



australian labyrinth  
network inc.

## ALN SERIES: PRINT 'N GO

### Labyrinth Reconciliation Walk

#### Key Idea

Reconciliation is a journey for all Australians; virtues and values are at the heart of our journey

#### Focus

- Acknowledge the different places from which individuals begin the reconciliation process
- Increase understanding of everyone's perspectives and journey
- Think about the virtues and values needed for true reconciliation

#### Resources

[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.

## Preparation

You will need:

- a labyrinth that can be walked indoors or outdoors, OR, this walk can easily be adapted for individual use with a finger labyrinth
- 4 containers, each with a different kind of dried seeds or beans
- a heart made or drawn in the centre of the labyrinth
- 4 labels (see below) each with one virtue/value
- A container of ribbons, one for each student, in the centre of the labyrinth if using that option (see walk)

Place the 4 containers of seeds or beans at various points along the labyrinth path.

Gather students around the labyrinth, either standing or sitting. If students are unfamiliar with labyrinths, explain that the labyrinth is a special walking path. Invite them to share their observations of it.

It can be walked in 3 ways:

- quietly, without thoughts
- with intention, a deep desire, something to think about
- celebratory, with dance or other expressive forms

Share that at this particular time it will be walked **with intention**, for **reconciliation**.

Speak an [Acknowledgement of Country](#)

Explain that people's hearts are like soil, where good things can grow, like virtues and values that enable people to take action for the benefit of all in society. In the walk today the seeds or beans will represent the following:

- (for Seniors). **EMPATHY. GOODWILL. SOLIDARITY. LOVE**
- (for Juniors). **UNDERSTANDING. KINDNESS. UNITY. LOVE**

Discuss with respective groups of students their understandings of each, and why this might vary between people. Place a label in or on each container to remind students of the respective virtue/value.

Explain that on the walk into the labyrinth they will individually collect a seed from each of the containers and carry them to the centre of the labyrinth,

- a seed for empathy, (or understanding)
- a seed for goodwill, (or kindness)
- a seed for solidarity, (or unity)
- a seed for love.

## **The Labyrinth Walk**

### **Walking the path in**

- As each seed is collected, think about how you are these things and how you are not these things sometimes

### **In the Centre**

- Place the seeds in the heart, a symbolic action representing the desire for these values and virtues to grow in all people's hearts, and for those hearts to be one

### **Walking the path out**

- On the walk out join hands (or hold lengths of fabric or ribbon previously placed in the centre) to create an energy force - a force that flows onwards and outwards on the twists and turns into the future as they learn and grow.

Gather around the labyrinth for a few moments of silence to end the walk.

## **Reflection**

Invite everyone who took part to reflect on their **Labyrinth Reconciliation Walk** 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 2019 theme: *Grounded in Truth – Walk Together with Courage*, 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.