

ACTIVITY: CREATING A KOKEDAMA

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Description: Participants will construct a hanging kokedama, a moss-covered ball of soil in which an ornamental plant grows. It's an ancient form that blends gardening and art in a unique way.

Goal: Participants will create a living form of garden art that encourages them to explore sensory awareness in a way that calms the mind and utilizes a peaceful spirit as energy.

Materials

- Bonsai soil
- Peat moss
- Mixing trays
- Assorted plants
- Water, squeeze bottles, and spray bottles
- Preserved sheet moss
- Bowls for soaking sheet moss
- Jute twine
- Gloves
- Scissors
- Plastic saucers (to place under completed kokedama)
- Examples – project options and plant fertilizer
- Handouts

Steps: *Participants will...*

- Explore the plants and soil, noticing their texture, scent, anatomy, taste, if applicable
- Select a plant, remove most of the soil, and trim the roots
- Mix bonsai soil, peat moss, and some of the soil from the plant
- Add water to form a 4-inch ball
- Separate ball in half, put plant in the middle, put halves back together
- Wrap ball with sheet moss and jute twine
- Form hanging jute ties
- Mist plant
- Place plant in saucer
- Discuss care