

Group Exploration Guide – Japanese Tea Garden



- 1. Explore!** Take turns choosing a small area to explore with your group.
 - What do you see in this garden bed or viewpoint?
 - What do you find interesting?
 - What do you think the gardeners found interesting?



- 2. "I spy" Details and Patterns (e.g. size, shape, texture, color, placement)**
 - Look closely! What details or patterns can you find?
 - What does this remind you of?
 - How are these things the same or different?



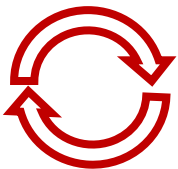
3. Juicy Question

- Choose a juicy question from the other side of this page.
- Work together on it.
- It's ok if each person has a different opinion or approach to doing it.



4. Chat & Reflect

- What is something you hadn't seen or noticed in this area before the activity?
- What's a question you have?
- What is your favorite part?
- Think of someone who isn't here - who would enjoy hearing about this?



5. Do it again!

- When you're done, take turns choosing the next area to explore.



Juicy questions – discuss with your group.

<p>Honor an animal.</p> <p>What real or sculpted animals do you notice?</p> <p>How does this garden care for or build a space for this animal?</p>	<p>Imagine a landscape.</p> <p>Pause at a viewpoint in the garden. Japanese gardeners use shrubs, rocks and water to sculpt a landscape like a mountain range.</p> <p>What can you see and imagine from this viewpoint?</p>	<p>Notice the rocks.</p> <p>What do you notice about the placement of large stones?</p> <p>How do you think it creates balance or flow in this part of the garden?</p>	<p>Training trees: Niwaki</p> <p>Look closely, can you find pruning that makes a bush look like clouds, or branches above like zig zags?</p> <p>How else do you think the trees have been “trained” by the gardeners?</p>
<p>Breathe Deeply.</p> <p>Find a spot, close your eyes and breathe deeply.</p> <p>What smells do you notice?</p> <p>What emotions do the smells bring up for you?</p>	<p>Walk with care on the stepping stones.</p> <p>Try walking slowly along a pathway of stepping stones. Pay attention to the steps you take. How does it feel in your body?</p> <p>How is the layout different than in western gardens?</p>	<p>Make friends with a plant.</p> <p>Sit down and get to know a plant.</p> <p>Whisper your thoughts to it.</p> <p>What secrets do you think it might tell to you?</p>	<p>Find your peaceful place.</p> <p>What spots in the garden do you find the most peaceful?</p> <p>Take some time and fill yourself up with that peace.</p>