

It is possible to create a simple labyrinth for children to walk... using a variety of materials...

Step by step instructions can be found as one of the **free download documents** at www.pilgrimpaths.co.uk



Rope



Tape



On the beach...



Paper cups!



On a lawn...

What will you do?

I'd love for you to send me a picture when you do..

Every blessing...

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A Guide to Working with a Finger Labyrinth during Godly Play Response Time.



Following a labyrinth path can offer a busy mind an opportunity to be inwardly observant, to pay attention to feelings, to explore challenges and to be open to new thoughts and ideas.

Children may like to work with their thoughts using a labyrinth during their Godly Play response time.

Solid oak and fabric finger labyrinths can be purchased on our [website](http://www.pilgrimpaths.co.uk) too..

Working with a finger labyrinth...

Place your finger labyrinth on the floor, a table or a lap tray.



Be still and gently breathe slowly for a few breaths...



When you are ready... very slowly trace the labyrinth path with a finger, notice what you are thinking...



You might like to draw or write about your thoughts ...



Put the labyrinth away so that you can find it again another time.



As you leave the labyrinth stop for a moment and place your hand gently on the labyrinth to mark the end of your labyrinth time.



When you are ready... Trace back along the same path... Think about any new thoughts or ideas you might have from your time in the labyrinth....



When you reach the centre - stay there for a while...think about your most important thought ...or simply rest for a few moments and breathe softly...

