


# Zen Activity Ideas


## Make your own Zen Garden

Hello. I am a **Zen Garden!**


**What am I exactly?**  
I'm a miniature landscape, based on ancient Japanese Rock Gardens.




I usually contain things like sand, pebbles, plants, even small statues.



**Buddhist monks** have used the bigger versions of me for thousands of years to achieve tranquility, but you don't have to dig in the dirt to find a little peace.



**Just put** me on your desk – rearrange my pebbles and create patterns in my sand on your coffee break.



View artistic Zen Gardens on [Buddha Groove.com](http://Buddha Groove.com)

### DIY ZEN GARDENS FOR KIDS



### MAKE A ZEN GARDEN for kids



Projects with Kids.com

SUNNY DAY FAMILY

## Rock Stacking



## Rainbow Stacking Stones

