

動手做——

祈福蓮花



<http://big5.zhengjian.org/articles/2004/5/9/27063.html>

<http://www.youtube.com/watch?v=ObxjapQNNNM>

延伸教學——

蓮花舞

<http://www.youtube.com/watch?v=pUNJmYP3aT0>