

Mini Zen Garden



Materials (Included)	Materials (You Provide)
Tin	Stickers (for decorating)
Sand	Markers or Nail Polish (for Decorating)
Rocks or Glass Beads	Extra stones, shells, etc.
Fork	Toothpicks (for sand designs)

Directions:

- Decorate your tin with stickers, permanent markers, nail polish, etc.
- Add the sand to the tin.
- Arrange your stones, beads, or other small items.
- Use the fork to rake the sand, or a toothpick to create calming patterns.



A mini Zen Garden can help you reduce stress, practice mindfulness, and foster creativity. Keep it near your workspace and give yourself frequent breaks to draw patterns in the sand or move the stones. While you do so, take a moment to breathe deeply. Focus on what you need to accomplish today, and center your mind on those tasks.