



Labyrinths *for Kids!*



About Labyrinths

Labyrinths have been around for over 4,000 years! They have been used by many different cultures and religions and are used for relaxation, meditation and prayer. Today, labyrinths can be found in hospital gardens, parks, churches, schools, and home gardens as they are known for their meditative properties.

Walking a Labyrinth

Begin at the open space and follow the path to the center. While walking the labyrinth, clear your mind of extra thought. Breathe in and out slowly and invite calmness into your body. Stay awhile. Let the labyrinth garden soothe your spirit. Take time to quiet your mind and be still. Listen and reflect.

A labyrinth is a geometric pattern, similar to a maze, but it differs in that there's just one path. You can't get lost!

-CharlotteontheCheap.com

How to bring calmness into your body

Slow down then stand or sit still. Do a big, calm sigh. Take deep breaths. Breathe in slowly and hold it. Let your air out - slow and long. Repeat 3-4 times. Does your body feel more calm? You can do this anytime!

Labyrinth activities at home

- draw a labyrinth on paper then trace it with your finger
- use sidewalk chalk to draw a labyrinth outdoors to walk
- use flour to trace a labyrinth path with your finger
- gather pebbles, grass blades or mulch to make a labyrinth
- use string to make a labyrinth; how much will you need?
- take deep breathes then imagine in your mind you are walking a beautiful labyrinth you saw in a picture



World Labyrinth Day

- first Saturday in May every year
- school communities participate on the Friday before
- a walking meditation for world peace

www.worldlabyrinthday.org/about/wld-in-schools

7 Labyrinths in the Charlotte area you can visit!

1. Avondale Presbyterian Church, 2821 Park Road, Charlotte, NC 28209
2. McCrorey Family YMCA, Almetto Howey Alexander Labyrinth, 3801 Beatties Ford Road, Charlotte, NC 28216
3. The Grove, 5735 E. W T Harris Blvd, Charlotte, NC 28215
4. Myers Park Baptist Church, 1900 Queens Road, Charlotte, NC 28207
5. Myers Park United Methodist Church, 1501 Queens Road, Charlotte, NC 28207
6. Sardis Baptist Church, 5811 Sardis Road, Charlotte, NC 28270
7. The Davidson College Labyrinth, Hobart Park, between Faculty Drive and Baker Drive, Davidson

Find pictures and more.

www.charlotteonthecheap.com/labyrinths/



Labyrinths, Mindfulness & Meditation *for Kids!*



What is a Labyrinth?

A labyrinth is a spiral walking path. When you walk into a labyrinth, a single clear path guides you to its center. Unlike a maze which has numerous paths and is designed to confuse or trick, a labyrinth is calming.

There are many ways to use a labyrinth. Labyrinths are used for relaxation, meditation and prayer. Walking a labyrinth helps you center yourself and practice mindfulness.

A Finger Labyrinth

A finger labyrinth is similar to a full-sized labyrinth you would walk except it is much smaller and portable. Using your finger rather than your feet, trace the path to the center.

Finger labyrinths can help children and adults relax, feel better when sad, anxious, scared, ashamed, or embarrassed. Labyrinths help with concentration too. Take a deep breath and try it!



How to do a Finger Labyrinth Meditation?

- * Take deep, slow breaths to begin to relax and focus on the entrance to the labyrinth.
- * Place your pointer finger from your non-dominant hand on the entrance of the labyrinth. If you find this too awkward at first, use your dominant hand. However, over time, keep trying your non-dominant hand. This helps keep the mind focused on the meditation due to the challenge it presents.
- * Slowly trace the pattern of the labyrinth with your finger allowing your mind to clear from extra thought and focus solely on following the path of the labyrinth.
- * "Walk" to the center of the labyrinth and rest momentarily, taking deep breaths and observing how you are feeling.
- * Retrace your path out of the labyrinth.
- * Sit back, breathe deeply and relax. Observe how you are feeling again.
- * Repeat.

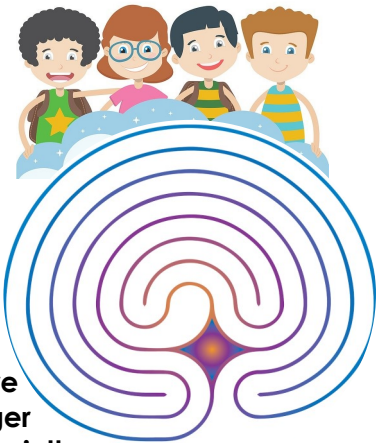
(www.relax4life.com)

What is mindfulness?

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multi-tasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way. (<https://kidshealth.org>)

What is meditation?

Meditation can be difficult to define, but let's try! It is a practice for calming one's mind and body. This practice of the mind and body gets past the "thinking" mind and goes into a deeper state of relaxation or awareness. There are many physical and mental benefits to doing this.



More Finger Labyrinths & ..

[-Mindfulness in the Classroom -
Finger Labyrinth Meditation](#)

[-more labyrinths to print](#)

[-virtual labyrinth](#)

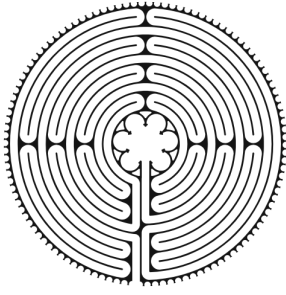


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Finger Labyrinth Chartres design

Using your finger, trace the path to the center, then trace your finger back out.
Calm your mind and let your body relax.





Labyrinths *for Kids!*

Finger Labyrinth

Cretan design

Using your finger, trace the path to the center,
then trace your finger back out.

Calm your mind and let your body relax.

