



Therapeutic Horticulture Activity Personal Zen Garden

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Overview: Creating a personal, portable sand zen garden with a mini rake.

Precautions:

1. Making rakes takes the use of a knife and sharp points of dowels.

Completion Time: 15 - 45 minutes

Materials: (10 participants and 1 example)

1. Cork from wine bottle (3)
2. Serrated knife (1-2)
3. Cutting board (1-2)
4. 3/16 width wooden dowel in 5" pieces (11)
5. Clippers (1-2)
6. Tooth picks, round and pointed (33+)
7. Wood glue (optional) (1)
8. Fine, white sand (33 cups/20-30 lbs)
9. 1 cup measuring device (1 or as many as containers/bags with sand)
10. Small, smooth river rocks max 1 1/2 " diameter (optional) (22)
11. Cupcake carriers from Dollar Store (11)

Pre-Session Prep: (Depending on abilities of participants, likely to want to pre assemble all or part of the rakes)

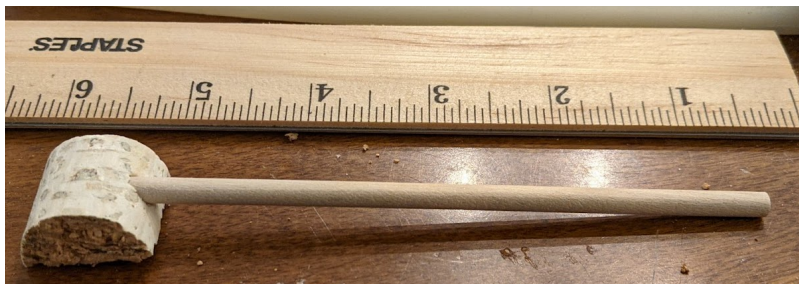
1. Create a finished garden for demonstration of finished product; note supply numbers above do not include supplies for this one.

Rake:

1. Cut corks into half through short side
2. Cut cork halves into half again, long side



3. Cut dowels into 5" pieces
4. Create/Start a small hole in location for dowel using a knife tip or other sharp object with similar diameter.
5. Insert dowel.



6. Insert three toothpicks into the underside of the cork (flat side of the cork opposite side of dowel) at approximately 45 degree angle.
7. Trim toothpicks with scissors or pruners to about 1/2" sticking out of cork.



8. If the dowel/Handle seems loose, dip it into wood glue and re-insert into hole and allow it to dry per glue instructions.

Step-By-Step Process/Instructions:

1. Show a finished garden and demonstrate pulling the rake through and how to smooth sand (see tips below).
2. See “Rake” in the “Pre-Session Prep” section above; if making any portion of rake with participants do that following steps above.
3. Pass out the bottom of the cupcake carrier.
4. Have participants scoop 3 cups of sand into the carrier and shift side to side to distribute the sand.
5. Pass out the rakes and have participants practice pulling their rake in sand and clearing back to smooth.
6. If they would like stones to swirl around as dragging rake, offer stones for them to choose from; no more than two are recommended unless they are smaller than the recommended 1 ½ “ diameter.
7. Demonstrate putting a lid on the carrier (see tips below).
8. Pass out lids.
9. Ensure each participant is able to completely secure the lid on all 4 sides prior to carrying the garden by the handle (see Tips below).



Tips:

1. Raking appears easiest when the tip of the rake is lightly held and can articulate with little resistance from grip.
2. To clear the sand to smooth, gently shake/shift the pan from side to side.
3. Cupcake carrier lids can be slightly challenging to hook at times; if

having trouble try adjusting where the lid is landing on the bottom portion of the carrier until the plastic flap can lock/click when pushed down.

4. Source sand from pet supply store for fish tanks



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