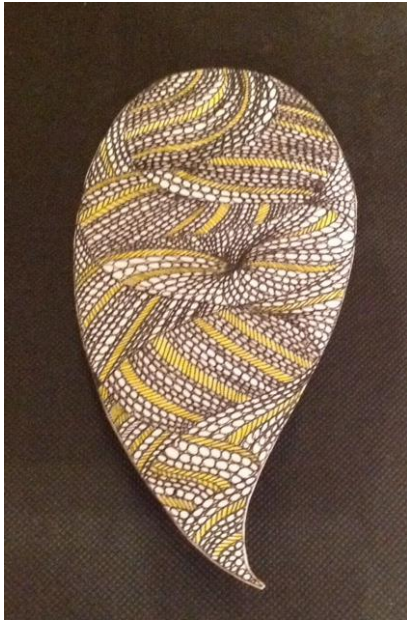


# ✂ DOODLE ART TIPS ✂

How to Create Doodle Art: A Guide for All Ages

Introduction and Basic Lessons



## INTRODUCTION TO DOODLE ART

*By Paula Jarvis*

Everyone who can hold a pen or pencil has doodled at one time or another. Some people doodle while talking on the telephone. Others do it during meetings or while waiting in the doctor's office.

Some doodles are simple repetitive abstract patterns, such as triangles, squares, and concentric circles. Other doodles represent objects—arrows, simple houses, stick figures, suns, stars, hearts. With just a little effort, these random patterns and pictures can be turned into small pieces of art—and anyone can do it.

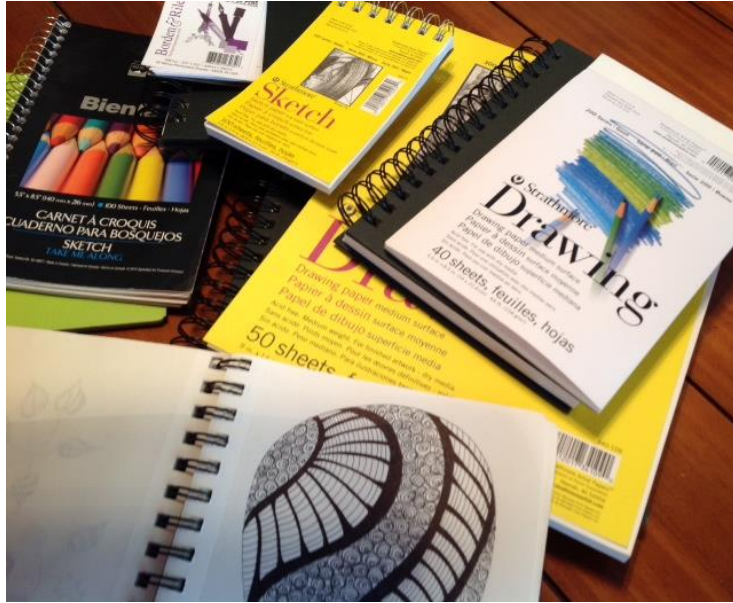
Turning doodles into art can be done by children, adults, and senior citizens. No previous experience or art training is

required, and even people who claim they can't draw a straight line will surprise themselves with what they can produce.

Best of all, you don't need to buy a long list of expensive art supplies. To get started, all you need is paper and a pen or pencil and a few tips to help you begin.

On the following pages, you will find resource information and samples of the shapes and patterns that you will learn about and practice in my doodle art class. With this information, you, too, will soon be able to turn your doodles into art.

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## WHAT YOU WILL NEED

You can begin creating doodle art with any kind of unlined paper in any size. However, it's a good idea to use a smaller sheet because it will take less time and energy to fill it with repeated patterns (and it will take less ink if you are using a pen).

You can buy sketch books and drawing pads in 4" by 6" and 5" by 8" sizes or you can cut down 9" by 12" sheets of drawing paper into the size you prefer. If you like to work in very small formats, you can buy packs of artist trading cards (ATCs) in most art supply stores. ATCs are 2.5" by 3.5" and come a variety of materials, including smooth and vellum (slightly textured) Bristol paper.

After working in many sizes and on many different kinds of paper (including bright white and off white), I now like to use 4" by 6" unlined index cards. When my drawings are finished, I store them in inexpensive 4" by 6" photo albums (24 photos per album) that are available online and in many drugstores.

I use standard No. 2 pencils (which are the same as HB drawing pencils) for

sketching ideas, practicing patterns, and sometimes for shading my final drawing. However, I use a pen for my actual doodle art because I like the boldness of black ink against white paper. Many doodle artists like to use Sakura Micron 01 pens (also known as Pigma pens). These have waterproof ink and a very fine (0.25mm) tip. (Sakura Micron pens come six nib sizes: Size 005 = 0.20mm, 01 = 0.25mm, 02 = 0.30mm, 03 = 0.35mm, 05 = 0.45mm, and 08 = 0.50mm. Note that the sizes are listed on the barrel and on the top of the cap.)

I find that the Sakura Micron pen barrel, which is straight and quite narrow, is uncomfortable to use for long drawing sessions. Instead, I prefer to use a retractable Pentel EnerGel or EnerGel X 0.5mm (needle top) liquid gel ink pen. The ink is waterproof, and the barrel is larger and more comfortable than the Sakura pen. At 0.5mm, the Pentel nib is the same size as the largest Sakura Micron pen (size 08) but works well for most of my drawings. When I need to make a finer line, I use a Sakura Micron size 01 or 005 pen.—PJ

# ADDITIONAL RESOURCES



## OPTIONAL ART SUPPLIES

- Archival paper if you want your art to last for generations to come
- Graph paper if you enjoy working with geometric forms
- Toned paper (tan, grey, other colors)
- Black paper
- Official Zentangle® tiles (available online or through official Zentangle® teachers)
- Ruler
- Kneaded eraser (usually gray or blue)
- Vinyl eraser (usually white)
- Blender stump or tortillon
- Hand-held two-hole pencil sharpener
- Compass and protractor (if you plan to create mandalas and other symmetrical designs)
- Templates and stencils (circles, ovals, triangles, rectangles, hearts, stars, etc.)
- Colored pencils (Crayola colored pencils are inexpensive and work fine but are not lightfast. Prismacolor pencils are more expensive but are lightfast and readily available in open stock at art supply stores.)
- Colored ink pens, gel pens, brush pens, markers, watercolor pencils, etc.

## RECOMMENDED BOOKS

- *The Art of Zentangle*, pub. by Walter Foster
- *The Beauty of Zentangle* by Suzanne McNeill and Cindy Shepard
- *Joy of Zentangle* by contributing artists **Suzanne McNeill, Sandy Steen Bartholomew, and Marie Browning\***
- *Made in the Shade* by Cris Letourneau
- *One Zentangle a Day* by Beckah Krahula
- *Totally Tangled* by **Sandy Steen Bartholomew\***
- *Zen Doodle: Tons of Tangles*, edited by Tonia Jenny and Amy Jones
- *Zen Mandalas* by Suzanne McNeill
- Published by Dover: *1000 Ornamental Designs for Artists and Craftspeople*, edited by Claude Humbert, *A Treasury of Design for Artists and Craftsmen* by Gregory Mirow, *Early American Embroidery Designs: An 1815 Manuscript Album with over 190 Patterns* by Elizabeth M. Townshend, *Mehndi Designs: Traditional Henna Body Art* by Marty Noble. Other Dover books featuring ethnic and folk art motifs and collections of historic patterns.

*\*If you want to start with just one book, either of these would be a good choice for beginners.*

## WEBSITES

- Search Internet for doodle art, Zendoodles, and Zentangles, as well as embroidery, mehndi (henna), paisley, and pysanky (Ukrainian egg decorating) patterns.
- <http://createdoodlingwithjudy.blogspot.com/>
- <http://www.zentangle.com>
- [TanglePatterns.com](http://TanglePatterns.com)

## FACEBOOK DOODLING GROUPS

- DoodleArt
- Friends of Zentangle
- Ornation Creation

# LESSON 1: SIMPLE SHAPES

Basic doodle art begins with a simple shape or outline that is divided into sections, with each section then being filled in with a repeated pattern. The initial shape (which

can be added to and embellished in many ways) can be done free-hand or by using a template or stencil. Here are examples of some simple shapes.



## LESSON 2: SIMPLE SECTIONS

Once you have drawn your shape (outline), divide it into sections. As you work on your drawing, you may decide to divide some of your larger sections into smaller sections.

You may also decide to alter your shape by adding sections outside of the outline to create a different overall shape. Feel free to change both your shape and your sections.

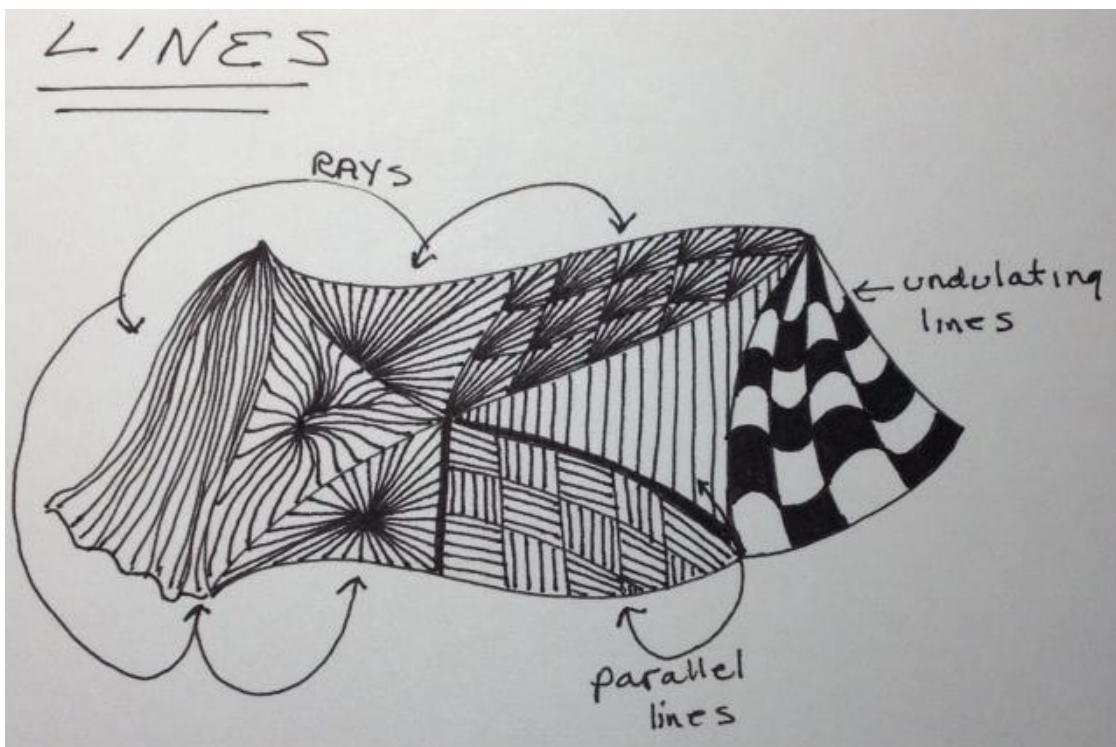


## LESSON 3: PATTERNS and VARIATIONS

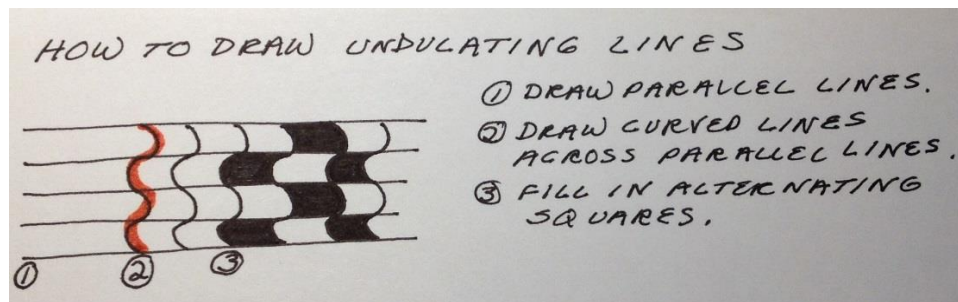
Patterns (or motifs) used in basic doodle art fall into the following categories: Lines (straight and curved, thin and wide, parallel, radiating, undulating); dots, circles, ovals, squares, and diamonds; “mountains” (peaks, zigzags, triangles); “hills” (“mountains” with curved tops); braids and weaves; “shingles” (or “scales”); “over-and-under” lines; grids (multiple straight or curved intersecting lines that form square,

rectangular, or diamond patterns); flowers and foliage; and filler patterns (“gravel,” “scribbles,” and “swirls”).

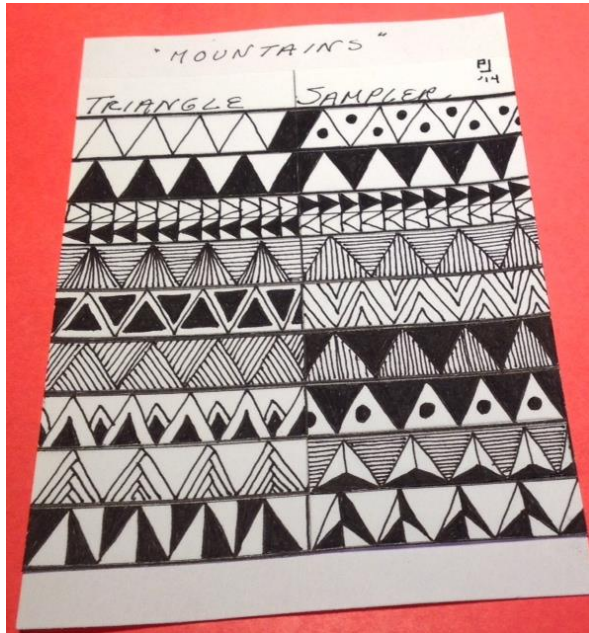
A note about “mistakes”: Mistakes made in ink can’t be erased, but they can be turned into “happy accidents” by changing your design to include or obscure the flaw. Use your creativity. The result can be even better than what you’d originally planned.



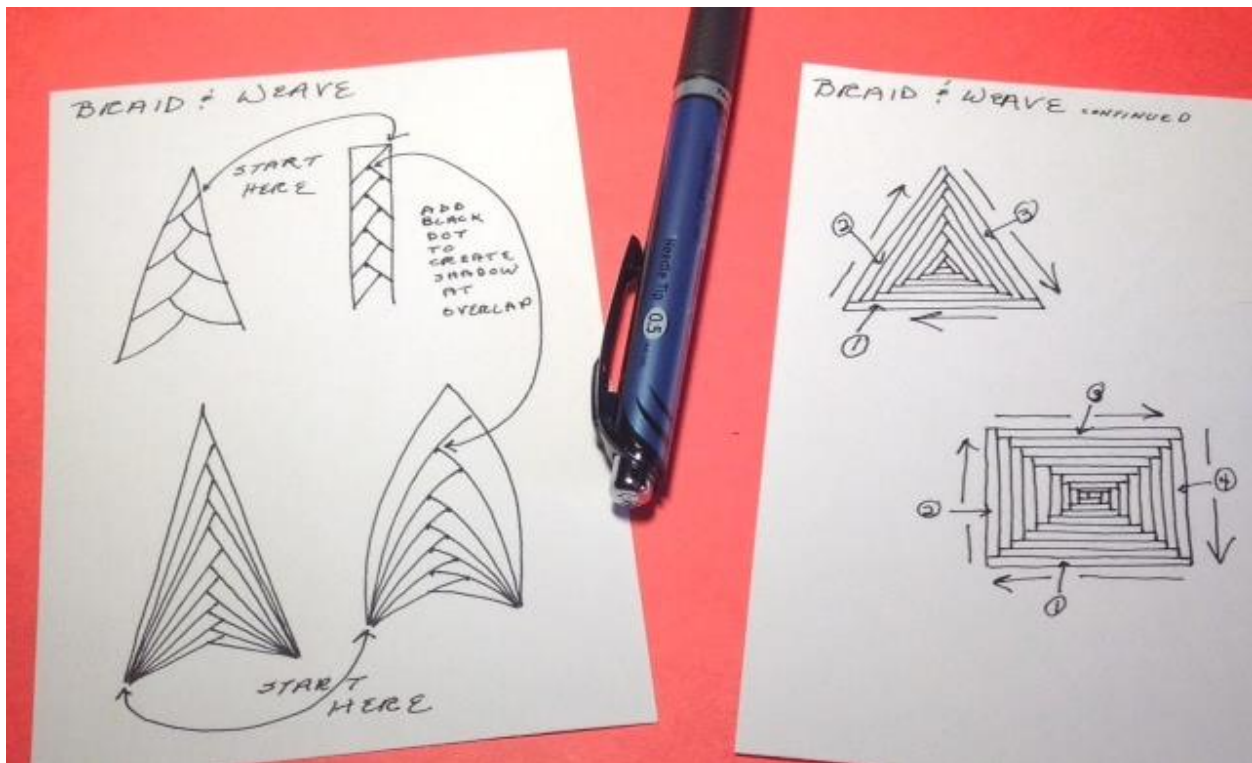
Shown above are examples of the many ways in which simple lines can be used. Sections can be filled in with parallel lines or with lines that radiate from a single point (radiating lines or “rays”) beginning at the corner of a section, at the side, or in the middle. Sections can also be filled with undulating lines that seem to ripple. See below to learn how to create an “undulating” line.



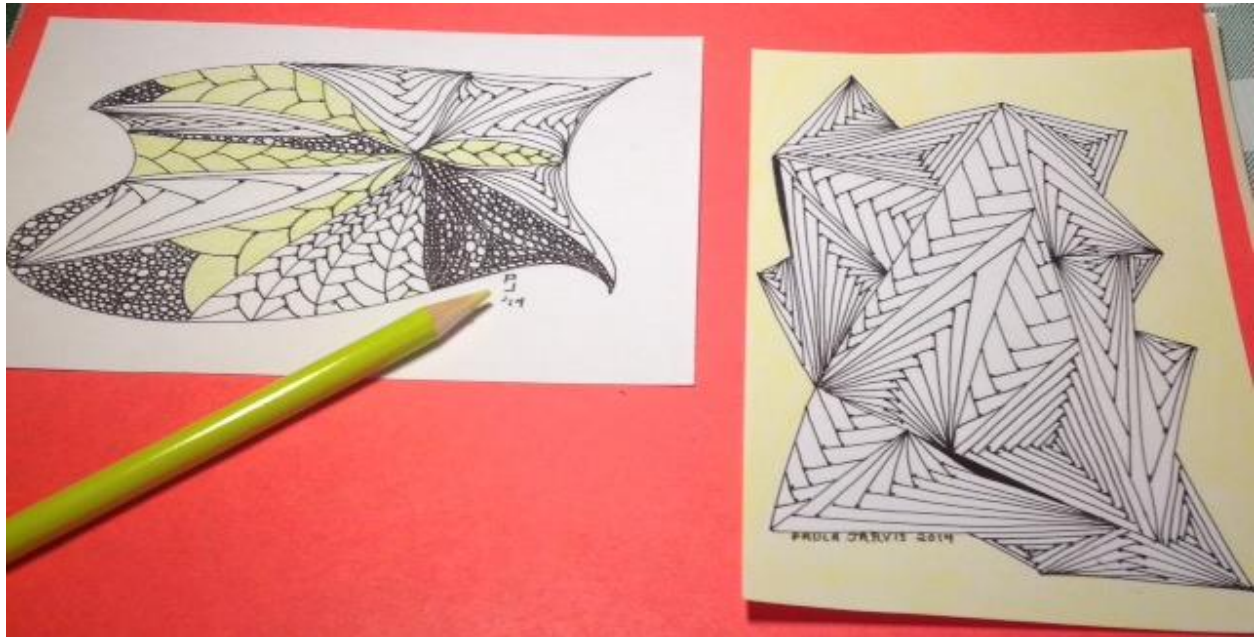
# PATTERNS and VARIATIONS continued



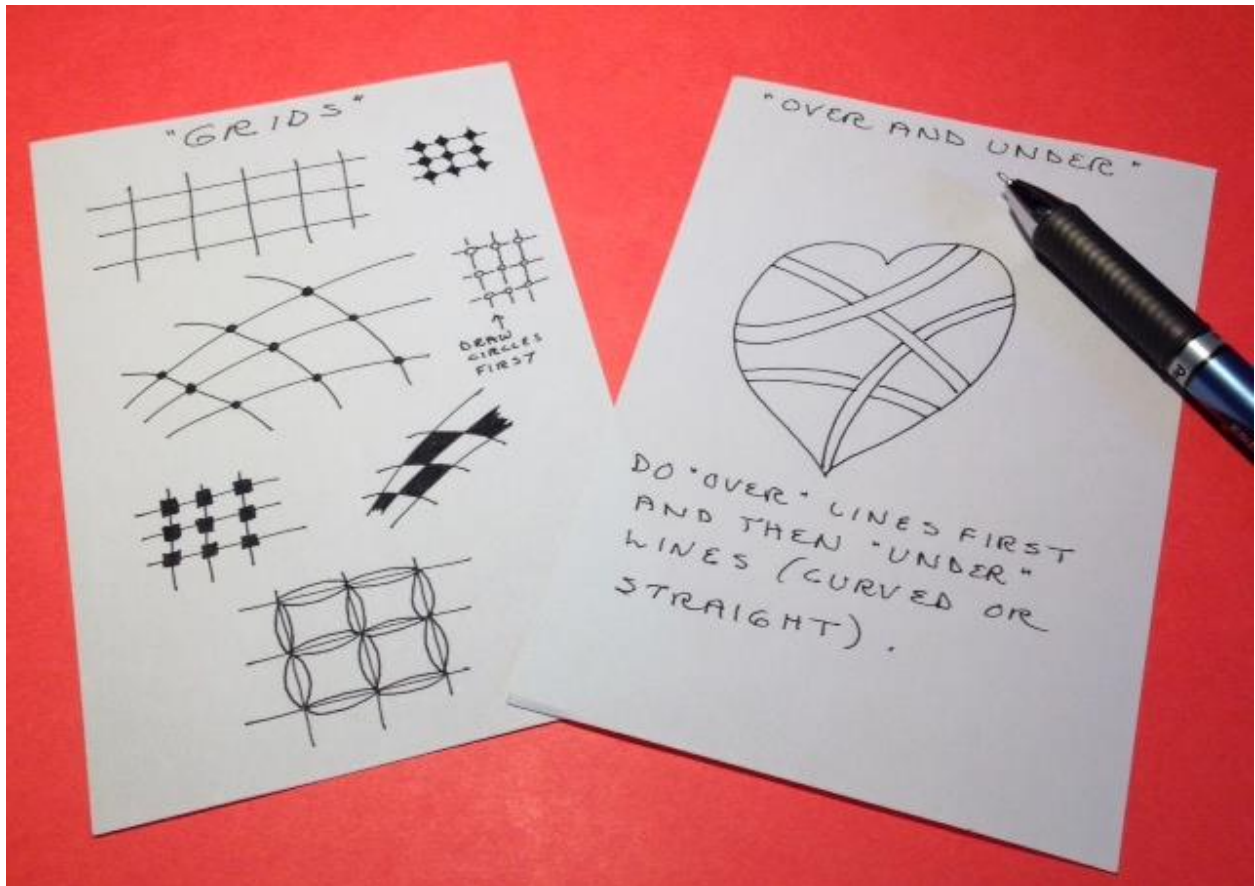
Shown above are examples of “mountains” (triangles, zigzags, peaks) and “hills” (“mountain” patterns with rounded tops). Almost any “mountain” (triangular) design can become a “hill” design. Shown below are three “braid and weave” designs that can be done with straight lines or with curved lines. See next page for examples of braid-and-weave patterns in use.



# PATTERNS and VARIATIONS continued

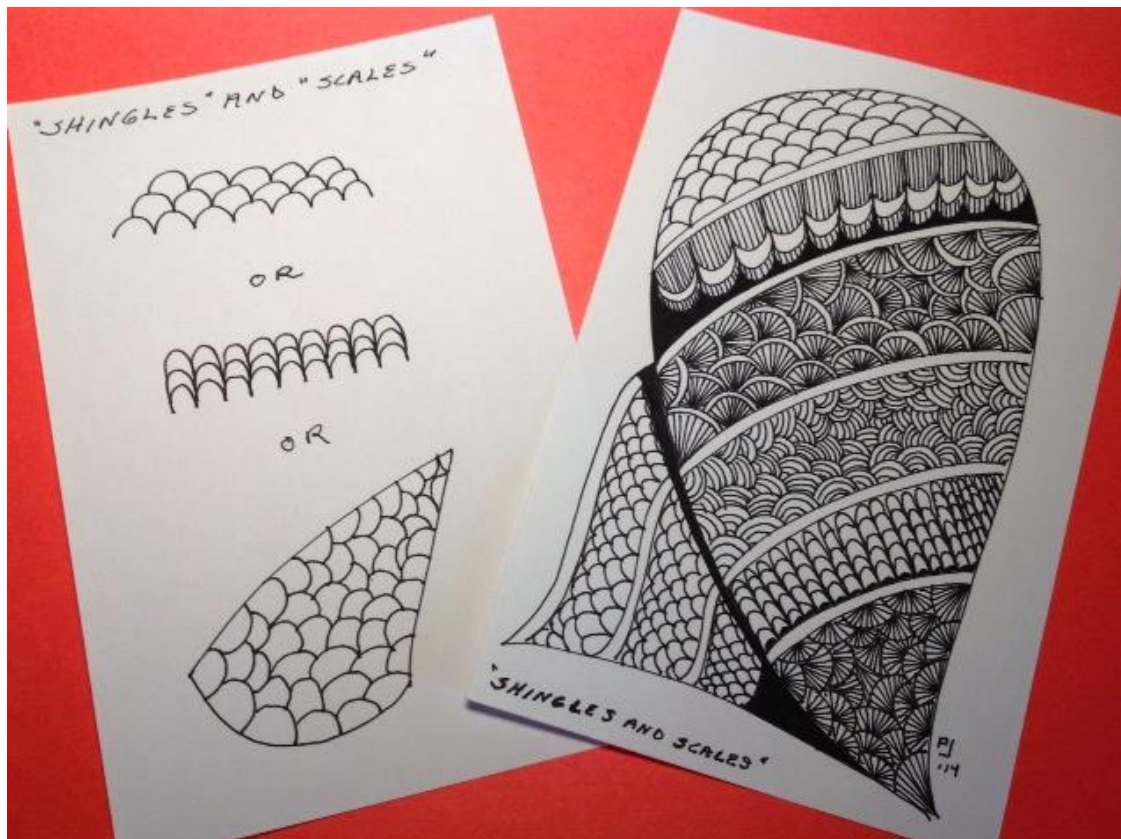


Above, braid-and-weave patterns used in doodle art. Below: Grid and over-and-under patterns.

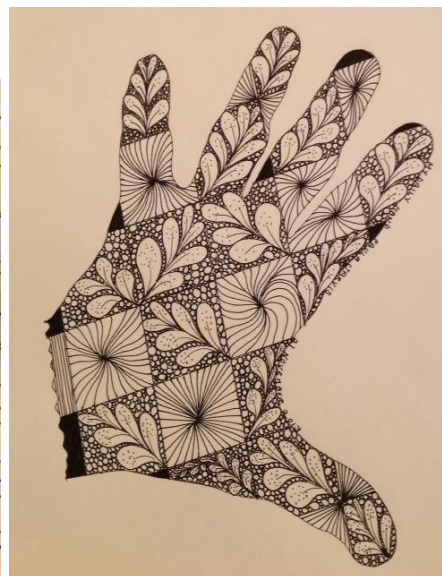
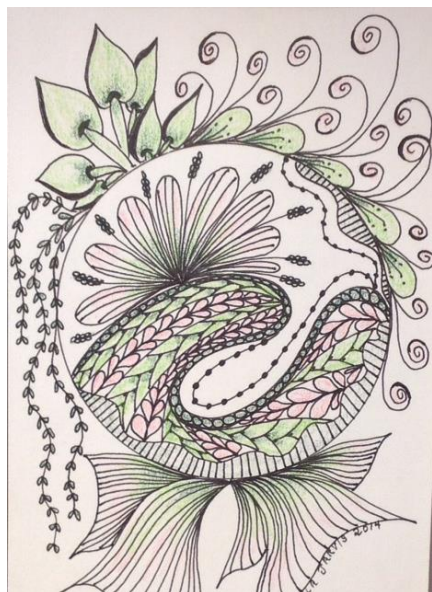




# PATTERNS and VARIATIONS continued



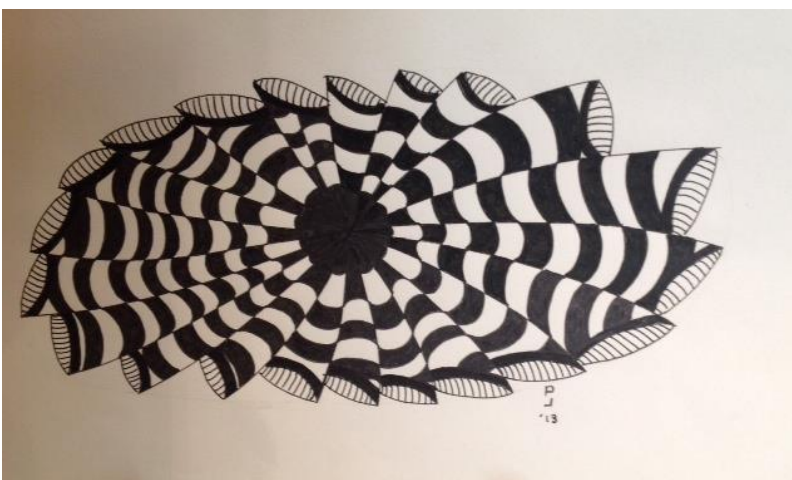
## LESSON 4: PUTTING IT ALL TOGETHER



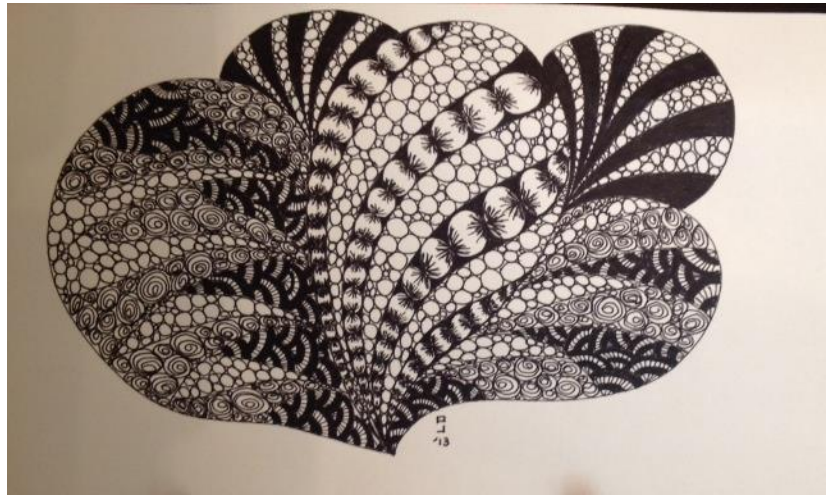
Above center: This star is filled with what I call “granulations” (inspired by ancient jewelry made with tiny dots of gold or silver that jewelers call granulations). First I filled the star with narrow lines and then I drew small circles (sometimes ovals) between the lines. The result is much different from the results you get when you use the “gravel” pattern. Above right: This doodled hand is from my 30-day “My Daily Hand” project. I outlined my left hand each day for 30 days and then doodled and decorated each one with different designs. I left some hands black and white and colored others. Below left: Notice how curving lines within a round or oval shape create a “cushiony” effect. Below right: This design is filled with undulating lines that look a little like 1970s Op Art. (Can you see my mistake and how I fixed it?)



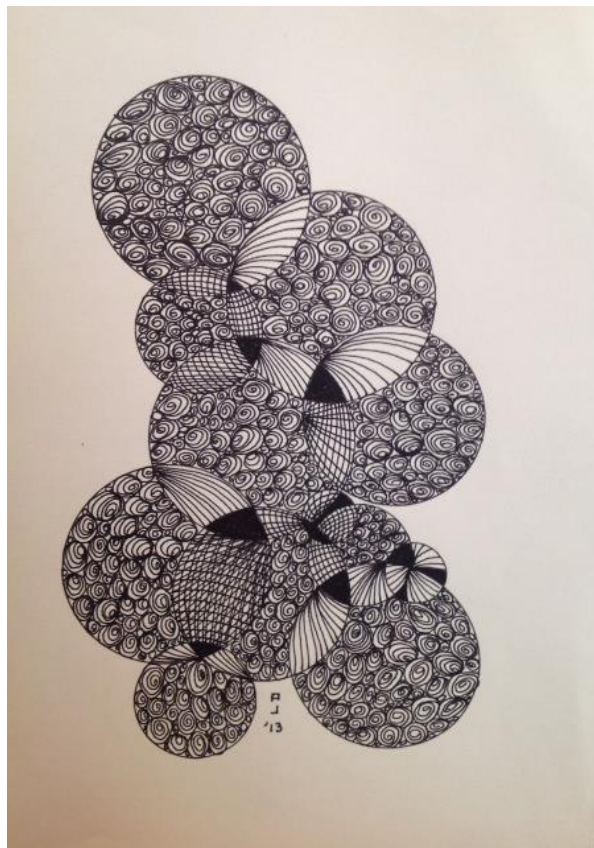
The works of Dutch artist M. C. Escher and examples of Op Art can provide inspiration for your doodle art.



## PUTTING IT ALL TOGETHER *continued*

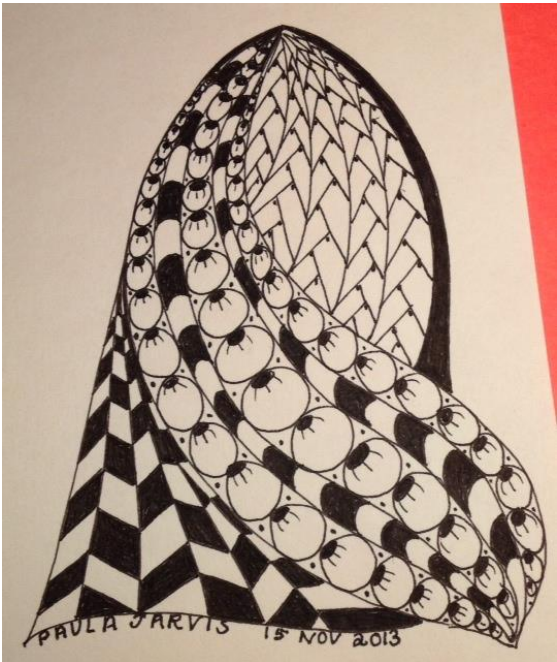
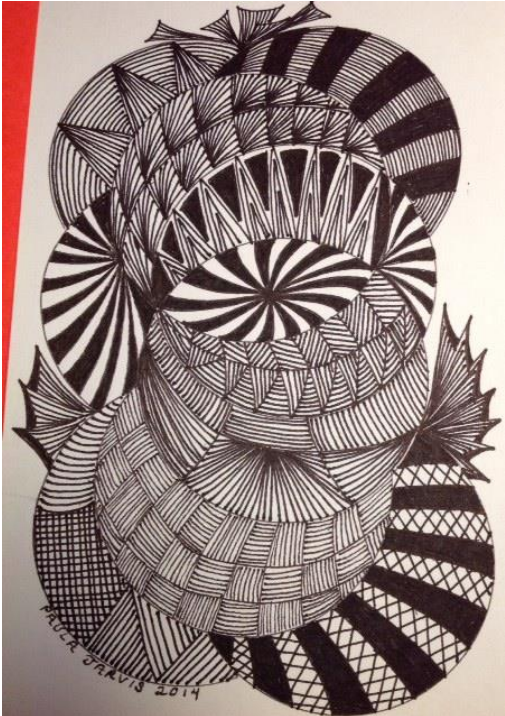
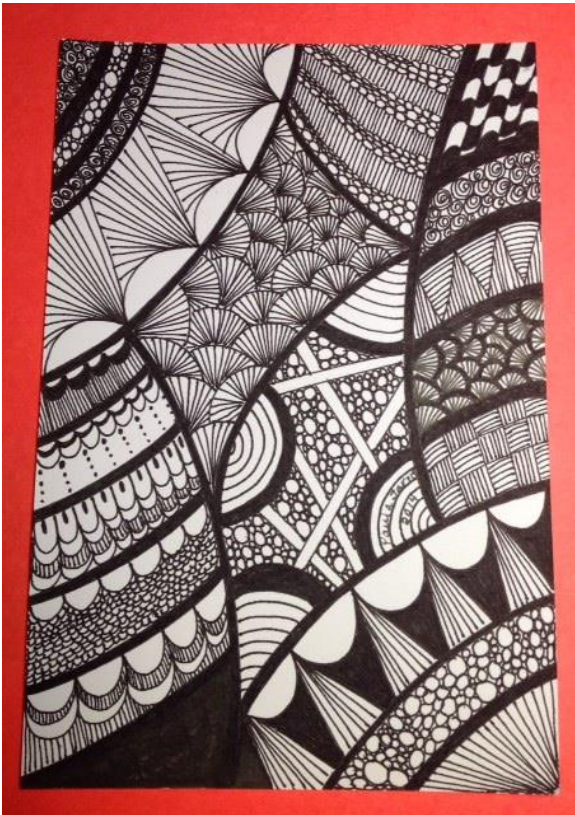


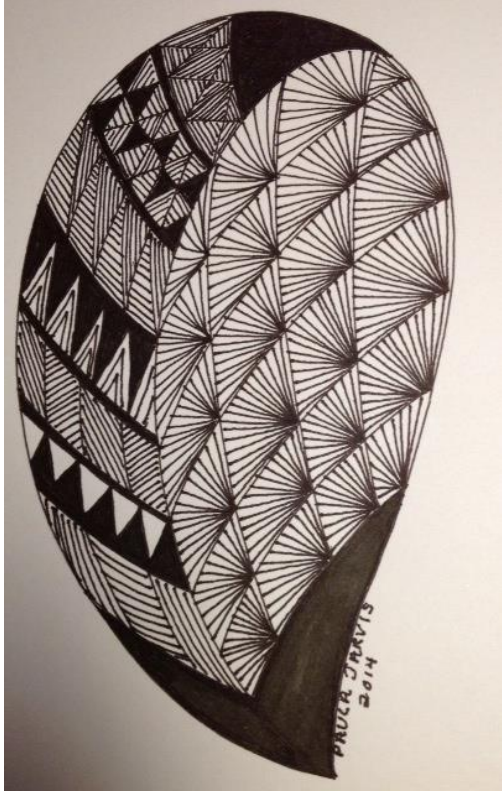
The doodles on this page are some of my earliest ones. In the beginning, I used only black and white, but I later discovered that adding a touch of color can really enhance some pieces of doodle art. If you aren't sure that color would improve one of your drawings, make one or two photocopies and experiment on the copies to see if color helps or hinders your design.

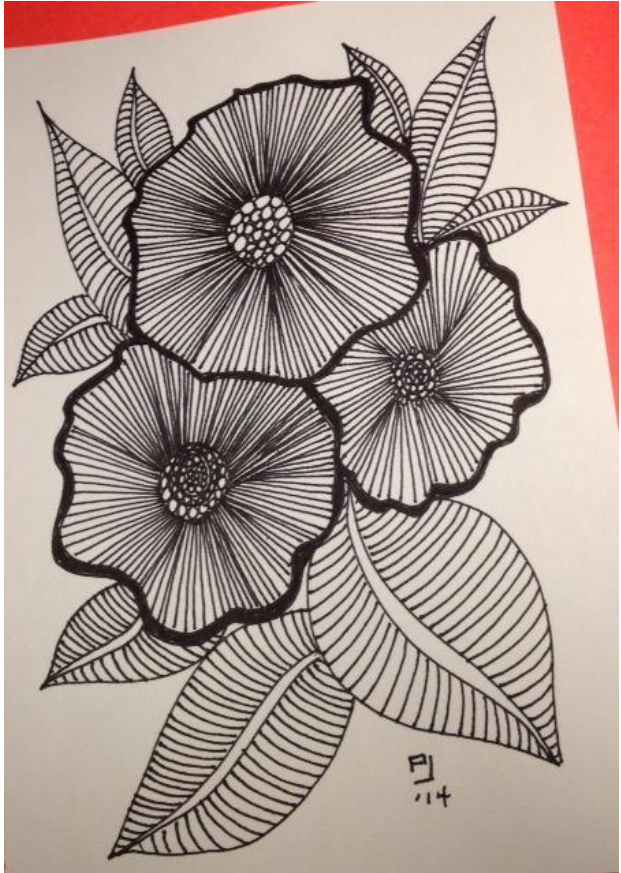


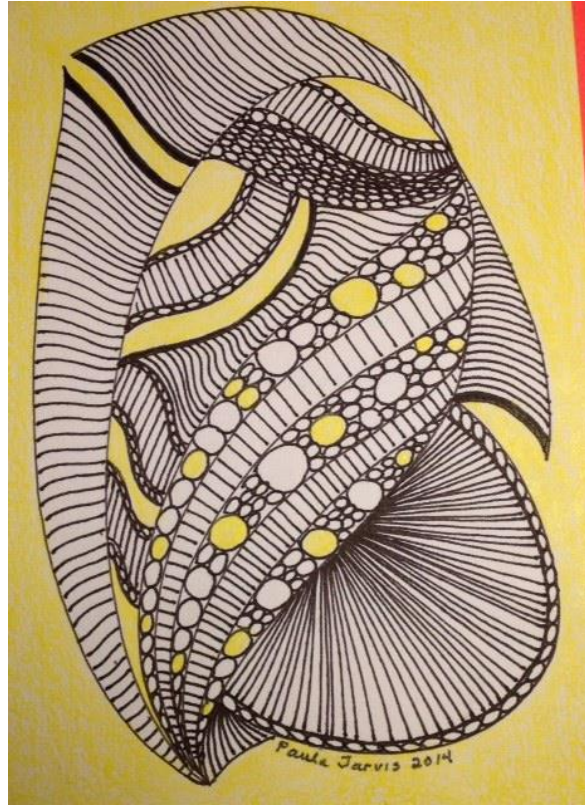
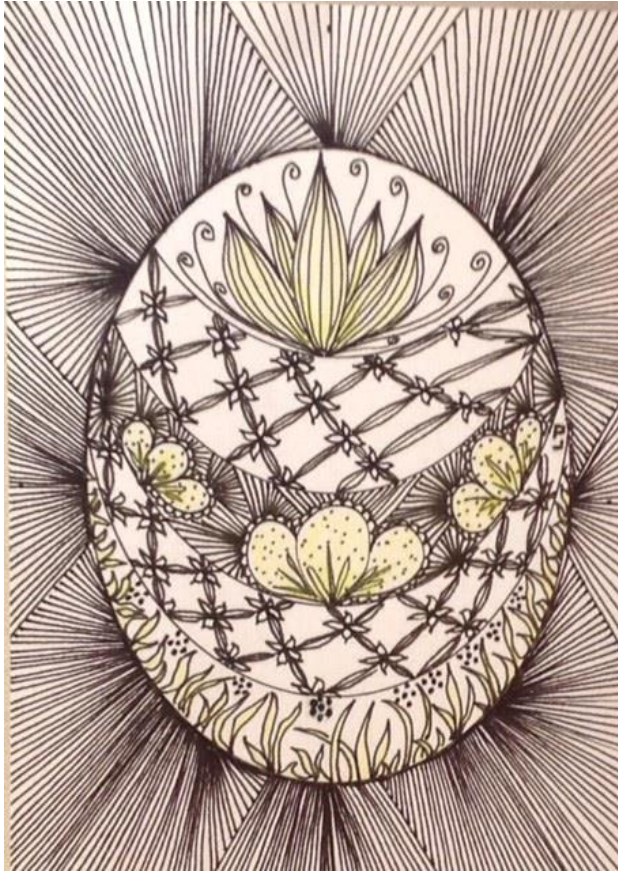
Bottom photos: I used various sizes of oval and circle templates for these designs.

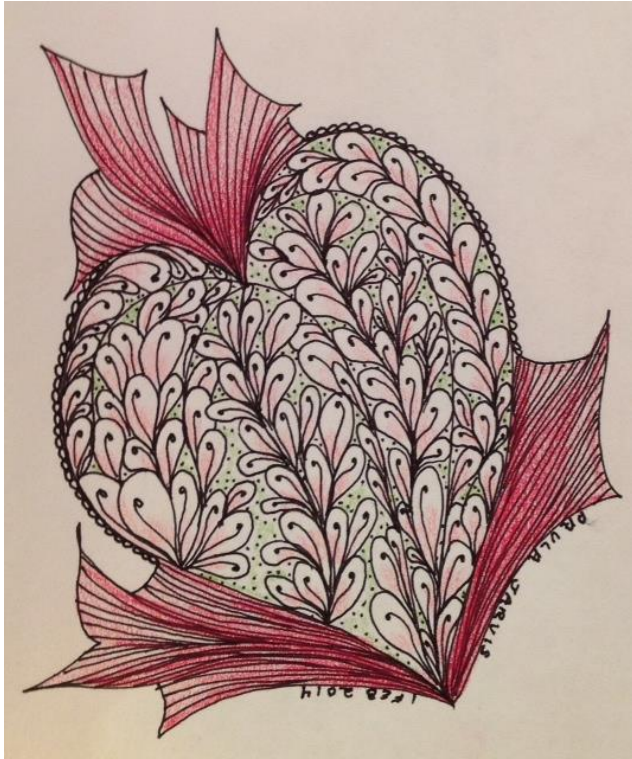
# A DOODLE ART SCRAPBOOK











A template can make a good starting point for a doodle. In addition to geometric forms, templates come in a wide variety of shapes, from hearts and stars to palm trees and penguins.

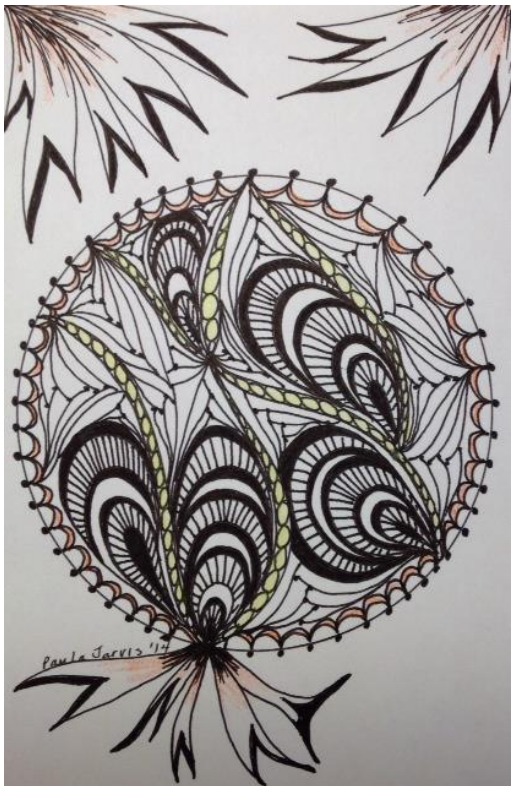
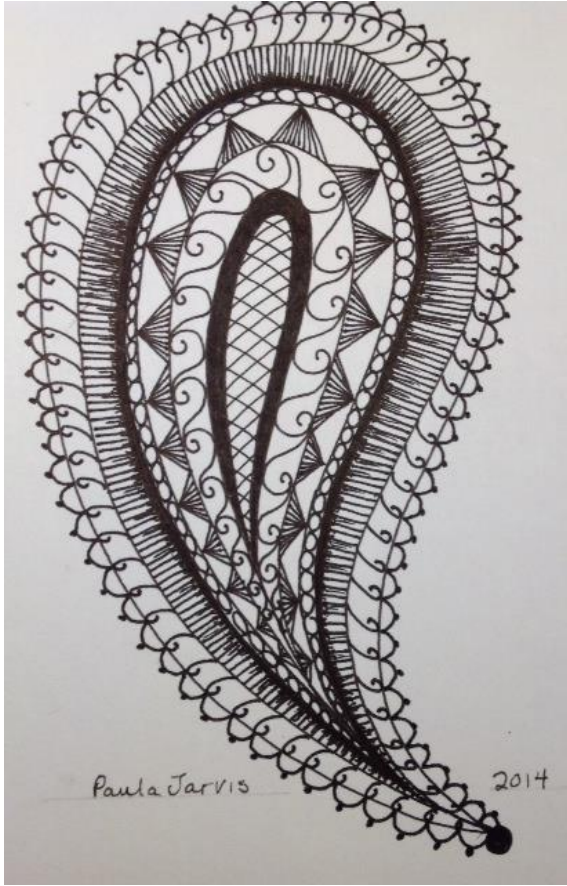


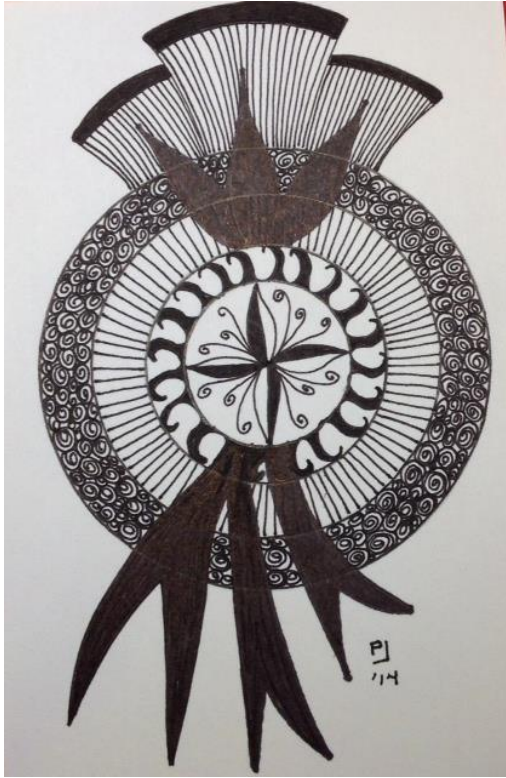




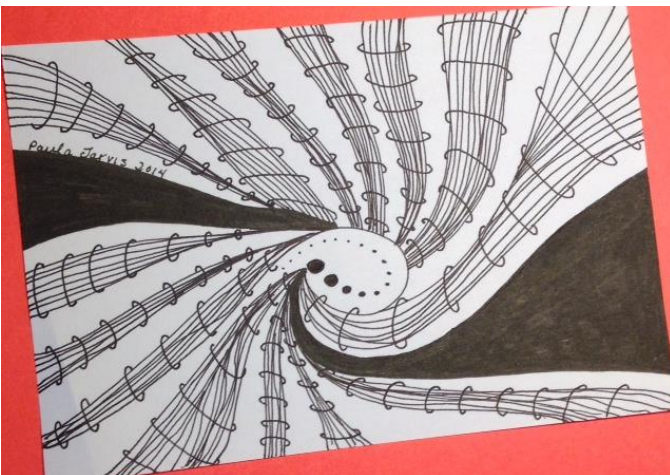
To challenge your creativity, pick a theme. Try doodling a different heart every day during February, or doodle an outline of your hand each day during your birthday month.



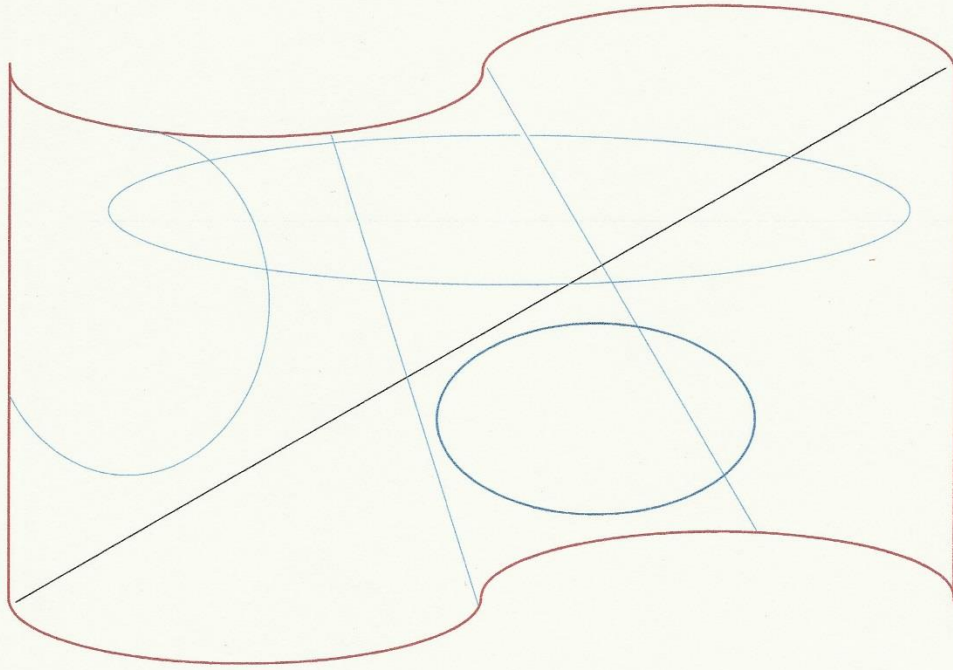




A touch of color can make a big difference in your doodle art. If you are hesitant to use color, consider scanning your drawing or making some photocopies. Then try out various colors schemes on the copies before you add color to your original drawing.



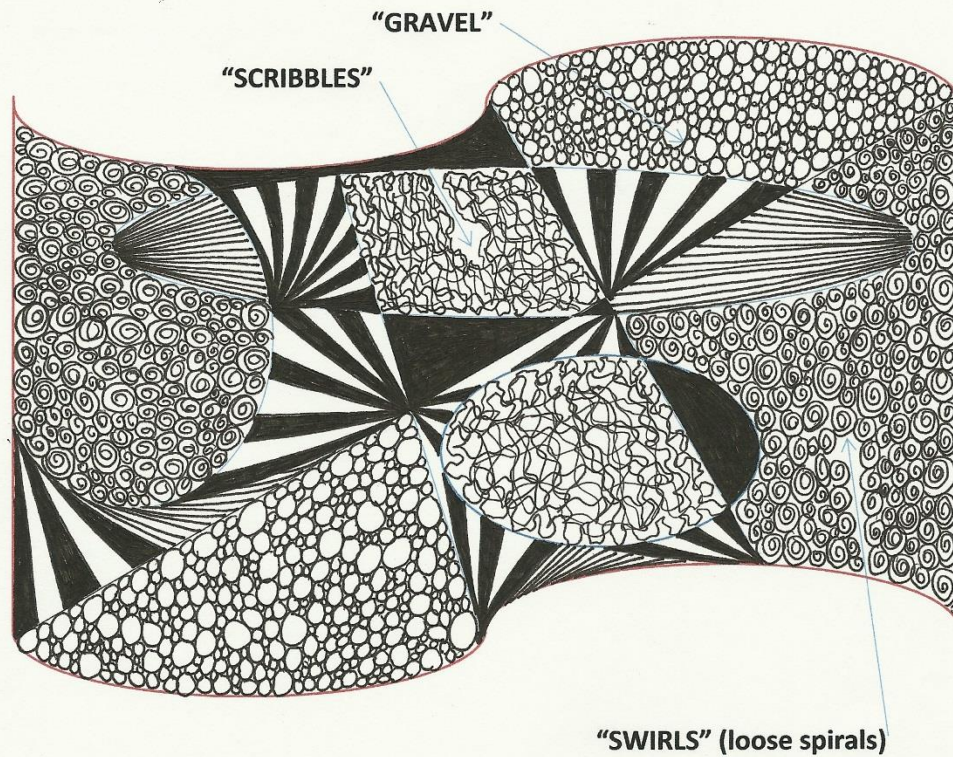
## HOW TO MAKE A SIMPLE ZENDOODLE—STEPS 1 & 2



- 1—Create a basic outline (red lines).
- 2—Draw sections within the outline.
- 3—Fill in each section with a simple pattern.

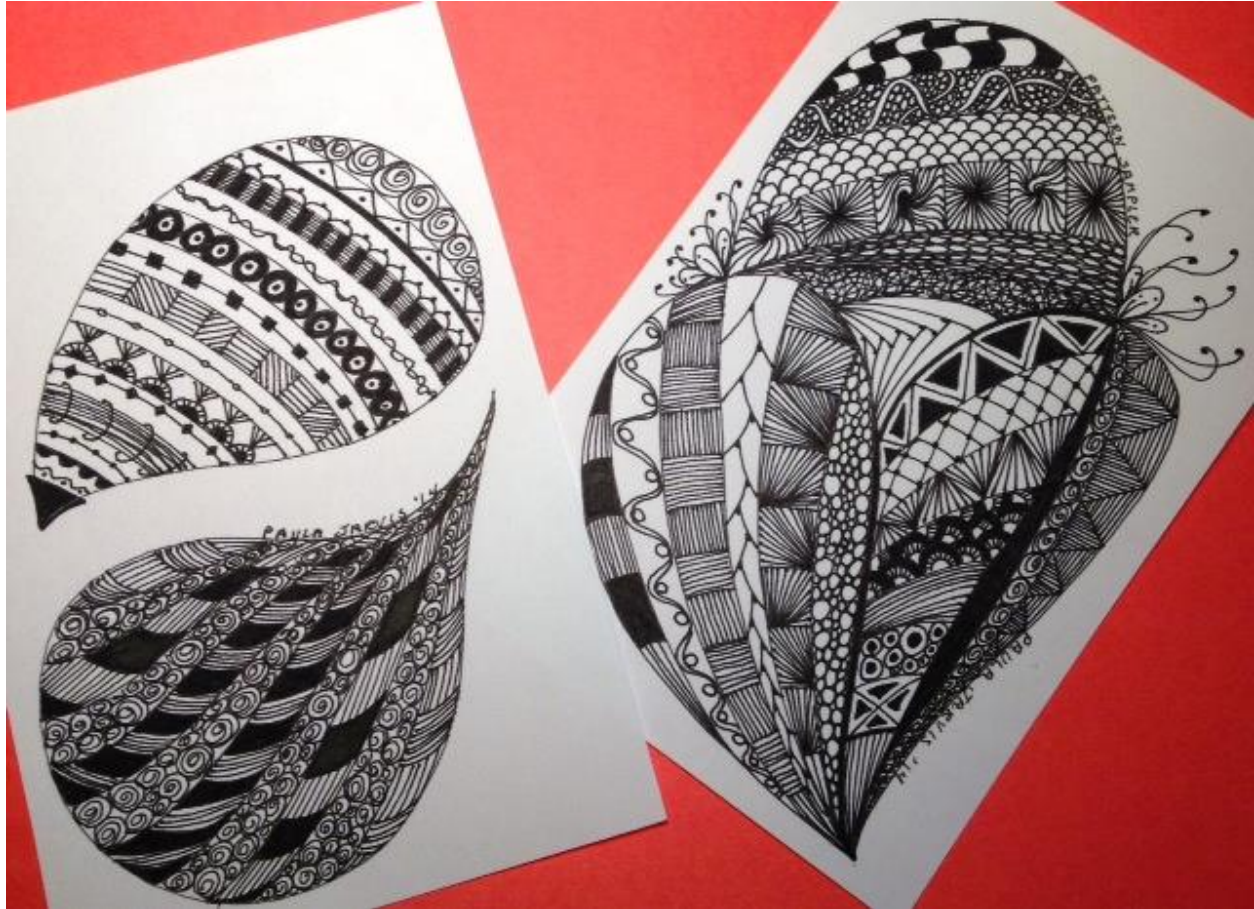
Paula Jarvis © 2014

## HOW TO MAKE A SIMPLE ZENDOODLE—STEP 3



- 1—Create a basic outline (red lines).
- 2—Draw sections within the outline.
- 3—Fill in each section with a simple pattern.

Paula Jarvis © 2014



## ✂️ WHAT'S IN A NAME? ✂️

Doodling has been around since the first cave man used a stick to decorate the rock walls of his home. For modern-day doodlers, rocks have been replaced by memo pads and sticky notes, but the impulse to doodle remains the same.

When a form of structured doodling called the Zentangle® Method was first publicized in 2005, its originators promoted their system as a way of teaching adults and children to make art by using simple strokes to create repeated patterns. In addition, they reported that it helps some practitioners achieve a Zen-like meditative state, hence the trademarked name Zentangle®.

Although many doodlers have chosen to follow the Zentangle® Method

exclusively, others prefer a more flexible approach. (See the Zentangle® founders' patent application [still pending] for a list of the Zentangle® Method's restrictions: <http://www.techdirt.com/articles/20110407/00435413807/zen-art-patent-protecting-zen-art.shtml>.)

To avoid trademark-infringement issues and to reflect their own less restrictive style, these doodlers avoid the Zentangle® name. Instead, they describe their drawings as Zendoodles, line weavings, pattern designs, or simply doodles.

However, no matter what you call this engrossing hobby, doodle art is easy, fun, and rewarding. And anyone, even you, can do it!—PJ