



## Selections

### Teacher Make-n-Take

- Table labyrinths
- Sand and string labyrinths
- Red rope seeds and labyrinths
- Double labyrinth

### Finger Labyrinths

- Painted placemats
- Felt and glue
- Air dry clay
- Embossed cardboard

### Labyrinth Activities for Children and Adults

- Creative movement through the labyrinth
- Moving with rhythm instruments
- Walking in friendship
- Walking in group lines
- Problem solving
- Guided meditation
- Finding your muse (poetry or prose)
- Aromatic enhancement
- Searching for inner guidance
- Secret stones
- Totems (thankfulness, our gifts, animals)

### Celebrations and Ceremonies

- Birthdays
- Thanksgiving
- Graduations
- New students
- Moving away

### Art and Journaling

- Drawing
- Watercolor
- Construction paper, tissue paper
- Vinyl window clings
- Five Steps (Journal, 3 part labyrinth walk, Journal)
- Points of View (journaling around the labyrinth)

### Building labyrinths

- Red rope, wood chip, table cloth or drop cloths
- Flags, stakes and twine, colored sand
- Chalk, potpourri
- Sticks, limbs, and logs
- Beach sand, shells, or drawings
- Leaves or pine straw
- Rocks, pavers, paint



The Labyrinth at  
Five Oaks Academy



Celtic Cross Labyrinth at Christ  
Church Episcopal School,  
Greenville, SC after digging out  
the paths, above, and after  
installation of the stones, below



## Sample Full Day Agenda for Teacher Workshop

8:30 – 9:00 Introductions and “Gallery” of samples

9:00 – 10:00 Power point Presentation

10:00 – 10:30 Table labyrinth lesson and practice

10:30 – 11:00 Drawing a labyrinth, seeds and circles

11:00 – 11:30 Sand and yarn art

11:30 – 12:00 Red Rope labyrinth

12:00 – 1:00 Lunch

1:00 – 2:00 Wood Chip labyrinth construction indoors and/or chalk labyrinth outdoors

2:00 – 3:00 Activities: Walking in groups, Walking with Intent, and Journaling

3:00 – 4:00 Window Labyrinths in cling vinyl or finger labyrinths in air dry clay or felt and glue

4:00 – 5:00 Activities: Secret Stones, and Sharing and clean up



Art and Activities can be modified.



Temporary labyrinth at the  
IMC West Coast Conference