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ALN SERIES: PRINT 'N GO

Walking the Labyrinth for Reconciliation

Key Idea

Reconciliation is a journey for all Australians; relationships are at the heart of our journey

Focus

- Acknowledge the different places from which individuals begin the reconciliation process
- Think oppressor and oppressed; those who have power and those who don't, and why this might be
- Increase understanding of everyone's perspectives and journey

Preparation

A 2-path flow-through labyrinth is not only symbolically ideal for a reconciliation walk but also social-distancing ideal, allowing 2 people to walk at the same time. Walkers start on opposite sides, so that they each walk their own path journeying to the centre. On the walk out they walk on the opposite path in the footsteps of 'the other.' Some examples of [flow-through labyrinths](#) can be found on this page from [Mark Healy's website](#). Open the Processional Designs PDF link. Figures 5 and 3 would be most suitable and easy to construct because they are based on concentric circles with openings inserted as indicated by the design. Start with a 1.5-2.0m diameter central circle and mark the surrounding circles about 35cm apart. A temporary labyrinth could be marked out with chalk or tape on a firm surface, or with turf paint on grass. Figure 5 can also be made very quickly with 2 lengths of rope. A painter's drop sheet is also a good alternative for a temporary labyrinth base. Drawing up a flow-through labyrinth would make a challenging math task for older students: scaling up the design to minimum measurements suggested above.

Option 1 Heart Mind Hands Reflection Cards

Prepare a set of cards or a worksheet for each student.



Heart

- Is it good to have dreams and goals?
- Do we need others to help us realise our dreams, and achieve our goals?



Mind

- What is judgement?
- Is it easier to make judgements about ourselves or others?
- Are judgements wise?
- Can judgements cause problems?



Hand

- Which is stronger – one person acting alone or a group acting together?
- When is cooperation important? When is it needed?
- Brainstorm some things to remember in being fair to others.

Option 2 Heart Mind Hands Pebbles

Each student prepares 3 pebbles with paint or texta as follows:



Heart: compassion



Mind: fairness



Hand: kindness

The Labyrinth Walk

Resources

Option 1: Reflection Labyrinth Walk: In this Together

- With their reflection cards or worksheet, students encircle the labyrinth, sitting or standing.
- Speak an [Acknowledgement of Country](#)
- Settle students and prepare for the walk by taking 5 calming breaths
- On this reflection walk students walk 2 at a time, starting on opposite sides so that they each walk their own path journeying to the centre.
- At the centre they pause to reflect on the questions they have been pondering.
- On the walk out they walk on the opposite path in the footsteps of 'the other.'
- After they walk they return to their place around the circle and reflect further on their questions until everyone has completed the walk
- Close with a statement such as: *In this together* encourages all Australians to reflect on the part we play – whether big or small – on our journey towards reconciliation. In this we all share a shared sense of belonging and identity.

Option 2: Symbolic Action Labyrinth Walk: In this Together

- With their heart, mind and hand pebbles, students encircle the labyrinth, sitting or standing.
- Speak an [Acknowledgement of Country](#)
- Settle students and prepare for the walk by taking 5 calming breaths, the three pebbles in their hand
- On this walk including a symbolic action, students walk 2 at a time, starting on opposite sides so that they each walk their own path journeying to the centre, leaving the mind

[Share our Pride](#) is a fabulous website, full of resources for giving a glimpse of how life looks from an Aboriginal and Torres Strait Islander perspective. Explore it and find connection links for your students. [Marking Time](#), Indigenous Arts from the NGV exhibition is another great resource available as a virtual tour.

pebble (fairness) somewhere on the path to the centre and carrying the heart and hand pebbles all the way to the centre.

- At the centre they place their heart pebble (compassion) on one of the centre lines.
- On the walk out they walk on the opposite path in the footsteps of 'the other', holding the hand pebble (kindness) and pondering their actions, keeping it as a reminder
- After the walk they return to their place around the circle and quietly reflect on their 3 words: compassion, fairness, kindness until everyone has completed their walk.
- Close with a statement such as: *In this together* encourages all Australians to reflect on the part we play – whether big or small – on our journey towards reconciliation. In this we all share a shared sense of belonging and identity.

Reflection

Invite everyone who took part to reflect on their **Walking the Labyrinth for Reconciliation** experience with any of the suggested prompts below. They could express their thoughts and feelings through any creative means.

a new understanding...

a new feeling...

a new question...

a new insight...

a new determination...

This is a walk with intention for reconciliation. It was designed around the National Reconciliation Week 2020 theme: *In this Together*, and written by <https://www.learningwithlabyrinths.com/> who grants permission for it to be shared through the Australian Labyrinth Network's Print 'n Go Series. It may be used freely in educational settings.