



Video Tutorial

# Zen Garden

Skills Canada Alberta is a provincial non-profit organization that actively promotes careers in skilled trades and technologies to Alberta youth. We strive to set students up for success in the trades and and technologies industries. We do this through a competition model that showcases Alberta's most skilled youth and unique hands on programming that helps students test drive different careers and learn new skills.



## What's Included

- Wood Pieces (4x8" (sides) and 5x8.5" (base))
- Nails
- Sand
- Marbles
- Stones
- Rakes
- Stamps
- Succulents

## What You Will Need

- Hammer
- Clamp
- Cardstock for inside the box

Tag us in your projects! **#ABisSkilled**

# Let's Get to Work!

## HOLD UP!

Don't forget your personal protective equipment before you start! This includes a mask, safety gloves and glasses.



Clamp a 8" piece of wood to the table

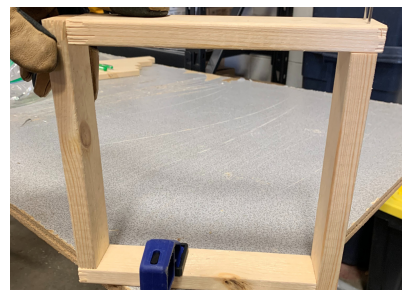


Preset 2 nails into another piece of 8" wood



Nail the 2 pieces together using a hammer

Did you rock these skills? Talk to your teacher to learn more about how you can showcase your skills at Skills Canada Alberta, alongside other students from across the Province!



Repeat the process for all 4 sides. Overlap the end of each piece of wood with the end of the next as shown



Nail the 5 8.5" pieces to the square box to create the base



Once complete, add cardstock to bottom of the box

## HOLD UP!

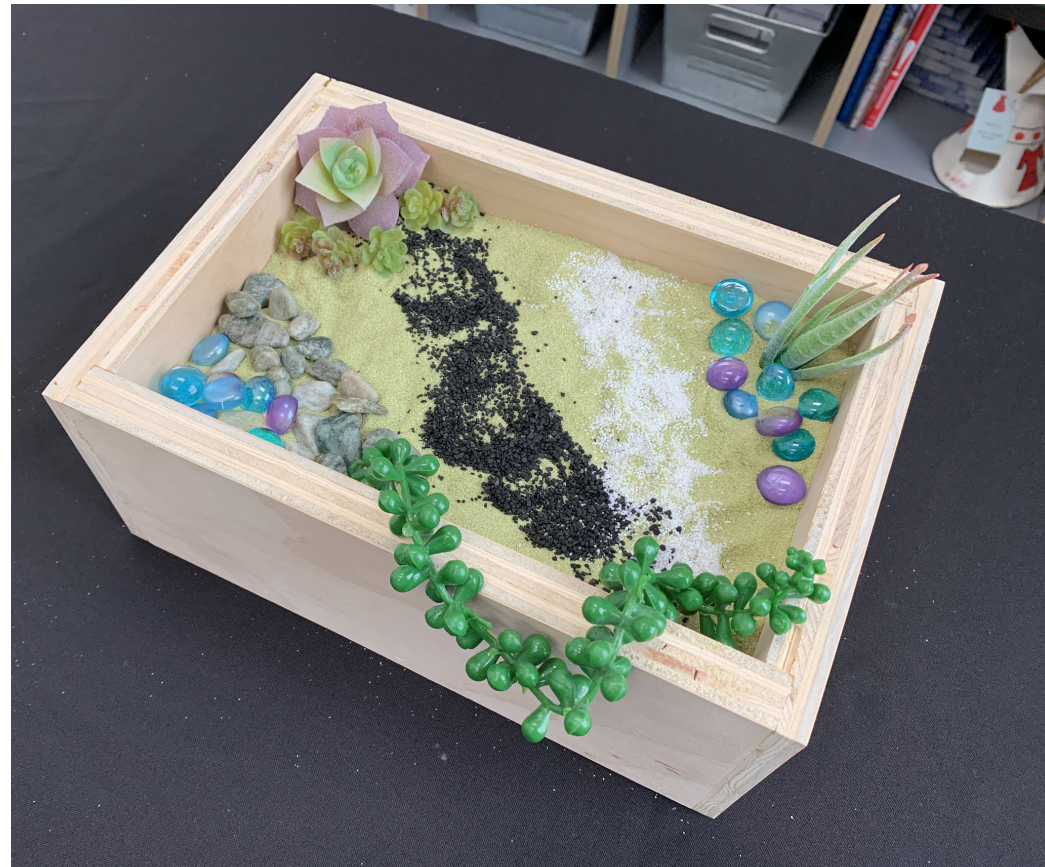
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# Let's Get to Work!

After building the box, create your Zen Garden using your landscaping plan and use the rakes and stamps to practice mindful meditation!



**SKILLED TRADE: CARPENTRY & LANDSCAPE HORTICULTURE**