

Children's Zen Garden Workshop at Giac Tam Meditation Center

A mindful, hands-on retreat for children ages 6-12 to explore nature, creativity, and calm.



Date & Time: Saturday, May 23rd, 2026 | 10:00 AM – 1:30 PM

Location: Giac Tam Meditation Center, 3729 Pilot Knob, Eagan, MN 55122

Invite your child to a peaceful day at our Children's Zen Garden Workshop! This special retreat offers a welcoming environment for children to explore mindfulness through fun, hands-on activities in the garden. Participants will tour the garden, observe nature, learn how to do planting, and create their very own miniature Zen sand gardens. Along the way, children will learn calming practices, engage in gentle movement, and enjoy healthy lunch and playtime. These experiences help cultivate focus, joy, and emotional balance, offering skills for a more relaxed and happy life.

About Sister Pearl:

Sister Pearl is a Zen Buddhist nun and an interfaith/Buddhist chaplain. She has spent most of her life in Minnesota and worked ten years as a Physician Assistant at Mayo Clinic's Cancer and Palliative Care departments prior to her ordination in 2019. Her spiritual roots are grounded in Vietnamese Zen and Soto Zen teachings. Currently, Sister Pearl contributes to the revitalization initiatives at Giac Tam Meditation Community, focusing on outreach programs for children, adolescents, and young adults by promoting accessible Dharma education through online courses and family and youth retreats offered nationwide.

Who Can Attend?

Open to children ages 6-12. Parents may drop off and pick up their children at the designated times. Alternatively, parents are welcome to remain with their children throughout the retreat as volunteers.

What to Expect

- Children will participate in guided breathing exercises, mindful movement, and creative activities—including making their own miniature Zen sand gardens—to help them relax and enjoy the present moment.
- Kids will have chances to connect with new friends, find joy in hands-on exploration, and discover the beauty of nature in a safe, nurturing setting guided by mindfulness practices.
- A healthy vegetarian lunch and snacks are included for all participants, so everyone can enjoy delicious and nourishing meals throughout the day.

Registration Form:

<https://forms.gle/sd1WjtYPVfdrkLb17>

Additional Information

- Please arrive at least 10 minutes early to allow time to settle in.
- Wear comfortable clothing suitable for sitting meditation, gentle movement, and working in the garden.
- Bring hat and water bottle.
- Parents can pack vegetarian snacks or lunch for children if there is any dietary restriction.

Donation and Offerings: *All programs at GTMC are offered on a donation basis, reflecting the Buddhist tradition of dana (generosity), which is a fundamental practice that fosters compassion and joy while supporting the Sangha and sustaining the Dharma. Your donation enables GTMC to serve the community, fund charitable initiatives, and promote the continued growth of the Dharma. We greatly appreciate your consideration and support.*

Workshop Schedule

Time	Activity	Description
10:00 AM – 10:30 AM	Welcome & Introduction	Introduction, learn about the day’s activities, and review garden safety rules. Follow by a brief period of meditation.
10:30 AM – 11:00 AM	Seed Planting	Children will plant seeds in individual pots and learn about what plants need to grow. Pot decorations.
11:00 AM – 11:15 AM	Zen Story Time	A calming story session introducing mindfulness and nature appreciation.
11:15 AM – 12:00 PM	Garden Exploration	Children will tour the garden, observe plants and insects, and discuss what they find. Nature Scavenger Hunt.
12:00 PM – 12:45 PM	Lunch & Free Play	Enjoy a healthy lunch and supervised playtime in the garden.
12:45 PM – 1:05 PM	Zen Sand Garden Activity	Children create their own miniature Zen sand gardens and practice mindfulness.
1:10 PM – 1:30 PM	Closing Circle & Goodbyes	Closing meditation. Group reflection, sharing experiences, and saying farewell.



Our Contact:

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