

ZEN GARDEN



Materials:

Plastic container

Sand

Shells

Rocks

Pebbles

Pine cones

Glass beads

Combs

Hair picks

Plastic utensils

Instructions:

- To make your own small Zen garden, pour sand into a plastic container.
- With an adult's permission, collect rocks, pebbles, and pine cones for your garden.
- You can also add other items like shells and glass beads to your Zen garden.
- Use a comb or hair pick to create designs in the sand. In Japanese rock gardens, these rake marks are meant to represent water.
- You can arrange the items you collected however you would like. The possibilities of what you can create are endless.
- If you want, you can create more than one design for your garden. Just pick up the items and rake the sand to start again.
- Making the garden should be a relaxing experience. You can even meditate if desired.
- Large stones can be placed vertically or horizontally in your garden. Traditionally, these stones represent mountains.
- You can use different combs or utensils to make even more designs in the sand.
- Your garden can be symmetrical or asymmetrical.
- Now you have your own Zen garden!

