



A Fragment of Your Imagination



*A 31-day Zentangle community challenge
by 7F5R Studio*

A Fragment of Your Imagination

About Zentangle

THE ZENTANGLE® METHOD IS A UNIQUE APPROACH TO ART THAT ALLOWS THE INDIVIDUAL TO CREATE BEAUTIFUL IMAGES USING EASY TO LEARN, STRUCTURED PATTERNS.

UNCONVENTIONALLY TAUGHT AND SELF-SOOTHING, IT IMPROVES INSOMNIA, HANDWRITING, HAND/EYE COORDINATION, AND FINE MOTOR SKILLS, AMONGST OTHER THINGS. FUN AND RELAXING, THIS ART METHOD ENCOURAGES SELF ACCEPTANCE AND WELL-BEING THROUGH MINDFULNESS' AND CREATIVITY. IF YOU CAN CREATE THE FOLLOWING SYMBOLS, YOU CAN TANGLE:

i c s o .

DEB BOWYER, ZARINAH ALI, STEPHANIE JENNIFER AND I ARE PROUD TO BE USA-CERTIFIED TO TEACH THE ZENTANGLE® ART METHOD. THE ZENTANGLE® BRAND, METHOD, AS WELL AS THE ZENTANGLE® LOGO, IS LEGALLY REGISTERED AND PATENT-PENDING IN THE USA. MORE INFORMATION IS AVAILABLE ON [ZENTANGLE.COM](https://www.zentangle.com).

Reticula & Fragments

THE ZENTANGLE® CONCEPT OF RETICULA & FRAGMENTS MAY BE FOUND IN [THE ZENTANGLE® PRIMER VOLUME 1 BY RICK ROBERTS AND MARIA THOMAS](#), ZENTANGLE® FOUNDERS.

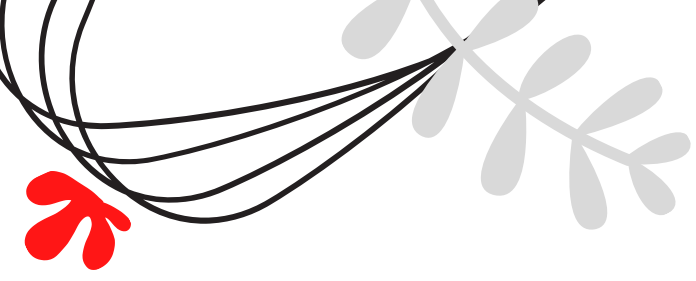
THE TERM 'RETICULA' REFERS TO 'A FINE NETWORK OR NET LIKE STRUCTURE' AND 'FRAGMENT' REFERS TO 'THE ELEMENTS THAT FILL IN THE SPACES OF A RETICULA'. A RETICULA MAY BE ANY STRING GRID WITH STRAIGHT OR FLOWY LINES OR EVEN AN ABSTRACT SHAPE. THE POSSIBILITIES ARE LIMITLESS AND EXCITING!

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.

Anything
is
possible...

a warm welcome

...One step
at a time.



A Fragment of
Your Imagination

Dear tangle artist...

Join us!

WE INVITE YOU TO JOIN US ON A 31-DAY JOURNEY INTO THE WORLD OF FRAGMENTS. THIS PRINTABLE GUIDE INCLUDES 14 ZENTANGLE® PRIMER FRAGMENTS AS WELL AS 26 FRAGMENTS FROM THE DESK OF [DEBBIE NEW CZT](#); A TOTAL OF **40 FRAGMENTS** IN ALL. IN ADDITION TO THE DAILY FRAGMENT PROMPTS, **CLICKABLE** LINKS TO SIMILAR TANGLE PATTERNS ARE PROVIDED.

THIS PRINTABLE HANDOUT ALSO INCLUDES SUGGESTIONS FOR RETICULUM AND STRINGS, FROM THE 7F5R CHALLENGE CZT-ADMINS TO FURTHER WHET YOUR TANGLING APPETITE. THERE ARE SO MANY WAYS TO PLAY, PICK ONE PAGE AND FILL IT UP WITH THE DAY'S FRAGMENT OR SWITCH EVERYTHING UP, EVERYDAY - JUST FOR FUN! YOU MAY ALSO CHOOSE TO DO THE PROMPTS IN YOUR OWN SEQUENCE -- REALLY, THE SKY IS THE LIMIT!

The #7F5RChallenge

EVERYONE IS INVITED TO JOIN OUR HAPPY FACEBOOK GROUP: [7F5R CHALLENGE](#) OR TAG [@7FORESTS5RIVERS](#) ON SOCIAL MEDIA, IF YOU'D LIKE US TO FEATURE YOUR ZENTANGLE® ART.

THIS CHALLENGE USES THE FOLLOWING SOCIAL MEDIA HASHTAGS: [#7F5RCHALLENGE](#) & [#FYIC2021](#)

YOU DO NOT NEED TO BE AN ARTIST, OR HAVE A MINIMUM SKILL LEVEL, TO JUMP RIGHT IN TO ANY OF THE VARIOUS 7F5R CHALLENGES.



Challenge Overview

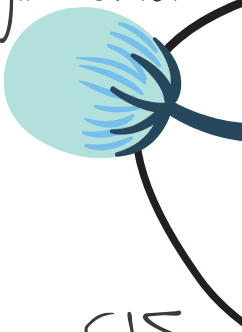
Your limitation

is only

your imagination!



A Fragment of Your Imagination



Week One
January 2021

1 January



HAPPY 2021!
'Z' FOR ZENTANGLE.
CHANGE UP YOUR
AURAS TO GET A
DIFFERENT LOOK.

5 January



FRAGMENT L25 - THIS
IS A QUIRKY TAKE ON
A CIRCULAR
FRAGMENT THAT CAN
LOOK '3D' IF SHADED
ACCORDINGLY!

2 January



FRAGMENT H24 -
THIS FRAGMENT
REMINDS ME OF AN
EMBEDDED TRIANGLE
WITH CURVED AURAS.

6 January



FRAGMENT E14 - THE
SIDES OF THIS
FRAGMENT MAY BE
INKED IN OR LEFT
WHITE, FOR DIFFERENT
LOOKS.

3 January



FRAGMENT B11 - THIS
EXTREMELY EASY-TO-
USE FRAGMENT IS
OFTEN TAUGHT
TOGETHER WITH
'[TRIPOLI](#)'.

7 January



THIS IS '[PARADOX](#)'
DRAWN IN A SQUARE
FRAGMENT.

4 January



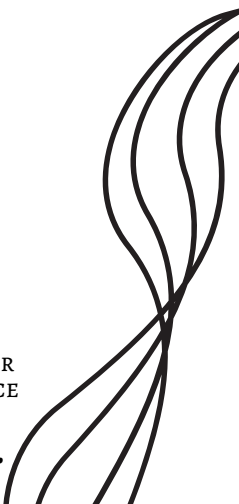
'[MALI](#)' - I FIRST SAW
MANY ITERATIONS OF
THIS FRAGMENT
WHEN I WAS IN
BANGKOK, THAILAND.



One Day or Day One?
You decide.

THE ABOVE FRAGMENTS WITH CODE NUMBERS ORIGINALLY APPEARED IN THE ZENTANGLE INC. PRIMER
BY RICK ROBERTS AND MARIA THOMAS, FROM WHICH THIS NON-COMMERCIAL WORK BEARS REFERENCE
AND DRAWS INSPIRATION.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



A Fragment of Your Imagination

8 January



THIS FRAGMENT IS A FUN SPIN ON '[BALES](#)', IN A CIRCULAR FRAGMENT.

12 January



THIS IS '[INAFUX](#)' DRAWN IN A TRIANGULAR FRAGMENT.

9 January



FRAGMENT C13 - THIS IS ONE OF MY FAVOURITE FRAGMENTS FROM THE PRIMER.

13 January



THIS IS '[BETWEED](#)' DRAWN IN A SQUARE FRAGMENT.

10 January



THIS IS '[TANGENT](#)' DRAWN IN A SQUARE FRAGMENT.

14 January



THIS FRAGMENT STARTS OUT WITH TWO STRAIGHT LINES AND SUBSEQUENTLY CURVING AURAS.

11 January



THIS IS '[JETTIES](#)', DRAWN AS A FRAGMENT. ON THE VIDEO, IN THE LINK ABOVE, JETTIES APPEARS AT THE 1:35 MARK.

No mistakes..
only Adventures!

Week Two
January 2021

THE ABOVE FRAGMENTS WITH CODE NUMBERS ORIGINALLY APPEARED IN THE ZENTANGLE INC. PRIMER BY RICK ROBERTS AND MARIA THOMAS, FROM WHICH THIS NON-COMMERCIAL WORK BEARS REFERENCE AND DRAWS INSPIRATION.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.

A Fragment of Your Imagination

Week Three
January 2021

15 January



FRAGMENT X7 - ANOTHER OF MY FAVOURITES, THIS TIME AS A TRIANGULAR FRAGMENT

19 January



THIS FRAGMENT STARTS OUT WITH FOUR 'SPOKES' AND FINISHES WITH A '[CADENT](#)' INSPIRED CENTRE.

16 January



THIS FRAGMENT PRESENTS A LOT OF FUN SHADING POSSIBILITIES WHEN PUT TOGETHER IN A GRID!

20 January



THIS IS A FRAGMENT INSPIRED BY '[PRINTEMPS](#)'. ON THE VIDEO IN THE LINK ABOVE, PRINTEMPS APPEARS AT THE 34:25 MARK.

17 January



THIS IS A TRIO OF '[TRIPPLE](#)' IN A ROUND FRAGMENT. TRIPPLE IS BASICALLY '[TIPPLE](#)' + ROUNDING.

21 January



THIS FRAGMENT IS BASICALLY 3 SMALLER FRAGMENTS JOINED AT THE CENTRE.

18 January



FRAGMENT F12 - ONE OF MY FAVOURITE WAYS TO EMBELLISH '[TRIPOLI](#)', FROM AS FAR BACK AS 2014!

You are more, today, than
who you were yesterday..

THE ABOVE FRAGMENTS WITH CODE NUMBERS ORIGINALLY APPEARED IN THE ZENTANGLE INC. PRIMER BY RICK ROBERTS AND MARIA THOMAS, FROM WHICH THIS NON-COMMERCIAL WORK BEARS REFERENCE AND DRAWS INSPIRATION.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



A Fragment of Your Imagination

Week Four
January 2021

22 January



THIS FRAGMENT IS INSPIRED BY FOUR 'CRESCENT MOONS' IN THE CORNERS, WITH MEETING AURAS.

26 January



THIS FRAGMENT BY STEPHANIE JENNIFER CZT, IS INSPIRED BY 'FLUX'.

23 January



THIS FRAGMENT IS INSPIRED BY THE TANGLE 'CRUFFLE', BY SANDY HUNTER CZT. IT ALSO LOOKS LIKE 'BUNZO', IN A MIRRORED PAIR.

27 January



THIS FRAGMENT TAKES INSPIRATION FROM 'FASSETT & FASSETTOO', TANGLES BY LYNN S. MEAD CZT.

24 January



THIS FRAGMENT WAS CREATED WITH 3 DARKENED ORBS AND AN INNER AURA.

28 January



THIS FRAGMENT IS INSPIRED BY 'MOONESQUE', A FUN TANGLE BY LESLEE FEIWUS CZT.

25 January



THIS IS 'DEALYS' IN A SQUARE FRAGMENT.

Believe you can,
and you are halfway there.

THE ABOVE FRAGMENTS WITH CODE NUMBERS ORIGINALLY APPEARED IN THE ZENTANGLE INC. PRIMER BY RICK ROBERTS AND MARIA THOMAS, FROM WHICH THIS NON-COMMERCIAL WORK BEARS REFERENCE AND DRAWS INSPIRATION.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.

A Fragment of Your Imagination

29 January



THIS FRAGMENT TAKES INSPIRATION FROM 'IUGO' A TANGLE BY STEPHANIE JENNIFER CZT.

31 January



FRAGMENT K13 - THIS FRAGMENT REMINDS ME OF A SIMPLIFIED VERSION OF 'FRACAS'. ON THE VIDEO IN THE LINK ABOVE, FRACAS APPEARS AT THE 4:10 MARK.

30 January



ANOTHER FRAGMENT FROM STEPHANIE JENNIFER. THIS ONE TAKES INSPIRATION FROM 'FESCU'. FESCU IS SO SIMPLE, THAT IT HAS NO STEP OUTS.

Join us again
Next year!

Week Five
January 2021

At any time, feel free to swap out to any of these other Fragments!

... OR
just create your
very own!



Happiness is not by chance
but by choice.

THE ABOVE FRAGMENTS WITH CODE NUMBERS ORIGINALLY APPEARED IN THE ZENTANGLE INC. PRIMER BY RICK ROBERTS AND MARIA THOMAS, FROM WHICH THIS NON-COMMERCIAL WORK BEARS REFERENCE AND DRAWS INSPIRATION.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.

A Fragment of
Your Imagination

...With Love and Light

THIS HANDOUT HAS BEEN LOVINGLY AND CAREFULLY PUT TOGETHER BY DEBBIE & THE 7F5R CHALLENGE CZT-ADMINS. IF YOU ENJOYED THIS CHALLENGE, YOU ARE ALWAYS WELCOME TO CONNECT WITH US OVER [FACEBOOK](#) OR [INSTAGRAM](#), OR SEND ON A LOVE GIFT OF CASH TO SUPPORT OUR EFFORTS.



LIKE ZENTANGLE®? TAKE A CLASS!
CLICK THE CZT BUTTON TO FIND A
CERTIFIED TEACHER IN YOUR AREA.

IF YOU ARE A CERTIFIED ZENTANGLE® TEACHER AND WOULD LIKE TO COLLABORATE WITH US IN FUTURE, PLEASE EMAIL [DEBBIE\[AT\]7F5R.COM](mailto:DEBBIE[AT]7F5R.COM) OR CONTACT US VIA THE **CLICKABLE ICONS** BELOW EACH OF OUR PROFILES.



DEBBIE NEW CZT 18

ALWAYS BUSY WITH A NEW PROJECT (OR 3!), DEBBIE ORGANISES THE ANNUAL CZT-ONLY, ARTIFEX ERUDITIO SERIES, A NON-PROFIT EVENT EVERY YEAR.



ZARINAH ALI CZT 34

MULTI-TALENTED AND ASTOUNDINGLY CREATIVE, ZARINAH IS A NATURAL AT ALL THINGS ART AND CRAFT. CALLIGRAPHY, SCRAPBOOKING, YOU NAME IT, SHE'S DONE IT!



STEPHANIE JENNIFER
FERNANDEZ CZT 21

COLOURFUL AND SPARKING WITH CREATIVE ENERGY, STEPHANIE PLAYS HOSTESS-WITH-THE-MOSTEST TO THE 'INKTOBER TANGLES' CHALLENGE EVERY YEAR.



DEB BOWYER CZT 23

WARM, FRIENDLY AND GENEROUS, DEB IS TOTALLY IN HER ELEMENT WITH THE CONCEPT OF FRAGMENTS & RETICULA. AN INSPIRATION TO MANY WITH HER BIG HEART!





A Fragment of
Your Imagination

Reticulum, Strings & Other Happy Things...

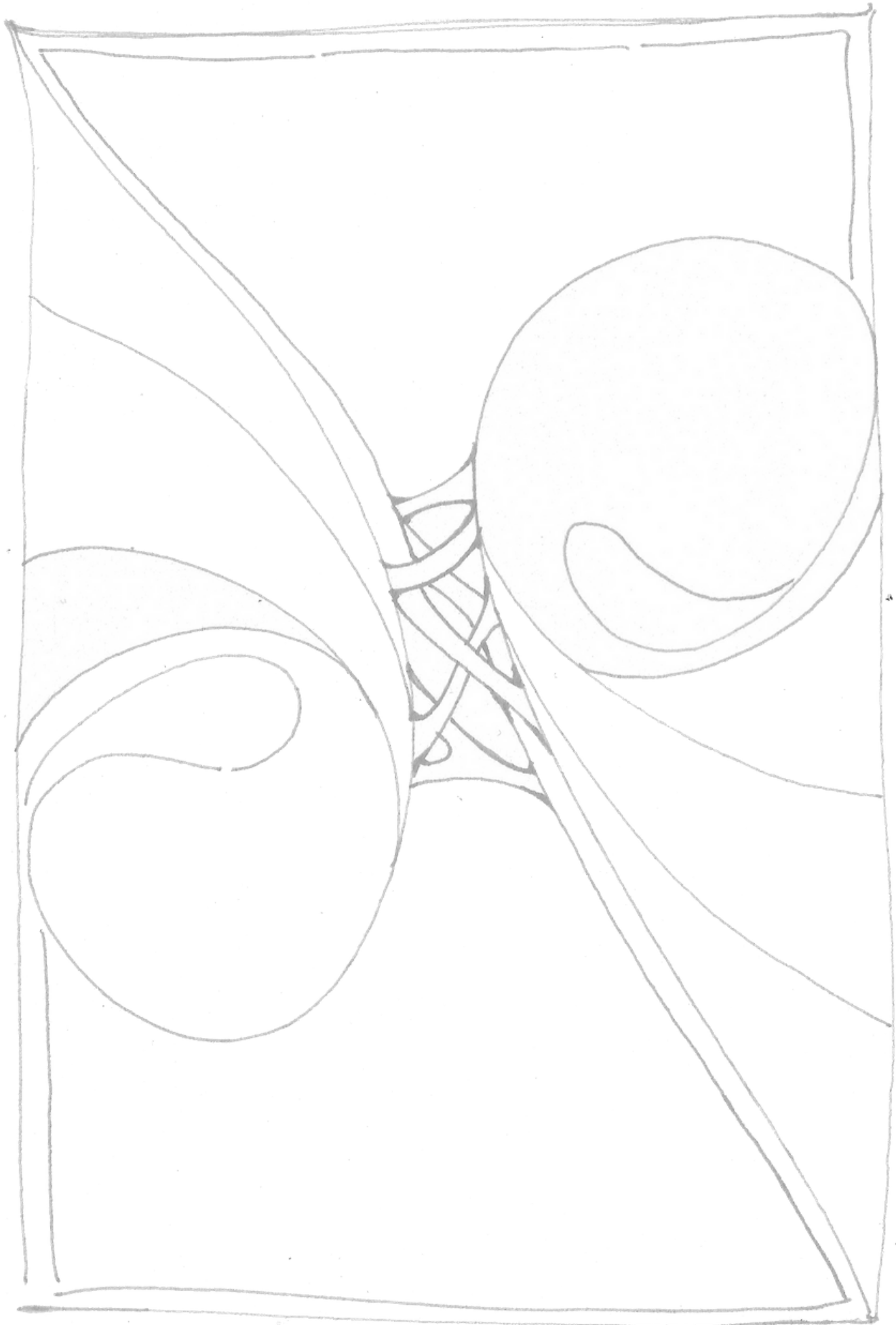
ON THE NEXT FEW PAGES, YOU WILL FIND A PLETHORA OF
SUGGESTED RETICULUM, IN ALL SHAPES AND SIZES.

YOU ARE WELCOME TO USE THESE TEMPLATES FOR THE "A
FRAGMENT OF YOUR IMAGINATION" CHALLENGE 2021, AS
WELL AS IN ANY NON-COMMERCIAL ART.

Enjoy & Share!

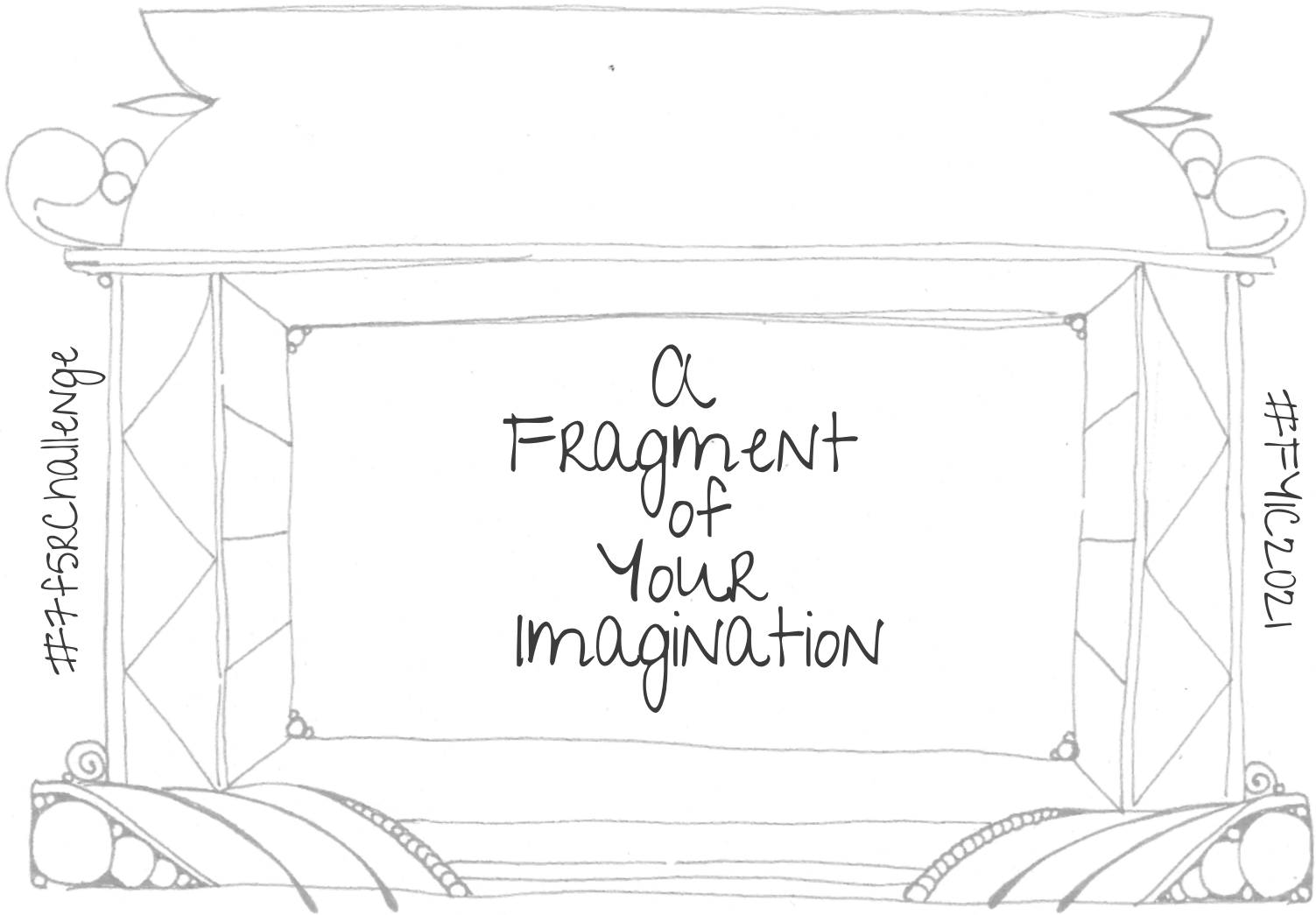
#7F5RCHALLENGE

#FYIC2021



THE ELEMENTS ON THIS PAGE WERE CONTRIBUTED BY DEBBIE NEW CZT 18, FROM SINGAPORE. IF YOU ENJOYED THIS HANDOUT, PLEASE CONSIDER SUPPORTING THE WORK OF OUR CZTs WHO ALSO ADMINISTER THE 7F5R CHALLENGE GROUP ON FACEBOOK.

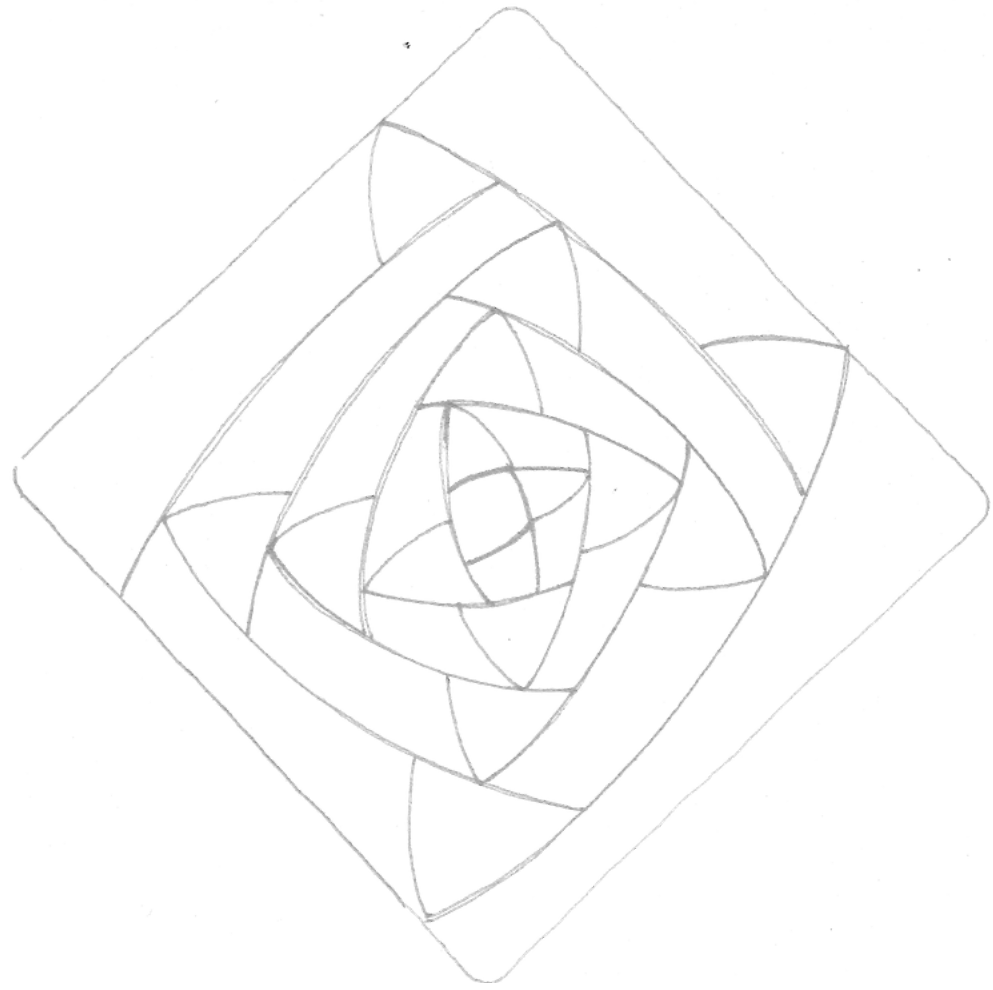
All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



A
Fragment
of
Your
Imagination

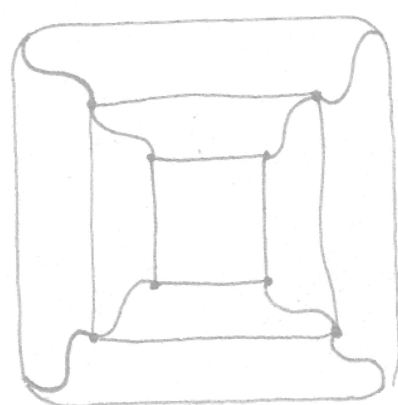
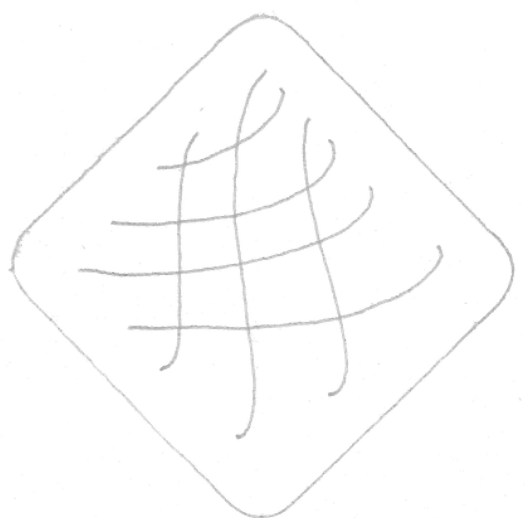
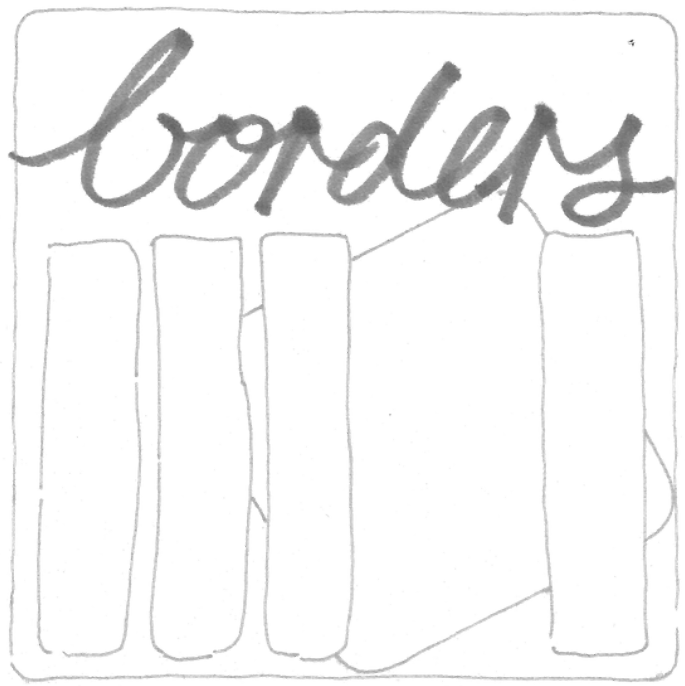
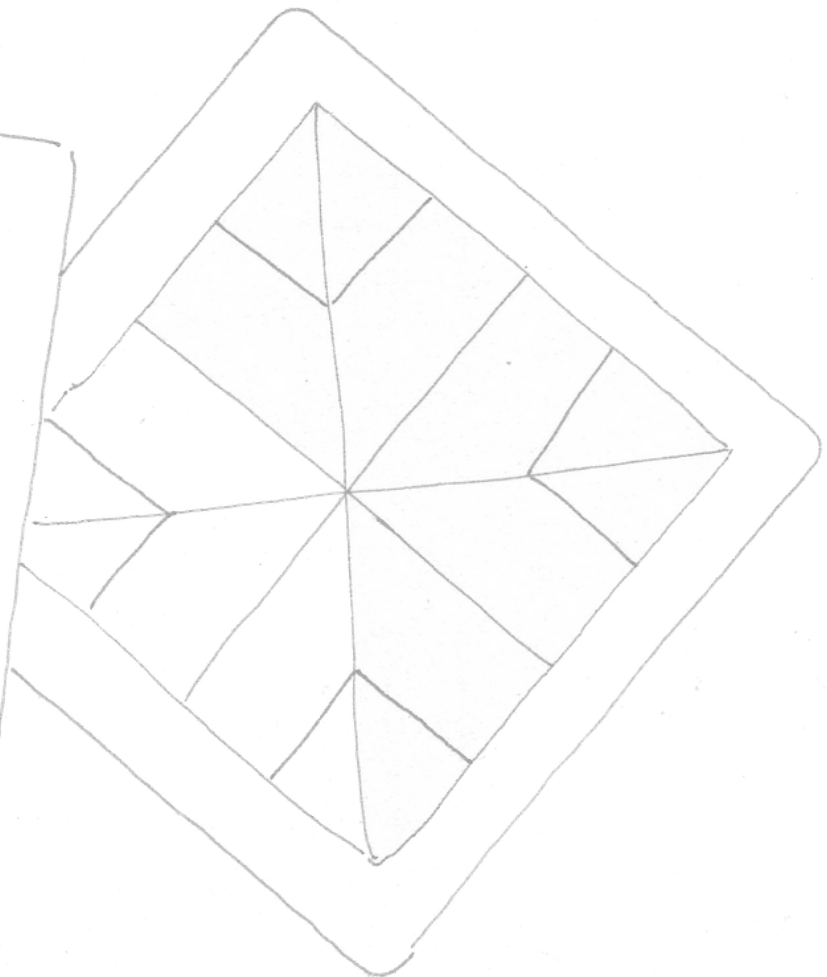
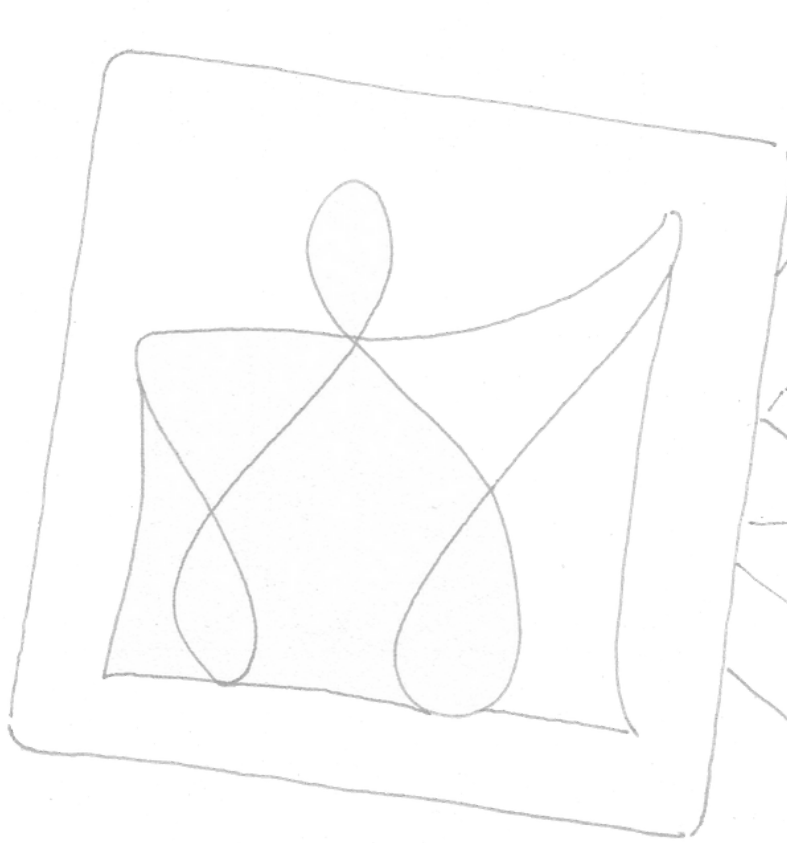
#7f5rcchallenge

#F=VIC2021



THE ELEMENTS ON THIS PAGE WERE CONTRIBUTED BY DEBBIE NEW CZT 18, FROM SINGAPORE. IF YOU ENJOYED THIS HANDOUT, PLEASE CONSIDER SUPPORTING THE WORK OF OUR CZTs WHO ALSO ADMINISTER THE 7F5R CHALLENGE GROUP ON FACEBOOK.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



THE ELEMENTS ON THIS PAGE WERE CONTRIBUTED BY DEBBIE NEW CZT 18, FROM SINGAPORE. IF YOU ENJOYED THIS HANDOUT, PLEASE CONSIDER SUPPORTING THE WORK OF OUR CZTs WHO ALSO ADMINISTER THE 7F5R CHALLENGE GROUP ON FACEBOOK.

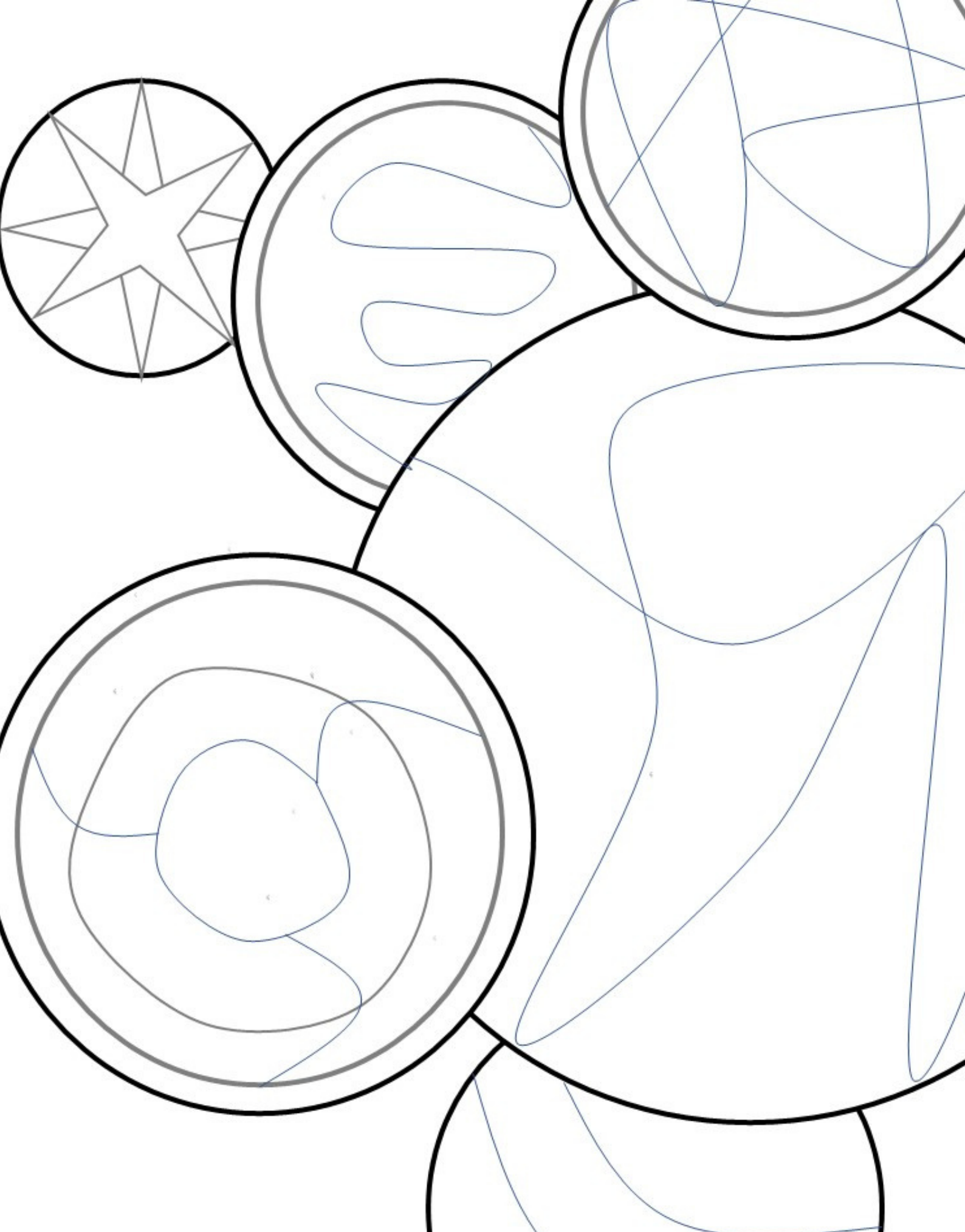
All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



Phi Tiles

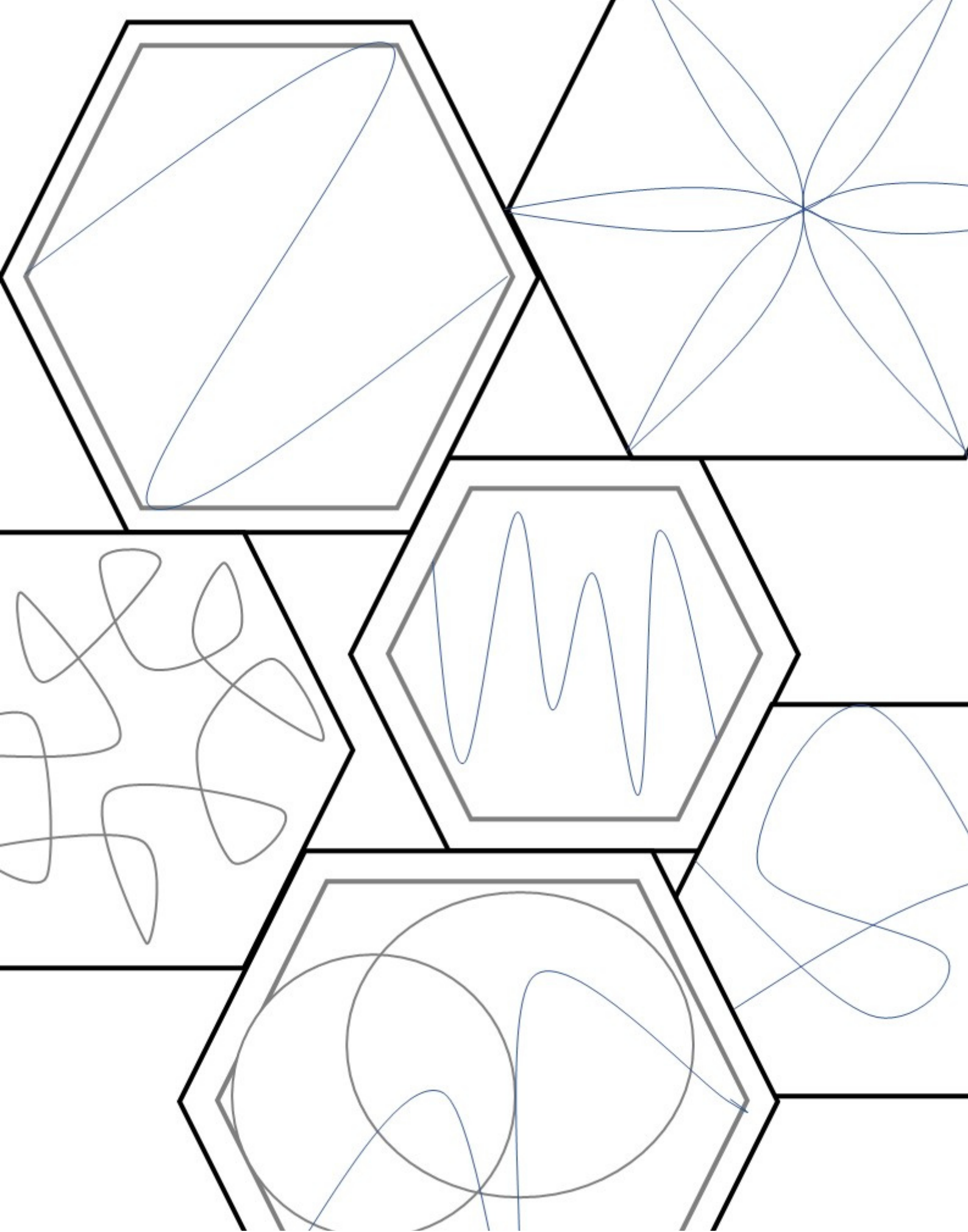
THE ELEMENTS ON THIS PAGE WERE CONTRIBUTED BY DEB BOWYER CZT 23, FROM CANADA. IF YOU ENJOYED THIS HANDOUT, PLEASE CONSIDER SUPPORTING THE WORK OF OUR CZTs WHO ALSO ADMINISTER THE 7F5R CHALLENGE GROUP ON FACEBOOK.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



THE ELEMENTS ON THIS PAGE WERE CONTRIBUTED BY ZARINAH ALI CZT 34, FROM SINGAPORE. IF YOU ENJOYED THIS HANDOUT, PLEASE CONSIDER SUPPORTING THE WORK OF OUR CZTs WHO ALSO ADMINISTER THE 7F5R CHALLENGE GROUP ON FACEBOOK.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



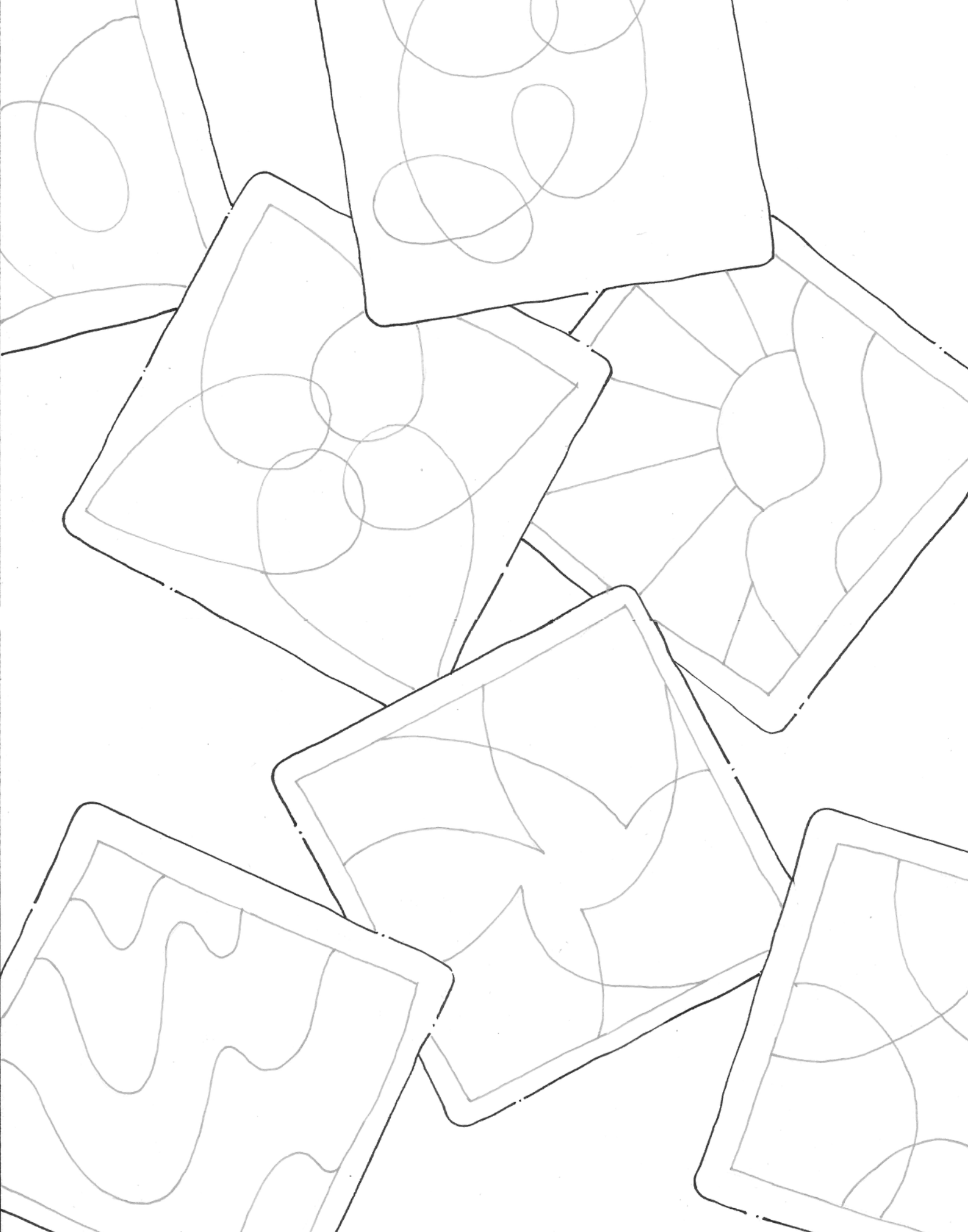
THE ELEMENTS ON THIS PAGE WERE CONTRIBUTED BY ZARINAH ALI CZT 34, FROM SINGAPORE. IF YOU ENJOYED THIS HANDOUT, PLEASE CONSIDER SUPPORTING THE WORK OF OUR CZTs WHO ALSO ADMINISTER THE 7F5R CHALLENGE GROUP ON FACEBOOK.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



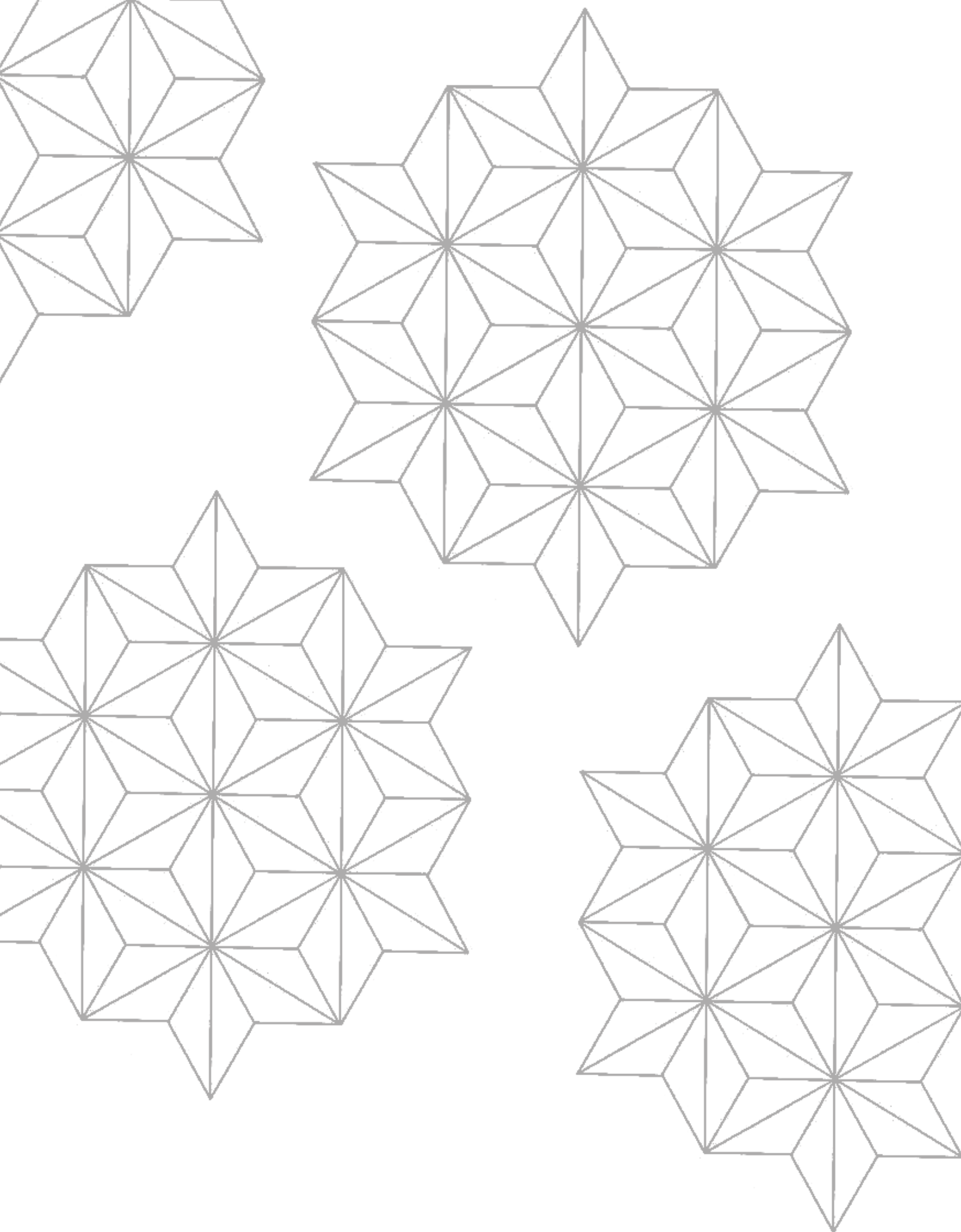
THE ELEMENTS ON THIS PAGE WERE CONTRIBUTED BY STEPHANIE JENNIFER FERNANDEZ CZT 21, FROM SINGAPORE. IF YOU ENJOYED THIS HANDOUT, PLEASE CONSIDER SUPPORTING THE WORK OF OUR CZTs WHO ALSO ADMINISTER THE 7F5R CHALLENGE GROUP ON FACEBOOK.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



THE ELEMENTS ON THIS PAGE WERE CONTRIBUTED BY STEPHANIE JENNIFER FERNANDEZ CZT 21, FROM SINGAPORE. IF YOU ENJOYED THIS HANDOUT, PLEASE CONSIDER SUPPORTING THE WORK OF OUR CZTs WHO ALSO ADMINISTER THE 7F5R CHALLENGE GROUP ON FACEBOOK.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



THE ELEMENTS ON THIS PAGE WERE CONTRIBUTED BY STEPHANIE JENNIFER FERNANDEZ CZT 21, FROM SINGAPORE. IF YOU ENJOYED THIS HANDOUT, PLEASE CONSIDER SUPPORTING THE WORK OF OUR CZTs WHO ALSO ADMINISTER THE 7F5R CHALLENGE GROUP ON FACEBOOK.

All rights reserved. © 2020-2021 Seven Forests Five Rivers LLP.



7F5R

SEVEN FORESTS
FIVE RIVERS LLP

IN COLLABORATION WITH
TANGLED PURSUITS
EVERYTHING IS ART
DEB'S ACCIDENTAL ART

FACEBOOK GROUP:
[7F5R CHALLENGE](#)