

School grounds focus:

- Where are we now?
- Where do we want to be?
- How can we get there?
- Making the changes
- Using your grounds

Curriculum focus:

- Religious education
- Personal, social and health education
- Citizenship

Purpose of this activity:

- To create a labyrinth
- To use the labyrinth for a meditative journey

Equipment and materials:

- Chalk, string, paint, pebbles, stones, twigs or branches for marking out the labyrinth
- Card and pens

Preparation:

- Labyrinths have been in existence for centuries as a meditative tool or part of a spiritual journey. Walking the pathway may help you find answers or simply a sense of peace. Use the internet or books to research labyrinths. What are they for? What can they be made from? Find examples of famous labyrinths such as the one at Chartres in Paris.
- Agree on the shape of your labyrinth. Bear in mind that pupils should be able to walk into the centre and back out without confusion or running into others. The simplest labyrinth is the three circuit Classical labyrinth – draw it out on a piece of paper (for help, see over page).

- Agree in groups or as a class on a number of different, thought-provoking points to reflect on as you journey through the labyrinth. If you are looking at a specific religion, your points might relate to this. Write them out on pieces of card.

What to do:

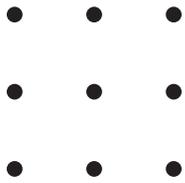
- Select an area of your school grounds that is flat and large enough to accommodate the size of the labyrinth you wish to build. Don't make it too small – it needs to take you on a walk that is long enough to be satisfying.
- Depending on the surface use string or chalk for the initial outline of your labyrinth. Once it is the correct size and shape, use pebble/rocks/branches etc to make the outline more obvious.
- Position your cards with the points on which pupils wish to reflect at appropriate intervals along the pathway both in and out of the labyrinth.
- At intervals, let the pupils walk the labyrinth giving them enough time to think along the way about the points raised.

Extensions:

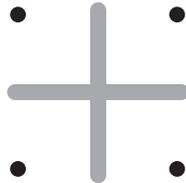
- Create a permanent labyrinth in your school grounds with compact, low-growing plants such as creeping thyme and/or fill in pathways with fine gravel, bark mulch or sand. If your labyrinth is on the school playing field you could cover the pathways with cardboard for a few days. When you lift the card the grass will have died back, marking out the pathway.
- Make the reflective points permanent too – they could, for example, be designed as plaques using mosaic tiles, painted on to sections of wood etc.

How to construct a three circuit Classical labyrinth

Depending on where you are laying out your labyrinth, use stone, pebbles, string or chalk for the initial outline.



9 dot grid



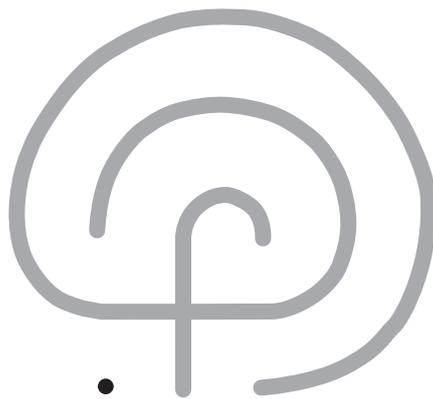
Central cross



Enclosing the goal



Inner path



Middle path



Outer path

