

Field Trip Exploration Guide



JAPANESE
TEA GARDEN
日本庭園



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?



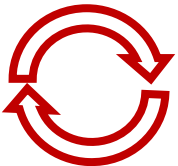
3. **Juicy Question**

- 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.



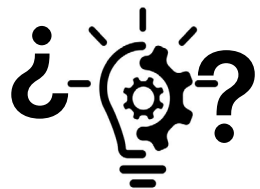
4. **Chat & Reflect**

- 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 – chat with each other

Honor an animal

Look around for real or sculpted animals.

- How does this garden care for or build a space for this animal?

Imagine a landscape

Pause at a viewpoint. Gardeners may use shrubs, rocks and water to sculpt a landscape like a mountain range.

- What can you see and imagine from this viewpoint?

Notice the rocks

Check out the placement of large stones.

- How do you think it creates balance or flow in this part of the garden?

Training trees: Niwaki

Look closely at the shapes of plants. A bush may look like clouds, or branches above to look like zig zags.

- How else do you think the trees have been "trained" by the gardeners?

Breathe Deeply

Find a spot, close your eyes and breathe deeply.

- What smells do you notice?
- What emotions do the smells bring up for you?

Walk with care on the steppingstones

Try walking slowly along a pathway of steppingstones. Pay attention to the steps you take.

- How does it feel in your body?
- How is the layout different than in other gardens?

Make friends with a plant

Sit down and get to know a plant.

- Whisper your thoughts to it.
- What secrets do you think it might tell you?

Find your peaceful place

What spots in the garden do you find the most peaceful?

Take some time and fill yourself up with that peace.