



NAME

Zentangle Drawing and Strategies For Wellness

DESCRIPTION

What do you do to calm down when you're feeling stressed? This wellness seminar will provide you with strategies to reduce stress, slow down, quiet your mind, and provide you with time to draw and write in a tranquil atmosphere. On Mondays, Wednesdays, and Fridays, we will practice a meditative drawing technique called Zentangle, where lines and shapes are combined to create elaborate and beautiful patterns. You will also have time to respond to writing prompts that will help you get your thoughts, feelings, ideas, ambitions and past experiences onto paper. **On Tuesdays and Thursdays, we will practice yoga and learn about breathing and meditation.** Over the course of seven weeks, you will develop a field journal, complete with writings, drawings and wellness research.

As a final project, you will develop and refine one of your favorite zentangle drawings. All of our refined drawings will be compiled into a Zentangle coloring book! We will be able to offer Pathways High students a meditative activity to quiet their minds or work through stressful times! Let's help each other on our journey toward wellness!

DRIVING QUESTION

FINAL PROJECT

Individual Project

Wellness Field Journal, will include:

- Zentangle Drawings
- Journal entries based on writing prompts
- Research about wellness strategies

Collaborative Project

Refined Zentangle drawings will be compiled and reproduced as a coloring book:

- This product will be used as a calming activity for Pathways High students who need to quiet their minds, calm down, or just need something fun and meditative to do.

Develop and refine one of your favorite Zentangle drawings from your weekly field journal.

- Craftsmanship is extremely important
- Must incorporate 8+ patterns that were learned in the weekly Zentangle drawings

ACADEMIC MASTERY CREDIT PATHWAYS

--

MILESTONES *(Subject to change, see myLC for assigned tasks in real time.)*

Week	Milestone
1	
2	
3	
4	
5	
6	
7	