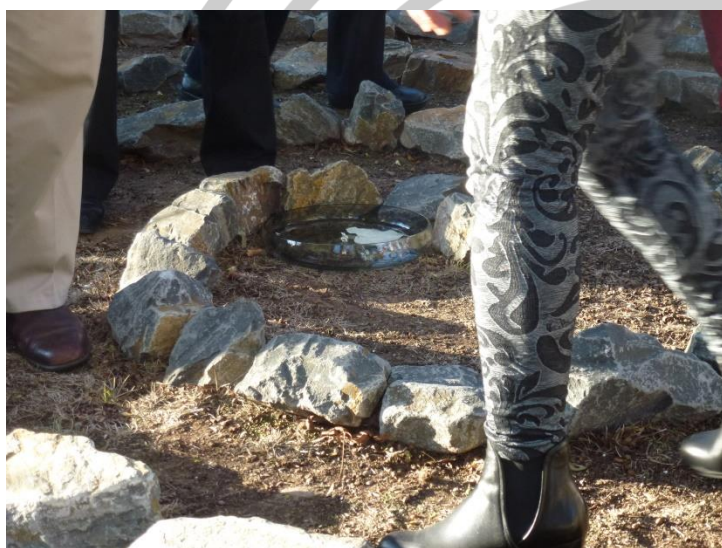


Labyrinths: walking and using them – a self-guided inquiry

This hyperdoc can be used individually or in groups of 4. When used with a group of 4, allocate one question section per participant and each takes responsibility for sharing their respective findings with the others.

Begin by taking a virtual labyrinth walk [here](#) or download a [finger labyrinth](#) or walk an indoor/outdoor labyrinth nearby.



How is a labyrinth walked?
Do I walk alone or with others?
How long does it take?
What do I focus on?

www.peacelabyrinth.org/how-to-walk-the-labyrinth

[/lessons4living.com/walking.htm](http://lessons4living.com/walking.htm)

soulsong.abmp.com/the-labyrinth

How do finger labyrinths work?

lessons4living.com/finger_labyrinth.htm

labyrinthociety.org/research-bibliography/categories/1437-finger-labyrinths

educationsvoice.wordpress.com/2016/12/26/mindfulness-in-the-classroom-finger-labyrinth-meditation/





In what kinds of ways can labyrinth be used?

<https://youtu.be/X7Bxd18X9D4>
(problem solving)

<http://lessons4living.com/101%20Ways%20to%20Use%20a%20Labyrinth.PDF>

What are some known benefits of walking labyrinths?

<https://www.labyrinthcompany.com/page/about-labyrinths>

<https://labyrinthssociety.org/research-bibliography/categories/1451-schools-k-12>

<http://soulsong.abmp.com/the-labyrinth>

