



Mini Labyrinth

- ◇ Equipment: Print the picture of the Labyrinth below
- ◇ Set up: Find a space to do this activity
- ◇ Instructions: A labyrinth path can help us be still in a busy world/home.

Place your finger at the entrance and slowly trace the path to the centre. As you do it let your thoughts wander, or think about those you love, or be thankful for good things in your life.

In the middle pause for a moment then trace the path back out again.

If you want to you can talk with others about what you've been thinking about.

