



# Making a Classroom Japanese Zen Garden

Study*ladder*



A Japanese dry landscape garden, or zen garden, features carefully arranged natural objects and miniature plants.

Implements are used to draw lines in dry sand to represent ripples of water.

These gardens are used to promote meditation, mindfulness, inner peace and well being.



# Share a Class Zen Garden Space...

Collect a selection of natural objects. Design and make some useful tools to make patterns in the sand.

Take turns in creating interesting patterns and displays of natural objects.

Allow your mind to rest by focusing your energy on making interesting designs.

Respect the designs of others and admire the natural beauty in their displays. Do not touch another person's design or change it in any way.

