

Be Creative!

Choose a piece of interesting paper, maybe some recycled paper like gift wrap. This labyrinth is going to fly, so keep your design fairly light. Refer to our [resources](#) for drawing and making labyrinths for ideas. Think about different ways of decorating your labyrinth that say something about your interests or environment.

Be Compassionate!

Bring a sense of care and kindness into the present moment. Create a heart space in the centre of your labyrinth, or paste tiny cut-out hearts along the path, or mindfully draw little hearts at particular turns in the labyrinth with a special intention, and compassionately honour your current individual or community focus.

Friday 1 May 2020

World Labyrinth Day in Schools

To celebrate World Labyrinth Day in Schools this year, in these extraordinary circumstances, we suggest featuring finger labyrinths since most of us will be home-based and socially distanced. Alternatively, if you have a garden or home labyrinth, please adapt our suggested activities and actions and enjoy them in the same way

Option 2

Be Connected!

Keep your paper finger labyrinth and when you go back to school it can become part of a collection of prayer flags that your class might hang in a special place. In the meantime photograph/scan it and send it to your teacher who could create a slideshow for sharing with everyone. How cool is that! Remember to upload it [here](#) too!

Be Reflective!

As you finger walk your labyrinth, think about all the people in your home, school, community, and in our global community. Think about the changes. What would be your message of peace and hope for all of your global neighbours? Repeat the walk using a finger on your other hand.

Be Strategic!

Write your message of peace and hope along the pathway of your labyrinth. Think about key words you associate with compassion, peace and hope. Maybe think of people you are holding in your heart right now, and write their names along the path.