**Hand Zentangles**

**Name:**

**Period:**

**You Will Need:**

1. A pencil
2. An eraser
3. Piece of paper
4. Sharpie or Black Marker

**Directions:**

1. Put your name on the back of the paper (with pencil) and turn over.
2. Start off by tracing your hand and part of your arm (wrist area) onto the paper using a pencil. Refine edges of lines if needed.
3. Begin breaking up the area of the hand into sections by drawing lines onto hands. This will create shapes. Aim for AT LEAST 10 areas.
	1. **HINT:** Feel free to make shapes extend outside of hands. See example 🡪 🡪
4. Begin Zentangling! Start by choosing a small section and creating a “doodle”. Add to the doodle. Once entire area if filled, move on to the next area!
5. Once every area of the hand has been filled with design, outline all lines with a black marker.



