

## Malott Japanese Garden Pre-Trip Activities

To prepare your students for the investigations they will do on site, we recommend doing these activities prior to your visit.

### Introduction to Ancient Japanese Culture

**Purpose:**

To familiarize students with the cultural principles of Japanese Gardens and introduce students to ancient Japanese recording techniques.

**Materials:**

- Parchment Paper
- Wooden Dowels
- Glue
- Tape

**Background Information—3 Main Japanese Garden Principles:**

- AGE: Japanese culture respects the old (people, items, stories, etc).
- PEACE: Japanese Gardens are calming in design (colors, winding paths, etc).
- SYMBOLISM: Dry garden design (raked designs, rock placement)

**The students should look for examples of these principles during their visit to the Japanese Gardens.**

**Steps for Scroll Making::**

1. Discuss with the class how the ancient Japanese used to record their observations of the natural world on scrolls.
2. Give each student 2 wooden dowels and parchment paper.
3. Have the students Fold down the top ½ inch of the piece of paper and fold again. Unfold the paper. Ensure the creases are visible.
4. Apply glue to the folded parts and roll the paper around the dowels. Let dry.
5. Have students bring the scrolls with them on their visit to record observations.

### Cultivating Classroom Zen

**Purpose:**

To introduce students to the ancient symbolism and uses of Japanese Zen Gardens

**Materials:**

- Rake
- Rocks (varying sizes)
- Sand/Pebbles
- Large Container

**Steps to creating a classroom Zen Garden::**

1. Partially fill a large container with sand or pebbles.
  - The base layer of rocks or sand symbolizes water in Japanese Zen/Dry Garden
2. Take your class outside to collect a variety of different sized rocks to place inside the Zen Garden Container
  - Large rocks represent different landforms (mountains, hills, etc). The placement of rocks (stacked, laid on side, etc) determines which landform is represented.
3. Have the student s use the rake to draw patterns in the garden's base layer of sand/pebbles
  - These patterns represent the ripples of water
4. Discuss with your class ways the ancient Japanese and even people today may use the Zen Garden as a space for meditation.