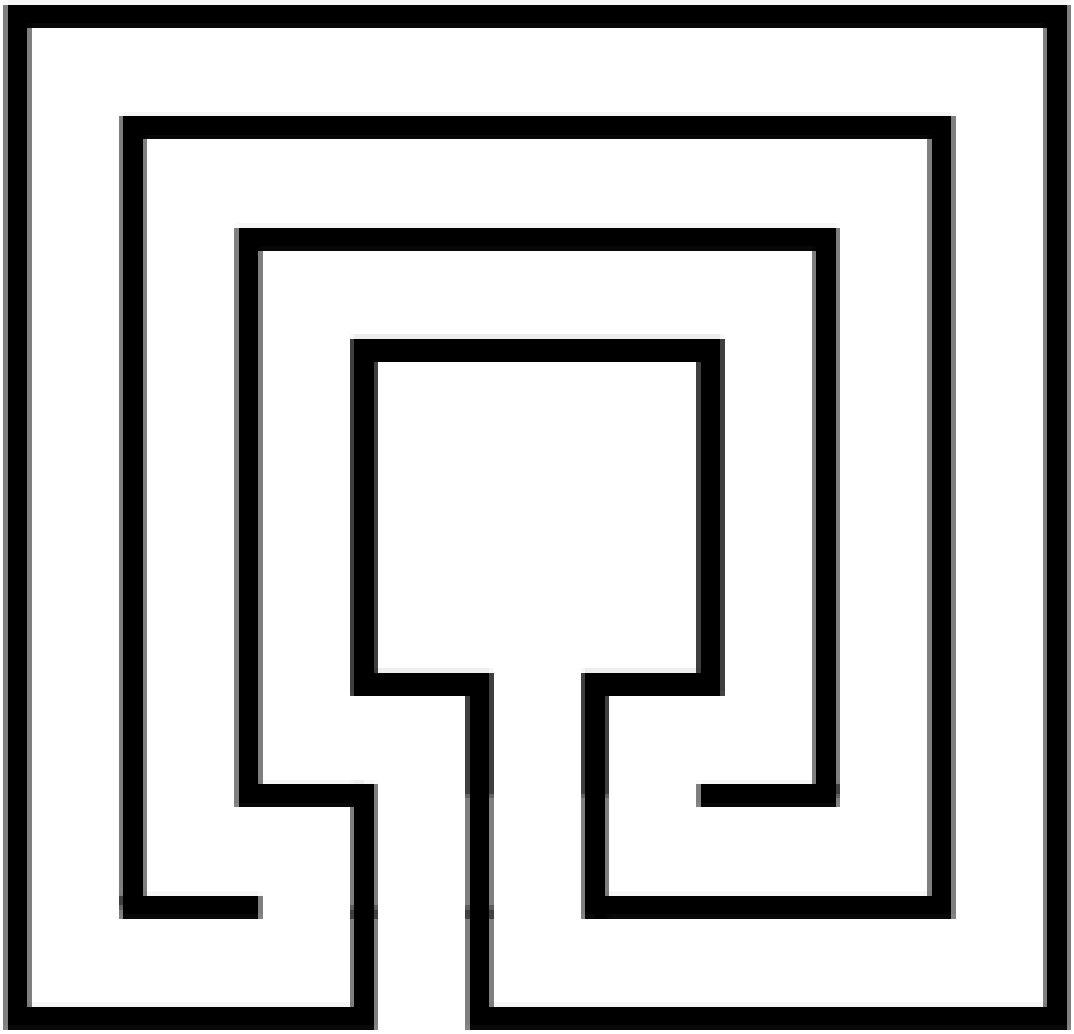


Focus/Intention:

(Teacher: type in intention for walk here)

Guidelines:

(Teacher: type in simple guidelines for using a handheld labyrinth here)

Handheld Labyrinth Reflection Sheet 1:

Use this sheet for a handheld labyrinth walk and after your walk write a reflection from your walk along the pathways of the labyrinth