

YOUR NAME:.....

Our Labyrinth

There are many ways to walk the labyrinth, ways unique as each person who comes to walk.

I will try to challenge myself by...

will help me to be more resilient



I will feel empowered because...

Respect is important because...

YOUR NAME:.....

A guide for walking the Labyrinth

While there is no wrong way to walk a labyrinth, please try to:

- Respect others
- Enter and walk to the centre then follow the path out to exit, the centre is the halfway point.
- Be conscious you are in a sacred space, walk with meaning and don't worry about anyone else.

Labyrinth walk reflection,



YOUR NAME:.....

What is a LABYRINTH ?

A Labyrinth is a meandering path that leads to a centre. Labyrinths are ancient, the design dates back to **4,000 years ago**. They are found all over the world and can be used for walking meditation, choreographed dance, ceremonies and many other things. Labyrinths are tools for personal transformation and enhance right-brain activity. Labyrinths evoke **metaphor**, sacred geometry, mindfulness and bring communities together.

At Euroa Secondary College, we walk our Labyrinth to:

- Reflect
- Celebrate
- Relax
- Have fun
- Explore
- Focus
- Connect
- Learn



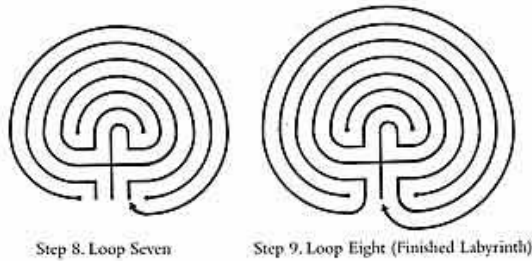
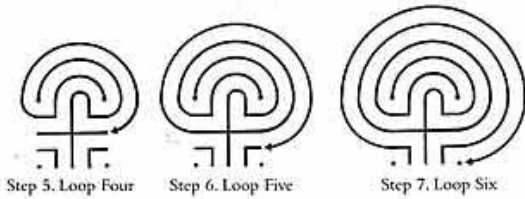
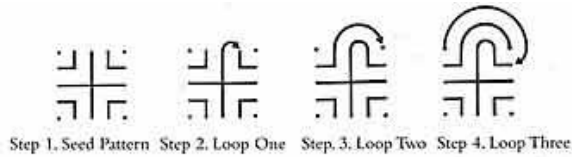
This is your Labyrinth now, you can walk it any time.

Today we will:

- **Reflect** on Primary school.
- **Celebrate** your first days at Secondary school.
- Learn ways to **Relax**.
- Have some **Fun**.
- **Explore** how to find meaning in the Labyrinth.
- **Focus** and try our best.
- **Connect** and get to know each other.
- **Learn** a bit about ourselves.

YOUR NAME:.....

Draw Your Own Labyrinth



DRAWING THE CLASSICAL SEVEN-CIRCUIT LABYRINTH

Drawings by Jeff Szaund

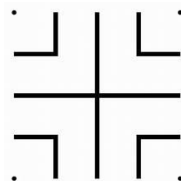
Take this sheet home and learn how to draw your own 7 circuit Classical Labyrinth.

Start with the seed pattern below and decorate your Labyrinth any way you choose

Trace the path of the Labyrinth with your eyes or finger as a meditation each day or just for fun!

If you would like more information about the Euroa Secondary College Labyrinth

Please feel free to email Suzie Bates on bates.suzie.m@edumail.vic.gov.au



YOUR NAME:.....

Before the lesson:

Walk the Labyrinth for yourself.

Simple guide to walking the labyrinth:

There's really no right way or wrong way to walk a labyrinth, but generally speaking there are three phases:

1. Releasing on the way in – letting go of what no longer serves.
2. Receiving a sense of peace and calm as you pause in the centre.
3. Resolving to engage with the world in a new way as you follow the same path back out.

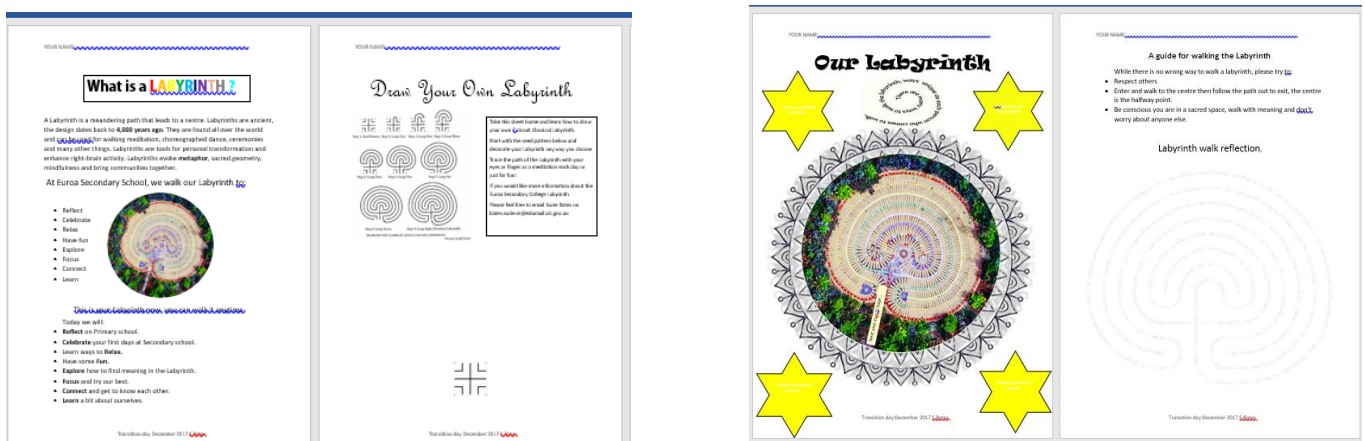
To prepare, you may want to sit quietly and reflect before walking the labyrinth. Some people come with questions, others just to slow down and take time out from a busy life. Some come to find the strength to take the next step during times of grief and loss. Its winding path becomes a **metaphor** for our journey and where we find ourselves on our path. If someone is walking more slowly than you, feel free to overtake (easier at the turns). The labyrinth is all about flow and acceptance.

Preparation for lesson:

Get icy-poles and scissors and arrange the room.

Print 4 work sheets and photocopy 2 sided
Sheet 1

Sheet 2



YOUR NAME:.....

THE LESSON

Room set up so tables and chairs in a circle. Teacher in centre.

- Welcome
- Positive primer (names around the room as quick as you can, beat the clock for a reward later- icy poles)
- **Hand out labyrinth sheets- "what is a labyrinth?" (sheet 1)**

Does anyone know what a Labyrinth is?

- Tell them about our Labyrinth

Built three years ago by our students and teachers etc.

- Go through why it is here and why we use it, refer to sheet.
Explain we will go and see it shortly.
- Do the draw your own labyrinth activity.
they can take this sheet home to show their parents.
- **Hand out second sheet "our Labyrinth" (sheet 2)**
- Do- Next year in yr 7 activity- they follow the path as they write (we won't share what they write with others, only the teacher will read it) encourage them to be honest.
- Intro the school values: explain what they mean, they can try to fill it out now or after they walk the Labyrinth (they can also add more after the walk)
- **Walk to Labyrinth (take icy-poles and scissors)**

Intro activity

- Introduce the Labyrinth.

Go through guidelines for walking. Respectful of others, Walk with intent, to the centre and back out the way you came.

- Breathing/grounding/relaxation activity

Breath

In as you count to 4 in your head

Hold for 4

Breath out for 4

Repeat

GROUNDING

A ball of light traveling down the body, I name the parts of the body as they visualise it travels down and eventually through the feet where spreads like the roots of a tree through the ground. If they don't want to close their eyes they can look at the ground.

YOUR NAME:.....

Activity 1: At the Labyrinth

- Explain the labyrinth walk-

Tell them when they enter the Labyrinth to simply focus on their breathing 4/4/4 and visualise they are walking away from their time as primary school students to the centre and who they are right now. They should pause in the centre and reflect for a minute on their time at Primary school. Then as they walk out, they walk with positivity towards their next phase: as a student in secondary school- a new adventure!

As they exit the Labyrinth, encourage them to notice as they cross the threshold into high school, they might like to quietly thank the Labyrinth.

- Hand out icy poles- Ask students to stand around the outside and begin walking around the circumference of the labyrinth, I prefer clockwise.
- Send students in (every fourth one to create some space between them)

Teacher holds the space, be still and calm- don't forget to breath yourself! Even if they run around- stay calm let it unfold.

Sit or stand in a circle

- Discuss the experience, talk about metaphors –
- the path,
- its twists and turns,
- trusting it will won't get you lost,
- trusting it will take you to your destination,
- Did you rush?
- Were you bored?
- Self-conscious?
- Others on the path
- Did they slow you down
- Did you feel the need to speed up?
- Did you feel like stopping?, resting? Giving up?
- Were you surprised when you reached the centre?
- Were you frustrated to leave on the same path
- Did you want to take the short cut?
- Did you notice the bricks? Any symbols stand out?
- Did you feel the sun? the breeze? Hear the birds? Catch someone's eye?
- How is the Labyrinth like life's journey?

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Activity 2 : At the Labyrinth

Students stand around the entrance (they should be quiet if possible!)

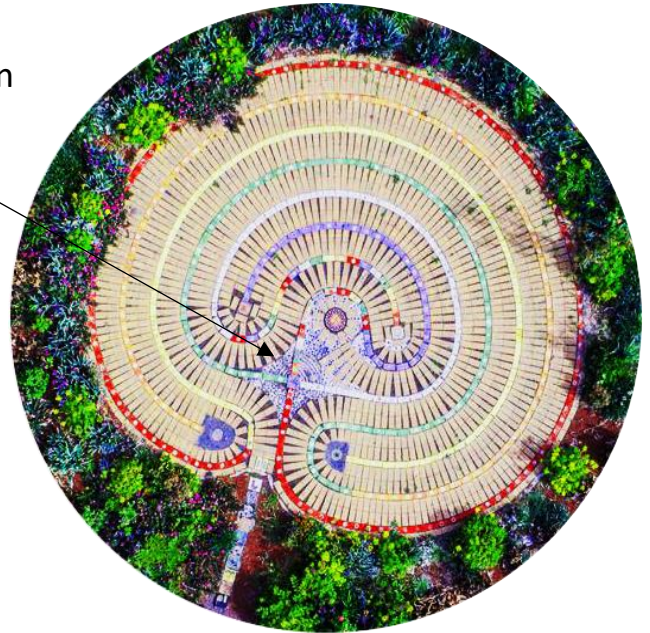
Send half the class to the centre (spaced and walking quietly- reflecting personally on next year)

They pause in the centre and come out leaving a few metres space between them.

Send someone in to walk with them when they reach this point

They will walk next to each-other and just say hello and get to know a little bit about each-other. As one walks out the other walks in.

The first group exits and quietly watches the second group exit.



Go back to the classroom.

Ask students to write a reflection about their labyrinth experience today in the space provided. Can write around the outside or on the labyrinth path this time. They can decorate this if they have time.

Then ask them to revisit the school values in the stars- how might they embody the school values next year. How can they use them to their advantage?

Pair/Share

E.g. I will empower myself by.... They write their answers in the stars.

Collect the "Our Labyrinth sheet" which includes the reflection on the other side. Make sure they are named. They can take the "what is a Labyrinth" sheet home.

Good Luck and enjoy this lesson.

Love Suzie