
11

Zentangle Designs for Beginners

Zentangle vs Regular Doodling

So, what is Zentangle? It's the style of the little drawings used in each piece you make.

How is it different than doodling? While doodling is looser and can be described as any scribbles or drawings you make to fill a space, Zentangle is much more structured and the patterns are more specialized.

Zentangle has you following a specific method to create your artwork, and doodling is basically a free-for-all with no rules, specific materials, or steps.

It's actually quite relaxing and can serve as a stress relief. Here, print out these 11 templates and give them a try.

Stuck for ideas? For inspiration, check these posts below:

- [How to Zentangle](#)
- [Starter Sheets](#)
- [Zentangle Animal Inspirations](#)
- [Tangle Rainbow](#)
- [Double Cursive Tangle](#)
- [Bullseye Tangle](#)























