



Mindfulness Activity: Zen Garden

Material List:

- A large plate, shallow bowl, pie plate or any container with sides that can hold 2-3 cups of sand*.
- 2-3 cups of dry sand. Flour, rice, cornmeal, will do the trick as well.
- Small rocks, trinkets, small sticks, dry beans, or any small objects (lego, marbles, toothpicks, buttons, rolled up bits of foil....)
- A Rake*- this can be your finger, a chop stick, a fork.

Objective: To make a personal Zen Garden. A creation of your own to put in a place in your home where you can take a break from the outside world.

This Zen Garden is about giving you a time to take a break, if only for a few minutes to play. The purpose of making a Zen Garden is to be in the moment and give your worries a break. Some of us remember playing in a sandbox. Some of us remember the fun of playing in the sand at the beach.

It may be helpful to choose one of the following words to meditate on while you are setting up your Zen Garden like: [Hope](#), [Peace](#), [Gratitude](#), [Balance](#), [Creativity](#), [Flexibility](#), [Faith](#), [Acceptance](#), or [Patience](#)...

You pick your own words or hum a tune from one of your favourite songs while making your own Zen Garden.

When you are done making your Zen Garden place it on a table or in a spot where you can visit your garden daily and change it around for a few minutes everyday as part of your self care and relaxation time.

