

# Wellbeing: Unwind with Zentangle Art

## Course overview

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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?

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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

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

## Entry requirements

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This course is open to all.

## What should I bring with me?

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

## Key information

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## Possible next steps

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During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



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