



Make Your Own Labyrinth

About:

Labyrinth's are maze like spaces you can take a mindful walk through. Let's build our own!

Objective:

To use Social Emotional Development informed practices to build mindfulness

Age: 5-11

Expected time: 45 min

Materials: pencil, paper, chalk or other materials

- Determine a space you can create your labyrinth.
- Labyrinths are different than mazes because they have a clear entrance and exit, they do not have dead ends or tricks. Here is an example of a labyrinth from the Labyrinth Society. Take your finger and run through the maze. See how you didn't get stuck? Once you get to the middle simply turn around and come back out.
- Sketch out what you want your labyrinth to look like on your paper.
- Determine how you will build your labyrinth. Many labyrinths are sculpted into the grass, however that doesn't seem realistic for a personal labyrinth. Instead you could use stones to outline the path, or chalk on the sidewalk. The act of building the labyrinth can be as helpful as walking it. Do what will be soothing to you.
- Build your labyrinth
- Once your labyrinth is created, it's time to walk it.
 - Approach the entrance, close your eyes and take 3 deep breaths. Open your eyes and begin walking. Walk slowly and deliberately. Pay attention to your breathing.
 - When you get to the middle stop, close your eyes and take 3 more deep breaths.
 - Open your eyes and walk out of the labyrinth, walking slowly and deliberately, and paying attention to your breathing.



Other things to try:

- Before entering ask yourself a personal reflective question. Ponder this question as you walk through your labyrinth.
- Look up how to do walking meditation. Practice meditation while walking the labyrinth.

Wrap Up:

- How did it feel to create this?
- How did it feel to walk your labyrinth? Why do you think it felt that way?
- Are you interested in using this again? Why or why not?