DESKTOP
MANDALA
ZEN GARDEN
WHAT IS A ZEN GARDEN?

Zen gardens are mini-landscapes we can manipulate to relax and find inner peace. They are based on Japanese rock gardens.

The one you will create today will have sand that you can draw a mandala in as a meditative practice. If you want, you can add rocks or other small items to make it more "you." The sand we are providing is safe for planting succulents.

You can put this desktop zen garden on your desk and use it as a way to give your brain a break while studying.
HOW TO MAKE YOUR ZEN GARDEN

1. Choose your sand color
2. Fill your container about 3/4 of the way full. You want enough to make designs without it overflowing.
3. Take a pen or pencil and draw a design!

If you would like a visual instruction, search "SeaLemon Calming Crafts" on YouTube and go to the 2:33 minute marking.

Use your zen garden when you want to clear your mind. To make a new design, gently shake your container so the sand resettles.
WHAT TO DRAW IN YOUR GARDEN

Need help thinking of what to draw in your garden? Try to create a mandala like one of these! Remember, the priority is on what makes you feel at peace, not creating the perfect mandala.