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 below, 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



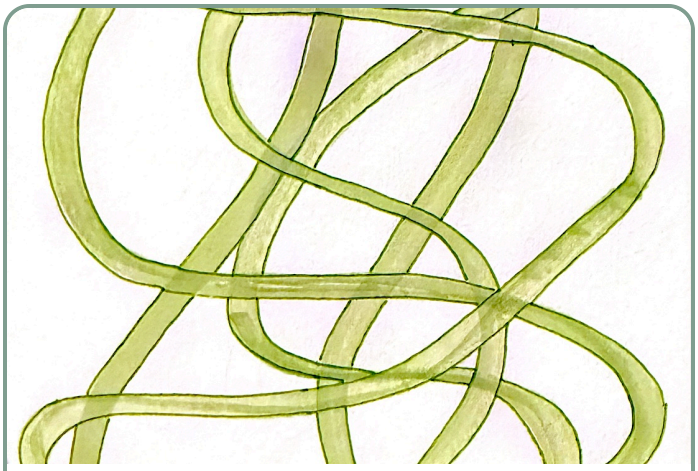
## 1 Lay down the ribbons

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.



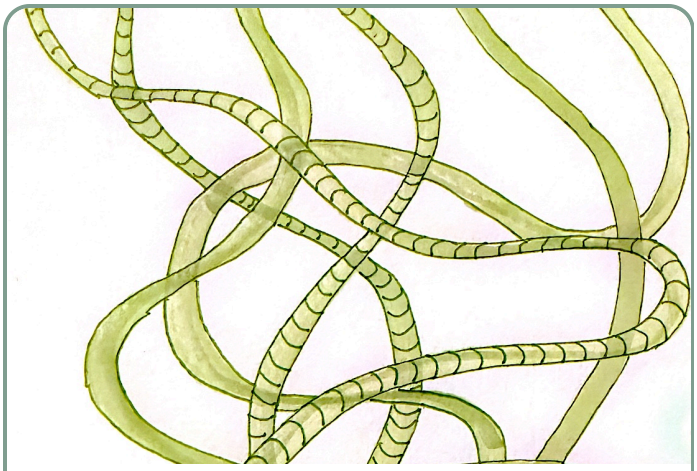
## 2 Trace one ribbon

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



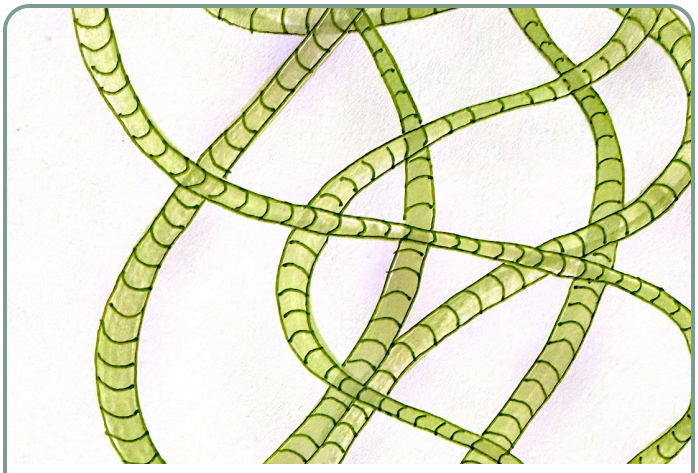
## 3 Outline the rest

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



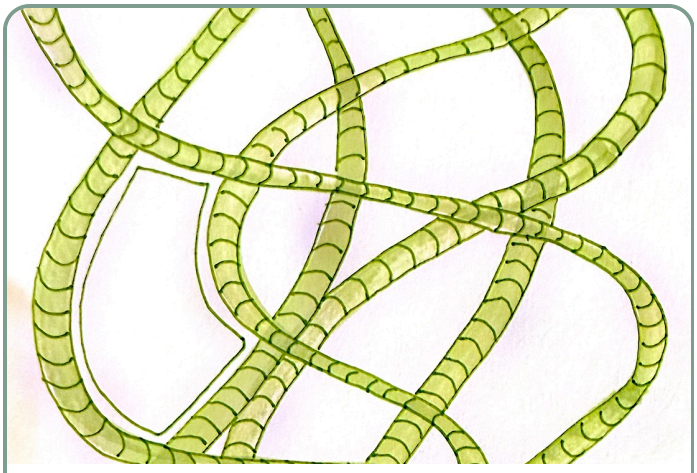
## 4 Add the segments

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



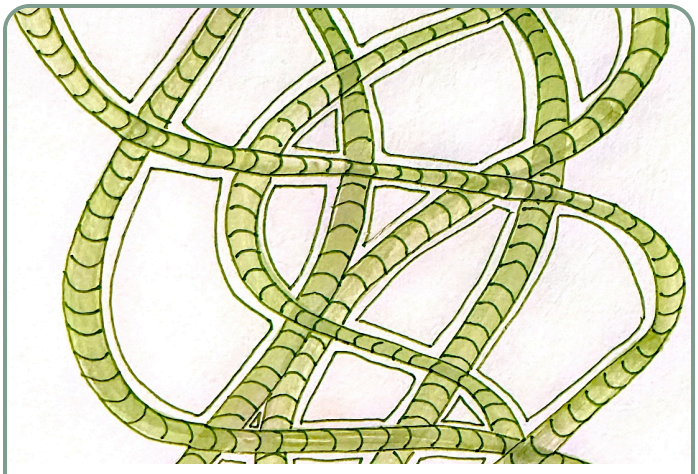
## 5 Keep going

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.

## 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.