



# Hanami Flowers

In Buddhism, reflecting on death and things passing is very common. It is even said that it is good to remember death every day, when you go to sleep and when you get up, because it helps you to see what is really important in life.

In Japanese Buddhism, people do this especially in spring time. This is interesting, because normally the season we would associate with impermanence and change would be autumn/fall. However in Japan, people think about change and impermanence during spring because that is the time when the sakura or cherry trees are in bloom. The sakura tree only blossoms for about 2 weeks, so it's very transient. Watching the cherry blossoms together is called *Hanami*. People come together, picnic under the trees to talk about the people and things that are no longer there, and to remind each other that life is short. Whatever you have now won't stay forever...



Time lapses of *Hanami*

<https://www.youtube.com/watch?v=1nRYMM0UIqk>

<https://www.youtube.com/watch?v=I2ArtWFNTqM>

## Creative Activity

1. Reflect: Who would you talk about during Hanami? Who would you miss if they were not there any more?
2. Make a flower (as described below) and write the person's name in the middle (before the folding).
3. Stick the flowers to the twigs.





### Step 1

Gather the materials: branches, scissors, adhesive dots or glue, tissue/blotter paper



### Step 2

Cut squares and layer around 5 squares on top of each other. Write names/things in the middle.



### Step 3

Fold twice and roll into a small point with your fingers. Add an adhesive dot to the little point and attach the flower to the twig

