

DIY ZEN GARDEN

MATERIALS:

- Shoe box or other small cardboard box
- Markers
- Sand
- Cool stones, sticks, or figurines

Use your markers to decorate the outside of your box. Fill your box about halfway with sand. Place the stones in any arrangement you like, and use the stick to trace around the stones in concentric circles. Try and focus only on the stick moving in the sand, nothing else. Feel free to add other cool things you find to your zen garden, like marbles and small toys, or try a different tracing pattern to calm your mind.

