**Workshop Title (time length of class)**

**Creating a Kokedama - Lesson Plan Template**

**Purpose**

* 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.

**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.

**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

**Procedure**

* 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

**Wrap-up – (time needed)**

* Thank everyone
* Pass out (and collect) evaluations
* Pass out handouts

**Cleanup**