Labyrinth Reconciliation Walk
Grounded in Truth – Walk Together with Courage

You will need:
- a labyrinth that can be walked indoors or outdoors, OR, a finger labyrinth (see Reconciliation Walk worksheets)
- 4 bowls of dried seeds/beans, eg lima, borlotti, kidney, cannellini, chick peas
- a heart drawn with chalk in the centre of the labyrinth

Procedure:
Place the 4 bowls of seeds at various points along the labyrinth path.

Gather students around the labyrinth, either standing or sitting. If students are unfamiliar with labyrinths, explain that the labyrinth is a special walking path.
It can be walked in 3 ways:
- quietly, without thoughts
- with intention, something we are thinking about
- celebratory, with dance or other expressive forms

Tell them that at this particular time we will walk it with intention, for reconciliation.

Explain that our hearts are like soil, where good things can grow,
- (Seniors). EMPATHY. GOODWILL. SOLIDARITY. LOVE
- (Juniors). UNDERSTANDING. KINDNESS. UNITY. LOVE
and we will think of these as our seeds.
On our walk in we will collect a seed from each bowl,
- a seed for empathy, (or understanding)
- a seed for goodwill, (or kindness)
- a seed for solidarity, (or unity)
- a seed for love.

The Walk
- As we collect each seed we will think about how we are these things and how we are not these things sometimes
- At the centre we will sow the seeds in the heart. This will be like our own soil.
- On the walk out we will join hands to create an energy force - a force that flows onwards and outwards on the twists and turns into the future as we learn and grow.

(For Seniors: we have a solid foundation on which to grow when we are grounded in our own “Truth”, ie when we understand and accept our own truth)

Reference: