



Finger Labyrinth

How to Make a Finger Labyrinth from Play Dough:

You will need:

- large ball of Play Dough and a smaller ball of Play Dough
- Large piece of aluminium foil or wax/baking paper
- Rolling pin
- Photo/ print out of a finger Labyrinth you would like to make

How to Make a Finger Labyrinth:

- Take a larger ball of Play Dough and flatten into a large, thin round circle on a piece of aluminium foil or wax baking paper.
- Following the photo or print out, trace out the design into the dough
- Break off smaller pieces of the small ball and continue to roll out into a thin string and place on the lines drawn, applying pressure to join the dough and smooth the surfaces.
- With damp finger tips, smooth all edges.
- Air Dry for 3-4 days or combine OvenDry/Air Dry by oven drying for 15 minutes at 200c and then allow to air Dry for 1-2 days.

– Once dried, seal with two coats of Modge Podge or thin PVC glue.

How to use a Finger Labyrinth:

–Take deep breaths to begin to relax and focus on the entrance to the labyrinth.

-Place your pointer finger from your non-dominate hand on the entrance of the labyrinth. If you find this too awkward at first, use your dominate hand. However, over time, keep trying your non-dominate hand. This helps keep the mind focused on the meditation due to the challenge it presents.

-Slowly trace the pattern of the labyrinth with your finger allowing your mind to clear from extra thought and focus solely on following the path of the labyrinth.

-“Walk” to the centre of the labyrinth and rest momentarily, taking deep breaths observing how you are feeling.

-Retrace your path out of the labyrinth.

-Sit back, breathe deeply and relax. Observe how you are feeling again.