

# Labyrinth Resources for Educators

Compiled by Lars Howlett

## Ideas for Exploring Labyrinths in the Classroom:

- **Art:** Learn to draw classical pattern, experiment with seed patterns & designs
- **Math:** Study sacred geometry, meanings of numbers and patterns/ratios in nature
- **Math:** Calculate/estimate length of walking path using geometry or strides
- **Music:** Drum circle on the labyrinth
- **Service Learning:** Create labyrinth out of food/clothing donations that builds over time
- **Social Studies:** Study labyrinths around world – Cretan coins, Roman Mosaics, English Turf Mazes, Peruvian Nazca Lines, Swedish Trojaborg, Hopi “Man in the Maze”, etc.
- **Language Arts:** Write poems or reflections along the path of a finger labyrinth drawing
- **Language Arts:** Consider myth of Theseus and the Minotaur, Ariadne’s Thread, use of metaphor, also popular culture – David Bowie’s *Labyrinth*
- **PE:** Walking meditation as healthy practice of being outside in motion, epic walks: Appalachian Trail, Mount Everest, Pacific Crest Trail, marathon as meditation
- **Health:** Conflict resolution, emotional control, stress reduction, mindfulness
- **Ritual:** Group walk on 1<sup>st</sup> or last day of the semester to set intention/reflect

## Common Materials for Creating Labyrinths at Schools:

- **Finger** labyrinth drawn on paper
- **Chalk** on concrete or blacktop
- **Flour** or Lime on grass or dirt
- **Masking Tape** on carpet or floor
- **Projection** of light on ground from above
- **Paint** on wood or hard floor
- **Food or Clothing drive** using donations to create path
- **Rope or String** with stakes in ground
- **Scratched** in surface of sand, gravel or dirt
- **Mown** into grass lawn at different levels
- **Landscape** installation with stone, bricks, mulch, garden, etc.
- **Stone paver** with bricks in-laid as plaza

For more information see:

### Discover Labyrinths

<http://www.DiscoverLabyrinths.com>

San Francisco Bay Area labyrinth designer and facilitator Lars Howlett offers presentations on artistic installations (books, shoes, coconuts, bottles) as pathway to peace through healing. Lars speaks to K-12 and college classes, organizes school social justice projects, brainstorms ideas for classroom curriculum, and helps build temporary or permanent labyrinth installations.

## **Labyrinth Resource Group**

<http://labyrinthresourcegroup.org>

A Santa Fe non-profit with free manual to download detailing advice and steps for building a school labyrinth. They have built ten labyrinths in New Mexico at elementary schools and published a School Labyrinth Guide including 32 pages of lesson plans, classroom ideas, and a construction workbook for \$35 with a DVD.

## **The Labyrinth Society**

<http://labyrinthociety.org/resources>

International organization offers insight into labyrinth types and sacred geometry, instructions for drawing, and activities for kids. Sponsors the Labyrinth Locator (LabyrinthLocator.com) for finding and exploring labyrinths in your community and World Labyrinth Day on the first Saturday in May each year.

## **Veriditas**

<http://www.veriditas.org/ft>

Non-profit founded by Lauren Artress formerly of Grace Cathedral that leads spiritual workshops and facilitator training for many including teachers, faculty or school chaplains that may be interested in introducing or leading a labyrinth program at a school.

## **My Maze**

[http://www.mymaze.de/home\\_e.htm](http://www.mymaze.de/home_e.htm)

The most comprehensive website for labyrinth designs, drawings, and geometry.

## **108 Ways to Use Labyrinths in Schools**

<http://www.montessoriservices.com/108-ways-to-use-labyrinths-in-schools>

Forty page paperback full of ideas for utilizing the labyrinth in classrooms sold for \$15.

## **Toronto Labyrinth Community**

<http://www.labyrinthnetwork.ca/children.htm>

Labyrinth Art Examples and List of Children's Books

## **Yoga in my School**

<http://yogainmyschool.com/labyrinths-in-the-classroom-a-cross-curricular-learning-tool/>

Ideas for using labyrinths in the various fields of education and the benefits to students.

## **Peaceful Endeavors**

<http://www.peacefulendeavours.com/children.htm>

Labyrinth facilitator Virginia LoneSky offers more examples of drawing simple to complex labyrinths and photos of labyrinths used in classrooms around the world.