

# 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.

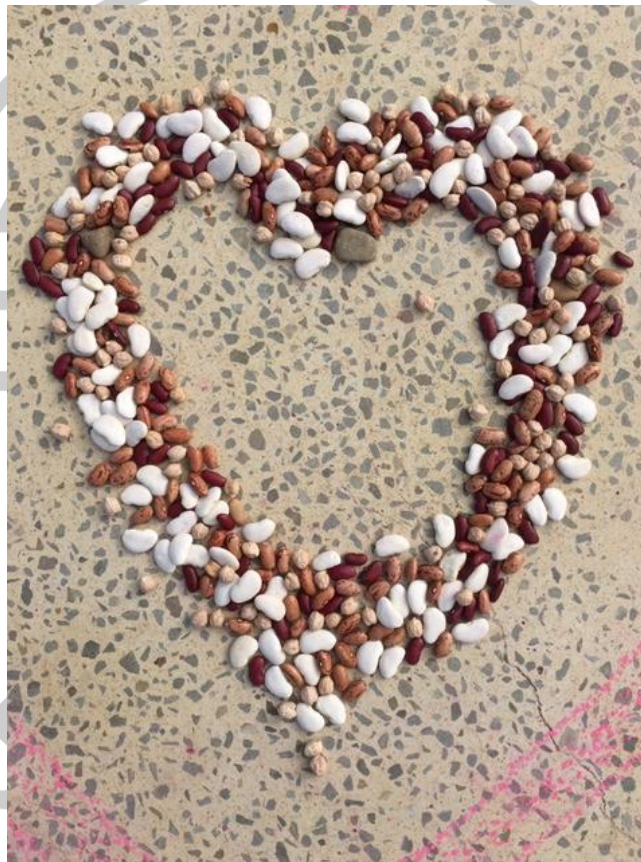


On our walk in we will collect a seed from each bowl,

- 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:



NATIONAL RECONCILIATION WEEK 2019 27 MAY - 3 JUNE  
**GROUND**ed *in* **TRUTH**  
WALK TOGETHER WITH COURAGE

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