Modified Rectangles:

Escher-like tilings using translations:

- Modify top of rectangle
- Copy change to bottom side
- Modify one side of rectangle
- Copy change to parallel side
- Lastly add design to your tile.

This will now cover the paper by translation.

Each piece will fit into its adjacent piece like a jigsaw puzzle.

Note that you can use this same technique with parallelograms and with hexagons that have 3 sets of parallel sides where the lengths of each pair of sides are equal.
Modified Triangles:

Escher-like tilings using translations and half-turns:

Starting on one side of the triangle, find the midpoint.
Make a change on one half of the side. Carry the change over to the other half of the side by rotating 180° about the midpoint.

Repeat the process for the second and third sides of the triangle.
Lastly add details of design to your tile.

You can now cover the plane using your tile with a combination of translations and half-turns.

Note that this technique will work on any polygon that will tile the plane.