



Heart, Hands, Head and Feet for Peace



Big Ideas:

- Peace in the world begins with peace within.
- Peace within is the core of respectful relationships and environments in which we live, learn and work.
- When people focus on peacebuilding and find alternate solutions to conflict, good things can happen.

Big Question:

- How can people be channels for peace?

Reflective Question:

- How can I reflect more inner and outer peace?

Alignments:

- Hearts to feel
- Hands to help
- Feet to walk in steps of
- Heads to imagine and create

A Preliminary Inclusive Experience

In preparation for *World Labyrinth Day in Educational Settings 2022*, and to set the scene, why not organize a staff, group or individual labyrinth walk to the accompaniment of a piece of music written especially for *Peace*? An example could be "[Benedictus](#)" from [The Armed Man: A Mass for Peace](#) written by the Welsh composer, Sir Karl Jenkins, to mark our entry into the new Millennium. To create a contemplative mood consider the use of soft lighting, [plants](#) that are associated with peace, and any other [symbols](#) representing peace. The light, plant or symbolic elements could be incorporated into symbolic acts, eg carried into and placed strategically along the labyrinth path or in the centre. Alternatively, before the walk symbols and objects could be placed in the centre of the labyrinth so that on reaching the centre each walker selects one and carries it back out as a commitment to peace.



Heart Experiences



Heart Labyrinths

- Research “heart” labyrinth designs
- Recreate one of more of your heart design favourites (it could be a finger or a walking labyrinth): drawing, painting, with found objects, ceramic, fabric, with body shapes ... anything that will make lines!
- Who might have designed the very first heart-shaped labyrinth? Why might someone design a labyrinth in a heart-shape? How could it be useful or beneficial to the maker, and to the recipient?
- Think about where, or to whom, you would most like to send peace waves.
- Dedicate your heart labyrinth walk to that intention. And walk it mindfully.
- Make a collage or montage incorporating your labyrinth design and images/symbols/words of your chosen peace focus.
- Exhibit your works in a special place and invite others to take a mindful gallery walk.
- Brainstorm ways that you could send or deliver a heart labyrinth to someone, and action that.

Gardner’s Double Appleton

This is a fun labyrinth dance suitable for a 7-circuit classical labyrinth (see Teacher Notes). Your feet are definitely involved, and it also takes some head work to learn the sequence and flow for pairs and three-somes, This [video](#) is very helpful. Once you figure out the flow, and add some music, it becomes a very meditative, **heartfelt** and joyful labyrinth activity. More background on the dance can be found [here](#).

Reflect on your experience, what did you notice and feel?



Hands Experiences



With your hands, make a temporary finger labyrinth using beads, or other found objects, in pattern sequences. Alternatively, it could simply be random placement. Walk the path with your non-dominant hand. What did you notice? Try other body parts, eg thumb, little finger, elbow, etc. What did you notice?

Search for an image of a hand-shaped labyrinth design (Maia Scott's design can be found by scrolling down on [this TLS page](#)). Practice drawing it so that you can take a finger labyrinth walk. If a large, paved area is available, try drawing the design with chalk, and then walking it. Did you notice any differences between doing a finger walk and a walking walk on the same design?

Trace around your own hand. Can you create a labyrinth path of your own design? Share your design with others.

Hand-in-Hand

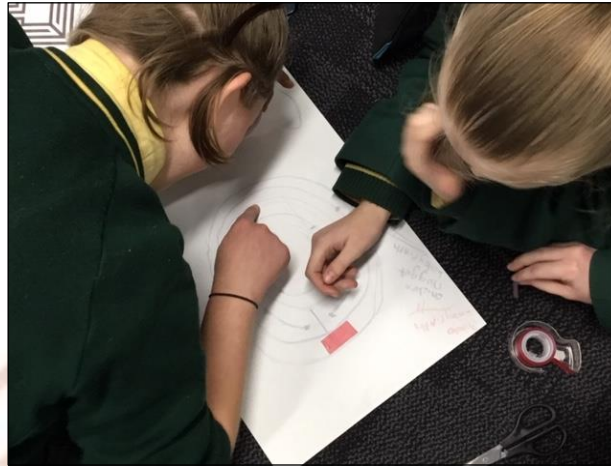
- Gather a group of people – class/school/faculty/centre
- Make a [flow-through labyrinth](#) to walk indoors or outdoors. Before starting the walk, each person is linked with hands or scarves or ribbons. Take local social distancing requirements into account. (The flow-through labyrinth link is on [Mark Healy's website](#). Illustrations 3 and 5 are easy to execute using concentric circles as a basis for construction)
- On the way IN: bring peace to your heart
- On the way OUT: send peace to a place or person of yours or the group's choice
- [Send us a photo!](#) And tell us how many took part so that we can track it around the globe and share with others!

Peace Pole Project

Incorporate this symbol of oneness for peace on earth with one of the outdoor or indoor labyrinth activities. [Plant a peace pole](#).



Head Experiences



Make a personal labyrinth (see Teacher Notes), eg on a tile. Stencil your design, draw, paint or collage it. Personalise with words, symbols, poetry, quotes. The classical design is a good one to start with, but there are lots of other designs that could appeal. Even original ones!

Select a place (or more) that would make an ideal meditative space. Individually or as a group create labyrinth designs, and install them on walls, table tops, floors. Design and issue invitations for others to seek out those places and walk the labyrinths. Include some simple steps for walking, and times in life when walking a labyrinth can be a good thing to do. Send us some photos of your special spaces to share.

Create a **STEAM** unit

Science: look for patterns and relationships in labyrinths and their design, describe the patterns observed, explore ways in which the human body as a system responds to the labyrinth spatial environment

Technology: translate original designs (see Arts) to digital formats, decide where and how these designs could be shared with others, eg posters, personal cards, etc

Engineering: transfer the walking labyrinth concentric circle design (see Math) onto a temporary surface like canvas/fabric, or draw/mark on a paved/firm surface

Arts: make a study of a whole range of labyrinths, determine the features of labyrinths, and design one of your own that meets the criteria

Mathematics: choose a labyrinth design based on concentric circles and decide how to reproduce it on a larger scale, eg into a walking-sized labyrinth. This [Geoff Rodda ALN Website](#) resource could be a starting point. Calculate the length of your walking path.



Feet Experiences



Create a “feet” labyrinth: temporary or permanent, indoors or outdoors, or a finger labyrinth, as a group project:

- with paper cutout feet
- chalk drawn feet
- stencilled feet on paper, tiles, or paved surface
- fabric feet stitched to a background

Make a labyrinth with donated shoes and then send them on to a HELP organization afterwards. (See Teacher Notes for design ideas)

Plant succulents in old, donated shoes and use them to create the lines of a 3 or 5 circuit classical labyrinth (see Teacher Notes). Stepping stones, bricks or pavers could be used to form the path.

Action - Walk in someone’s shoes: research a place of conflict, collect as much information as you can. Use improvisation and role play to really imagine what it must be like living and being there. Hold this place in your heart as you walk your feet labyrinth. Record messages of hope and peace around or on the labyrinth or the feet.

Create a circle dance for peace, a sense of oneness while moving rhythmically. It could be a small group project: creating the dance steps, sequences, and teaching it to others. Find inspiration with [this video](#). Select some music and go for it!

We’d love to see/hear/read about your work! [email contact](#)



Time to Reflect!

Come back to the Big Ideas, Big Question, and Reflective Question that underpin this set of resources, ***Hearts, Hands, Head and Feet for Peace***. Review the experiences undertaken, and invite everyone who took part to reflect on their labyrinth experience/s with any of the suggested prompts below. They could express their thoughts and feelings through any creative means.

a new understanding

a new feeling

a new question

a new insight

a new determination

I hope ...

I wonder ...

I think ...

I feel ...

I imagine ...

Before I _____ now I _____

What has this made you wonder?

What might you think more about?

What might you start?

What connections have you made?

What questions has this made you ask?