

**Plan:**

- When and where will you build your desktop Zen gardens?
- Who might share a knowledge of the background and creation of Zen gardens with you?
- What tools and materials do you need?
- What is your budget for this project?

**Do:**

- Build your desktop Zen garden.
- Find a perfect home for your garden in your work space. Turn to your garden from time to time when you need a break. Rake the sand, arrange the stones and breathe.

**Review:**

- What do you know now that you did not know before?
- How did you feel before, during and after this project?
- How has the garden impacted your work space and your work habits?
- What other ways can you bring a "Zen" quality to your work space or study space?

**Safety note:**

What safety equipment and procedures do you need to be familiar with for the tools you're using?

**Online Resources:**

- [How to build your own desktop Zen garden](#)
- [How to Make a Miniature Meditative Zen Garden for Your Desktop](#)
- [How to Grow Air Plants](#)



It starts with Scouts.

# Desktop Zen Garden

## Creative Expression

**The Adventure:**

As young adults, Rover Scouts generally spend a bit more time sitting indoors at desks than participants in younger Sections. Whether studying at home or making a living in an office, many Canadians spend a lot of time indoors. Unfortunately, this can have negative effects on one's physical and mental wellbeing.

One way to bring a little peace and joy to your indoor work space is to build a desktop Zen garden. A small Zen garden is easy to make and can be a useful tool for relieving stress.



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