



Activity 102

Spiritual Development:

You will need – Small tray, sand, LED candle, pebbles, pinecones, natural materials, plastic/real flowers and relaxation music if required.

Activity – This activity is designed to provide space, time and a focus to be still and reflect. Take a small tray and add some sand into the bottom. The way you create your meditation garden is completely up to you. We chose from a variety of natural objects such as, pinecones, polished pebbles, sticks, acorns and flowers. Arrange your meditation garden and place a candle somewhere in your garden. We used LED tea lights for safety. Take time to sit quietly with your meditation garden and allow yourself to concentrate on the things you have put in your garden. Go with your thoughts and feelings. You can play relaxation music if you think it would be helpful. After you have spent a little time on this activity you can reflect on your own or discuss your thoughts and feelings with a partner.

Miniature Meditation Garden

To develop the ability to be still and reflect.

