

Sand Gardens

(For Activity Signs in other languages, click on this [link](#))

There are several types of sand gardens in the WellSpace. Choose a type that appeals to you.

The fine powdery sand is a mini “zen garden”. You can use the wooden tools to draw and create designs and you can add rocks and sticks to your zen garden.

The wet sand can be touched, squeezed, and molded. You can also add rocks, shells and sticks to the sand garden.

The framed sand can be mesmerizing to watch. After you turn the frame over, watch the sand slowly swirl and move.

Sand gardens can help:

- relieve stress and anxiety
- calm the mind
- enhance creativity and concentration

To learn more about the benefits of sand play, you may want to read these articles:

- [5 Benefits of a Zen Garden That Will Improve Your Life](#)
- [The Effectiveness of Various Types of Psychological Correction of Anxiety in Primary School](#)

Or watch these videos for inspiration:

- <https://www.youtube.com/watch?v=y3cp-izMnjK>
- <https://www.youtube.com/watch?v=23pCpsMPxZM>

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