Make it your own

Change the colors, the width of the ribbons, or the pattern inside them.

If a line wanders, let it become part of the picture. There are no mistakes in zen doodling.

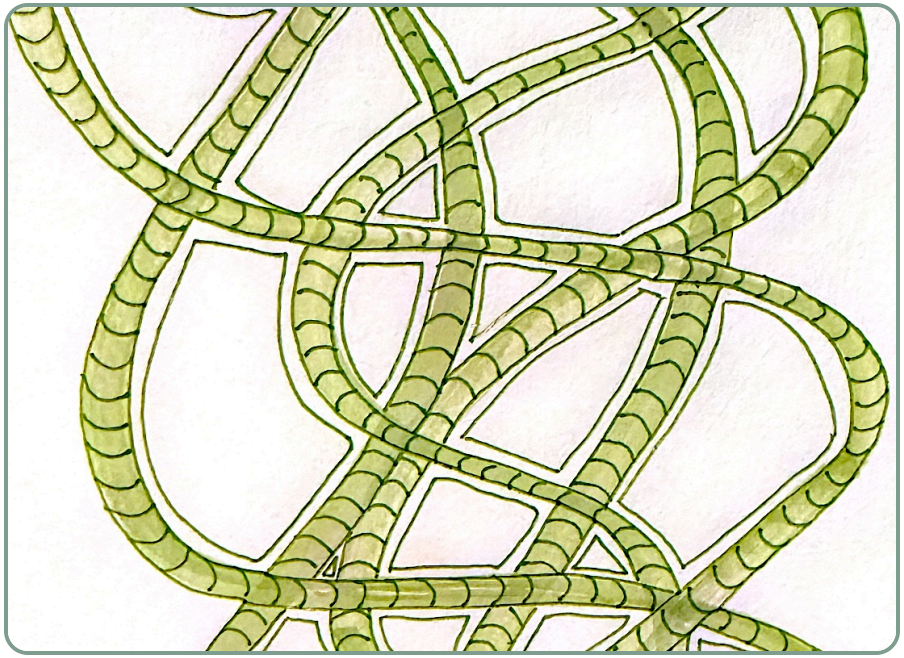
Drawing shown is by Ash Salazar.

YOUR NOTES

EMERALD CURTAIN COLLECTIVE GATHERING

Zen Doodling Step by Step

Presented by Ash Salazar



Zen doodling builds a drawing out of simple, repeating lines, a calm way to make art without worrying whether it comes out good. Follow the steps inside, then make it your own.

WHAT YOU WILL NEED

- Drawing paper
- A light marker with a broad tip, for the ribbons
- A darker fine-tip pen, for the lines

Emerald Curtain Collective · emeraldcurtain.org Zen Doodling with Ash Salazar

Steps 1 to 3

BUILD THE RIBBONS



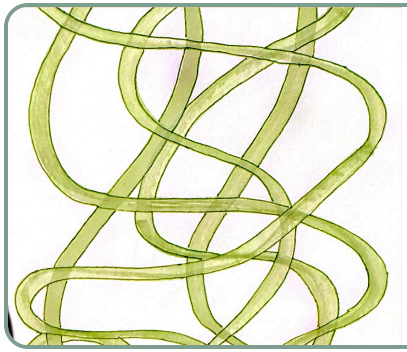
1 Lay down the ribbons

With the light marker, draw wide, flowing ribbons that loop and overlap. Let them cross each other and run off the edges of the page.



2 Trace one ribbon

Pick one ribbon and trace its two edges with the dark fine-tip pen. Go slowly and keep the line smooth.

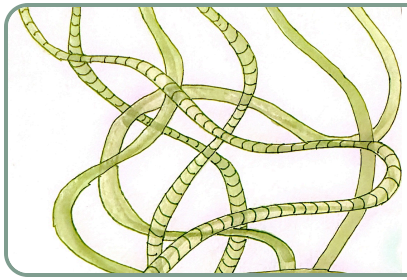


3 Outline the rest

Trace the edges of every ribbon the same way, one at a time.

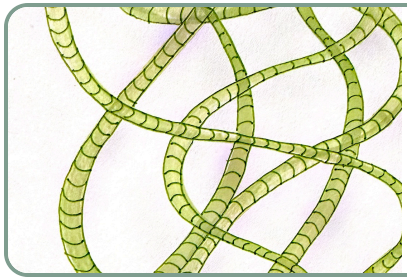
Steps 4 to 7

ADD THE DETAILS



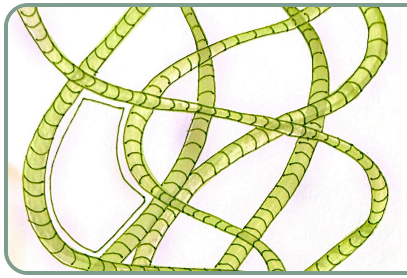
4 Add the segments

Draw small, evenly spaced curved lines across a ribbon, like the rings on a worm.



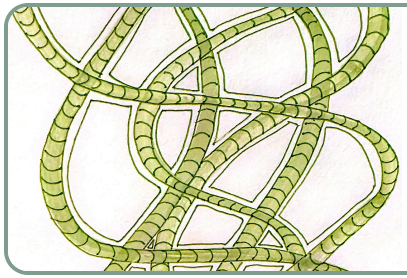
5 Keep going

Add curved lines across every ribbon. Repeating the same motion is the calming part.



6 Outline the gaps

Look at the white spaces between the ribbons. Draw a thin line just inside one space, following its shape.



7 Finish the spaces

Repeat in the other gaps until the whole page is full of echoing lines. Step back and enjoy your finished piece.