

# Goodies



## Draw and relax



**W**HAT do you do to calm down? Do you ever think of doing some art? Many of you might be familiar with the colourful images from the recently popular *Secret Garden* colouring book. Today, we will be introducing another doodling method – Zentangle. It is a way for people to relax.

### Editor's Note

Hi! I am really shocked at how much homework primary students have to do every night. Some kids have even told me they have to do 10 pieces of work and then go to bed at midnight! That is so different to when I was in primary school. I usually went to bed at 10pm and wake up at 7am, so that meant I had nine hours of sleep. The next day, I felt fresh and ready for lessons – unless we had a maths lesson and that would send me to sleep! But I hope you can all get a good night's sleep and not worry about tests and homework. On G09 is an article on myths about sleeping and why you ought to have a good night's sleep to stop you sleeping on your desk, just like Big Dee does!



Simon



## What is Zentangle?

IT is a way of creating images by drawing **structured** patterns. The **core** concept is to define areas on a sheet of paper, and to fill them with **repetitive** patterns. It is a method of relaxation.



## Why do it?

IT is fun. We can increase our concentration by doing it. It is also a good way to get **inspired**. It is a simple and quick way to help us relax. You can build **confidence** by doing this, too.



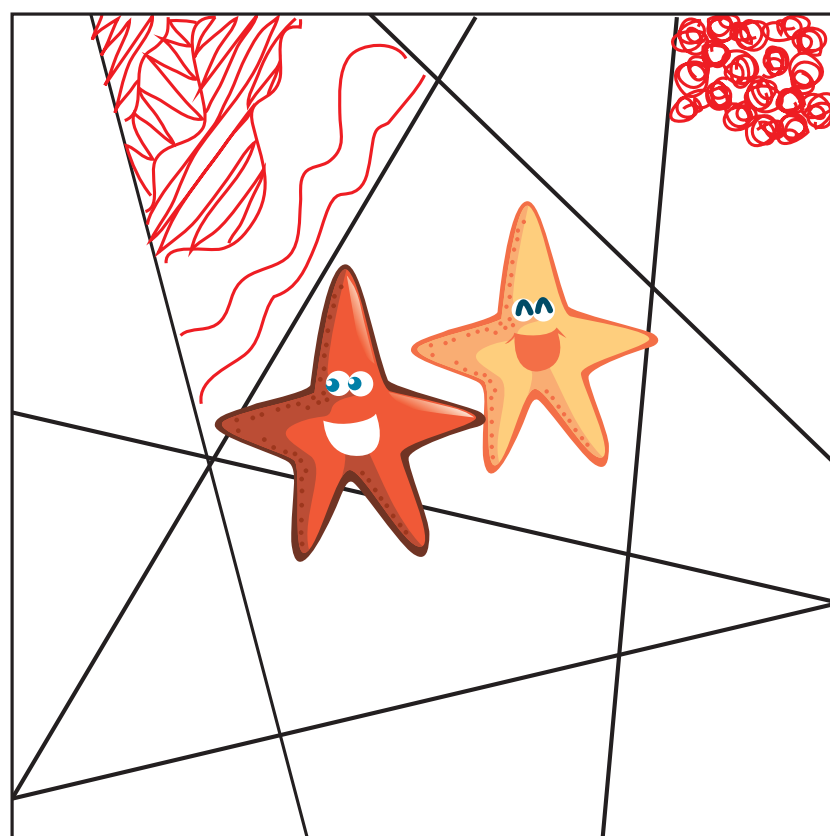
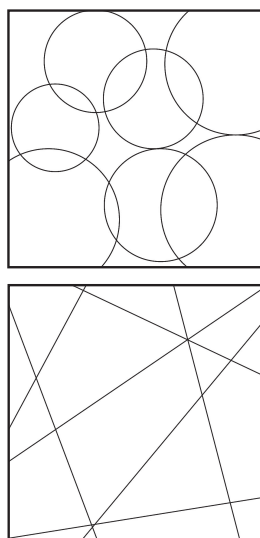
## How to do it?

THERE are different ways, but we may start with a simple one first:

1. Trace circles all over a piece of paper. **Overlap** some of them to create 'areas', or draw lines to separate the paper into sections.
2. Draw patterns inside the spaces.

And that is it.

Do not erase anything but just keep on drawing; you cannot go back and redraw what you have already done. Focus on the strokes you create.



Surround A and B with your zentangle patterns! The red parts has been done already as an example.