



# Zen Garden

*UConn 4-H New London County*

## Background

Mindfulness is something you can practice to calm and focus your thoughts. This can help you manage stress or anxiety and can help you to approach tasks and activities with a clear, prepared mind. Zen gardens can be used to practice mindfulness. Zen gardens typically include sand, a rake, and other sensory items such as marbles, stones, or shells. You can make patterns in the sand with the rake and move the items around while relaxing your mind.

## Supplies and Tools

**Sand**

**Small rake or fork**

**Container such as a takeout lid or small, shallow box**

**Items that bring you peace and focus (ex: stones, shells)**

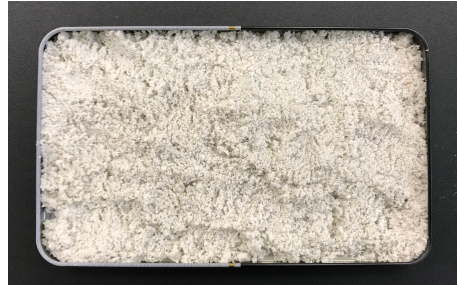


# Activity Steps

## Notes

1. Put a layer of sand in the base of the container.

## Visuals



2. Add your accessories and rake.



3. Spend time in your Zen Garden practicing mindfulness. Reflect on how this time makes you feel. Return to your Zen Garden when needed.



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