

# WHAT IS A LABYRINTH?

The story of the Labyrinth spans thousands of years across places as diverse as Europe, Africa, North and South America, India, Indonesia and Australia.

It is a simple walking meditation that can be done solo, in pairs or groups. For the past 40 years, labyrinths have been walked by people of all ages as a mindfulness activity, to focus, increase connectedness, calm anxiety, quieten head chatter and for mental/emotional wellbeing.

The labyrinth presents a single path to the centre. The meandering nature of the path is a metaphor for our life experiences; twists and turns that seem to take us further from our goal but if we stay on the path, we will arrive at the centre.

Also a labyrinth is not to be confused with a maze; a maze is a problem to be solved and designed to create confusion with dead ends and multiple entry points.

Labyrinths are experiencing a resurgence. There are well over 100 schools worldwide using labyrinths as part of their wellbeing programs and within their curriculum domains.

Access the Labyrinth Locator (see RESOURCES) to find one near your school.

## WORLD LABYRINTH DAY IS A GLOBAL EVENT

World Labyrinth Day (WLD) is organised by The Labyrinth Society. WLD in Schools is an initiative of the Australian Labyrinth Network (ALN). The ALN Schools Curriculum workgroup was formed to assist teachers with resources and learning modules to integrate the labyrinth into their curriculum.

WLD EVENTS ARE DEDICATED TO PEACE-MAKING. Walking the labyrinth offers both students and teachers an experiential learning tool for this and much more.

Join Us on the 1st Friday in May!

# EXPERIENCE THE LABYRINTH FOR YOURSELF.

## TAKE A VIRTUAL WALK ONLINE

<https://labyrinthociety.org/flash/labyrinth.htm>

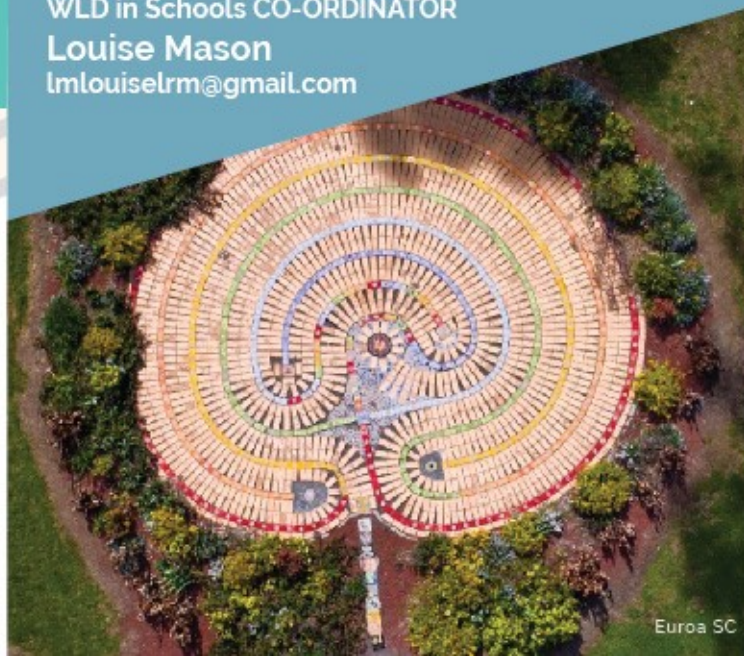
or explore more curated information and resources (there are many websites and books about Labyrinths available) on the ALN website (links overleaf)

## LET US SUPPORT YOU

Make use of our resources to create a fabulous incursion or excursion.

Tina Christensen  
ALN, Chair

STILL GOT QUESTIONS?  
WLD in Schools CO-ORDINATOR  
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# WORLD LABYRINTH DAY in SCHOOLS

Friday 3 May, 2019



Lars Howlett

## WALK FOR PEACE

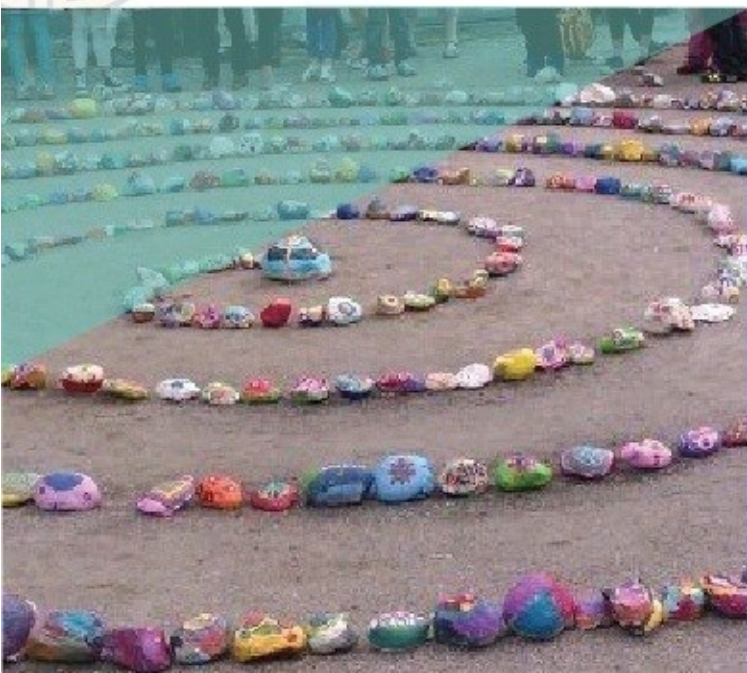
Have your school community be part of a worldwide movement walking for Peace

REGISTER YOUR SCHOOL'S PARTICIPATION  
[www.aln.org.au/event-3232704](http://www.aln.org.au/event-3232704)

Euroa SC

- World Labyrinth Day began in 2009 (1st Saturday in May)
- Currently there are 35 countries participating
- World Labyrinth Day for Schools begins in 2019 (1st Friday in May)

BE ONE OF THE FIRST SCHOOLS  
IN THE WORLD TO TAKE PART  
IN THIS INAUGURAL EVENT!!



## WHY JOIN IN?

Labyrinths capture the imagination. Drawing a labyrinth is fascinating and fun, walking a labyrinth encourages collaboration and trust in groups of students. Many students learn more effectively while moving. The labyrinth is a focused way to introduce this way of learning. On World Labyrinth Day we walk for peace, see outside of ourselves and connect with our school community.

## STUDENTS

Labyrinths can provide a calm /safe space within your school for your students to practice self-reflection. It is a meditation space for kinesthetic learners, a tactile approach to wellbeing and learning about themselves. By introducing the labyrinth to your students you provide them with a life-long tool they can turn to in times of crises.

## INDOORS

*"Labyrinth time enhances respectful relationships and environments conducive to learning."*

ALN School Curriculum Working Group



Mark out a labyrinth in the school gym or a large classroom using masking tape, rope, ribbon, or any small objects. Make finger labyrinths, laminate them and place them around the school in strategic places so that they can be traced by finger any time individually. Locate some wall spaces that can use some colour and attach temporary laminated labyrinths at student height.

Looking for more ideas?  
Check out RESOURCES



## TEACHERS

The labyrinth can be a valuable tool for teachers. Walking a labyrinth before class helps quieten your mind and focus your attention. It is a place to breathe. Walking with a colleague can be a healing experience after a tough day. Walking with your students creates a remarkable sense of connection and creates a space for well-being alternative to an office or classroom.

## RESOURCES

[aln.org.au](http://aln.org.au) for national & international links & the labyrinth locator

[www.aln.org.au/wld-resources](http://www.aln.org.au/wld-resources) for specific classroom focused resources to make this incursion, fun, meaningful, reflective and integrated.

## OUTDOORS

Create a temporary or permanent labyrinth for your school. All kinds of materials can be used to mark the pattern: spray paint, rope, poly pipe, shoes, pegs, chalk, small pebbles or tiles..

Take an excursion to a local park/bushland, create a temporary labyrinth, large enough for everyone to walk as a group. Or visit a labyrinth in your area (access the Labyrinth Locator online - see RESOURCES) to find one near your school.



*"Many students have an immediate response to the pattern of a labyrinth. The labyrinth can be a valuable tool to support them with anxiety, problem solving, conflict resolution, and celebrating milestones in their school life"*

The pathway can connect students with right brain activity, igniting curiosity, creatively connecting them with their values and artistic drives. The labyrinth can also work as an access point to curriculum development in any discipline." Suzie Bates, Euroa SC