

## 3-STEP GUIDE TO CREATING A MINIATURE JAPANESE ROCK GARDEN

### BEFORE YOU START - GO ON A SCAVENGER HUNT

1. Write a list of the things you will need to find from around your house and outside.
2. Take a photograph of all the things you collect on your scavenger hunt (or draw a picture).

Look for:

- 1 container, lid, plate or dish to make your garden on
- Rocks and stones
- Twigs and bark
- Something green
- For your sea base, choose ONE of the following:
  - Traditional: you need sand or salt AND a fork
  - Towel: you need a small blue towel, or cloth
  - Paper: you need a piece of paper AND a blue pencil or marker.
- Optional extras: Toilet paper roll, scissors, pencils, paper, sellotape or Blu-Tack.

From the garden



Choose 1 base



Choose 1 container



Optional extras from around the house

## STEP 1: MAKE A BASE FOR YOUR GARDEN

To make a base for your garden, you will need to choose one of the options below and follow the instructions.

For step 1 you will need:

- Something to make your garden in such as a container, lid, plate or dish.
- For your sea base, choose ONE of the following:
  - Sand/salt and a fork
  - Small blue cloth/towel
  - A piece of paper and blue pencil/marker.

*Handy tip: In traditional Japanese gardens, the base (sand) represents flowing water, or the ocean.*

### Sand or salt base

1. Get your container, lid, plate or dish.
2. Fill it with sand or salt. Check with an adult first that it is okay for you to use sand or salt.
3. Grab your fork; hold it so it is facing backwards. Then slowly drag it across your sand or salt to create a swirling ocean pattern.
4. Take a photo or draw a picture of you garden so far at step 1.

*Note: If you use salt, it will absorb moisture from the air and become hard after 1-2 days.*



Salt on a lid

### Towel or cloth base

1. Get your container, lid, plate or dish.
  2. Grab your blue towel or cloth.
  3. Place it inside your container
  4. Make a ripple in the fabric to look like the waves lapping in the ocean.
- Hint: You can place small twigs under your towel to create the effect of water.*
5. Take a photo or draw a picture of you garden so far at step 1.



Towel in a dish

### Paper base

1. Get your container, lid, plate or dish.
2. Grab a piece of paper to fit your container.
3. Colour the paper in blue.
4. Draw swirls or waves to represent the ocean.
5. Place the paper into your container.
6. Take a photo or draw a picture of you garden so far at step 1.

Note: scissors may come in handy if you wish to trim your paper.



Paper on a plate

## STEP 2: CREATE YOUR GARDEN

To create your miniature Japanese rock garden, follow the instructions below.

For step 2 you will need:

- Rocks and stones
- Something green
- Twigs or bark (optional)

1. Choose an odd number of rocks and stones such as 3, 5 or 7 to create a more natural look.
2. Place the rocks and stones in your garden to represent islands.
3. Check that you have left some free space in your garden. You don't want it to be too full.
4. Take a photo or draw a picture of your garden so far at step 2.

Hint: As an extra feature you can create a pile of stones by balancing them on top of each other.

Examples:



Odd number of rocks



Rock and bark bridge



Pile of stones

*Handy tip: In traditional Japanese rock gardens, the stones represent mountains and waterfalls.*



Pile of stones

### STEP 3: GET CREATIVE - ADD A JAPANESE TWIST

To add a Japanese element to your rock garden, follow the instructions below.

For step 3 these items may be useful, but feel free to use anything you wish:

- Twigs, bark or extra stones
- Toilet paper roll and paper
- Pencils, scissors, sellotape or Blu-Tack

1. Decide on something Japanese you would like to include in your garden, such as a temple or shrine, lantern, gate or something of your choice.
2. Be creative and make your 'something Japanese'.
3. Place your 'something Japanese' into your garden.
4. Check that you have left some free space in your garden. You don't want it to be too full.
5. Make any final changes.
6. Well done – you did it! © Take a photo or draw a picture of your miniature Japanese rock garden at step 3.

Hint: You can use a toilet paper roll and cardboard to create a temple or shrine, or draw a lantern on paper and stick it to a twig.

Examples:



Temple or shrine



Lantern



Japanese tori (gate)



## RELAX IN YOUR GARDEN

Now all the hard work is done, you can relax in your miniature Japanese rock garden.

Follow the steps below, or relax as you wish:

- Place your garden on a table or desk.
- Sit and look at your garden.
- Imagine the water moving, or the waves splashing around your islands.
- You can move objects around in your garden.
- You can use your fork to gently drag it across your garden base to create a motion of gentle waves.

When you feel like taking a break, you can look at your garden and move objects around to relax.

## BE A TIDY KIWI

Once you have finished using your garden, tidy up.

- Return the rocks, stones, twigs, and bark back to nature.
- Recycle your cardboard and paper where possible.
- You may need to ask an adult to help you tidy up the sand or salt.
- Wash and dry the container you used.