

Stepping out Together

~ a labyrinth walk for the start of a new school year or the start of a new term

Concepts

Collaboration, trust, harmony, learning through movement, social engagement, wellbeing

Preparation

- If an indoor or outdoor labyrinth is not accessible, select a labyrinth design and mark it out outdoors or in an auditorium. Involve students if possible.
- A length of fabric approximately 100x20cm for each student (soft, silky, multi-coloured)
- Place the fabric strips at regular intervals around the labyrinth

The Walk

- Teacher positions self at the entrance to the labyrinth
- Invites students to pick up a piece of fabric and stand where they found it, facing in towards the centre of the labyrinth
- At a given signal students are invited to hold onto the end of the fabric of students either side of them, with the teacher completing the circle
- Teacher lets go of fabric on left side and holding on to the end of fabric of student to the right, leads the walk in a clockwise direction right around the circumference, then in through the entrance and along the labyrinth path to the centre
- Wait for everyone to reach the centre, close eyes, be still, offer a silent thought about hopes and dreams for a new school year
- Teacher leads out (watch the unwinding, everyone should still be holding onto their fabric) and once back at the entrance leads students anti-clockwise around the circumference
- Facing the centre and with students still surrounding the labyrinth, and holding fabric pieces, begin the countdown to a new school year together and all of the exciting possibilities it holds: 10 – 9 – 8 - - - 1

REACH FOR THE SKY!

