

All should be encouraged to return to the classroom, so that those who wish can share their experiences.

Step 11: Follow-up Activities

Walk the Labyrinth:

- Some classes walk daily at a regular time.
- Individual students walk during free time - at lunch or recess.
- Teachers walk with classes at times of difficulty or conflict.
- Guidance counselors can use the labyrinth for conflict resolution - walking with the children and then discussing the problem with them (see “Part 2 –Lesson Plans and Classroom Ideas”).
- Invite students who are troubled or angry to walk with someone they trust.
- Staff can walk together - to enjoy being quietly together or when there are conflicts or tension within the staff.

Expand the Labyrinth Experience:

- Use your imagination for ways that will make the labyrinth more meaningful to *your* school.
- Do plantings or add benches around the labyrinth.
- Introduce class projects to learn more about the history and use of the labyrinth.
- Interview people about their experience with labyrinths.
- Have children create labyrinths of their own - on paper, with clay, etc.
- Write articles for local newspapers.
- Ask children what would help them to make the experience more meaningful or helpful.
- Work with teachers as to how the labyrinth can be incorporated into the curriculum.
- The beginning of each school year is a critical time for maintaining an active use of the labyrinth - fliers in teacher’s boxes can remind them to ask for support in introducing the labyrinth to their new students.

- The presentation for teachers could be given to parents at a PTA meeting.
- Be open to all possibilities - in one school, a custodian became interested, looked up information on the Internet and shared it with the children who were organizing the labyrinth project.

Step 12: *Keep the Experience Alive*

Planning for the maintenance of the labyrinth - both physically and in the lives of the children - is essential. This has been particularly important because sometimes a key person who spearheaded the creation of the labyrinth does not return the following year.

One way to do this would be to draw up a contract with the school which outlines the responsibilities of the school and the responsibilities of those helping to bring the labyrinth to the school. Included could be such things as how the physical maintenance will be done and who in the school will be responsible for seeing that new staff and students will be introduced to the labyrinth.

Another way is to have a “Labyrinth Council” at the school made up of interested staff and students. Each year new students would be added to replace those who have left. This group would be ongoing and would be responsible for the physical maintenance of the labyrinth, for planning labyrinth events and for helping to keep the labyrinth experience alive.

CHILDREN'S COMMENTS ON THE LABYRINTH EXPERIENCE

My dog died two weeks ago and I have been very upset. After I walked the labyrinth, I realized my dog would live in my heart forever.

When I walked the Labyrinth I felt relaxed and comfortable. I felt small - kind of in not out. It was very peaceful and quiet.

I thought about my grandma's death. I decided to think about the good parts of her life, rather than her suffering. The labyrinth helped me find a way to forget about her suffering.

I figured out a way to talk to people to get their attention. It is better to talk than to grab someone's neck when they are bugging you.

I thought about the lies I have told. I am really sorry about the lies I have told my friends.

I thought about my grandpa looking down on me from heaven. I thought about things we used to do and how fun he was. I want to feel happy about myself because I know he is watching me.

I feel bad about getting an F in math. I thought of a plan to work harder. It made me feel better.

I decided to go home tonight and say sorry to my sister.

It makes you feel happy when you walk around it.

Sometimes, when you get to the middle, you can pray.

It helps you feel better when you are mad.

When you walk the labyrinth, you can sometimes feel that God is with you.

RESOURCES

BOOKS RELATING TO CHILDREN

Eid, Klaus, **Mind-boggling Mazes and Loopy Labyrinths**, Prestel Publishing, New York City, 2004 www.prestel.com A fun book filled with great labyrinths and mazes.

Hancock, Gael D., **108 Ways to Use Labyrinths in Schools**, Hancock & Associates, 2007. To order: Labyrinths@cox.net, \$12 plus \$2 shipping.

Lantieri, Linda (Editor), **Schools With Spirit, Nurturing the Inner Lives of Children and Teachers**, Beacon Press, Boston, 2001. A beautiful collection of articles that encourages schools to be "soulfull places of learning where the spiritual dimension is welcomed." The separation of church and state is discussed.

Rosetta, Lani, **Let's Have a Labyrinth Party** (Lots of photographs, drawings, local labyrinths, art, poems.), Leihuna Enterprises, 2002. To order: frogayoga@aol.com, \$19.95 plus \$6 shipping.

Rosetta, Lani, **Labyrinths for Kids** (Exploring the Construction and Use of Labyrinths as a Tool for Increasing Fine Motor, Visual Perceptual and Gross Motor Skills in the Classroom), Leihuna Enterprises, 2001, 2002. To order: frogayoga@aol.com, \$19.95 plus \$6 shipping.

GENERAL BIBLIOGRAPHY

Artress, Lauren, **Walking A Sacred Path, Rediscovering the Labyrinth as a Spiritual Practice**, The Berkley Publishing Group, New York, 1995. Revised and updated, 2006. Lauren Artress has been extremely influential in bringing the labyrinth back into the lives of people today.

Artress, Lauren, **The Sacred Path Companion, A Guide to Walking the Labyrinth to Heal and Transform**, The Berkley Publishing Group, New York, 2006.

Ferré, Robert, **Idea Book**, 2002 *Free download online:* <http://www.labyrinth-enterprises.com/IdeaBook.pdf>. A wonderful 33 page book filled with photos and great labyrinth ideas. Worth printing out for your school library.

Ferré, Robert, **Constructing the Chartres Labyrinth**, An Instruction Manual, One Way Press, St. Louis, MO , 2001, 1.800.873.9873, Robert@labyrinth-enterprises.com, \$20

Kern, Hermann, **Through the Labyrinth**, Prestel (English translation in 2000) Probably the most comprehensive book on labyrinths available today.

Lonegren, Sig, **Labyrinths, Ancient Myths and Modern Uses**, Gothic Image Publications, 7 High Street, Glastonbury, Somerset BA6 9DP, England, 1991, 4th edition 2007

Matthews, W.H., **Mazes and Labyrinths, Their History and Development**. Dover Publications, New York, 1970.

Saward, Jeff, **Labyrinths and Mazes - A Complete Guide to Magical Paths of the World**, Lark Books, a division of Sterling Publishing Company, Inc., New York, 2003. Great summary and pictures of labyrinths throughout history all around the world.

Saward, Jeff, **Magical Paths, Labyrinths and Mazes in the 21st Century**, Octopus Publishing, London, 2002. Magnificent photos and much information on labyrinths. Information to help you create a Time Line. A must for serious students of the history of labyrinths – should be in every school library.

WEB SITES

Labyrinth Resource Group www.LabyrinthResourceGroup.org Santa Fe, NM labyrinth group. There is a section on Schools.

Lauren Artress and Veriditas www.veriditas.net The international organization founded by Lauren to promote the use of labyrinths as a spiritual tool.

The Labyrinth Society www.labyrinthsociety.org An international organization of people and groups interested in labyrinths.

Robert Ferré www.labyrinth-enterprises.com Excellent information on how to build all kinds of labyrinths - both temporary and permanent. Robert is a professional labyrinth builder.

Marty Kermeen, Artistic Pavers, Inc www.artisticpavers.com Marty does beautiful labyrinths of cut pavers or stone.

Sig Lonegren, www.geomancy.org Excellent information on dowsing.

John Ridder and The Labyrinth Coalition www.labyrinths.org John is a labyrinth builder with a web site full of helpful labyrinth information, including things to buy.

LABYRINTH FACILITATOR TRAINING

Lauren Artress leads a two day Facilitator Training several times a year in San Francisco, Chartres, France and around the country. Check www.veriditas.net for details. The Training gave me the confidence to start my work in the schools