



ACTIVITY 1

A PEACEFUL HEART FOCUS WITH HEART BRAIN COHERENCE

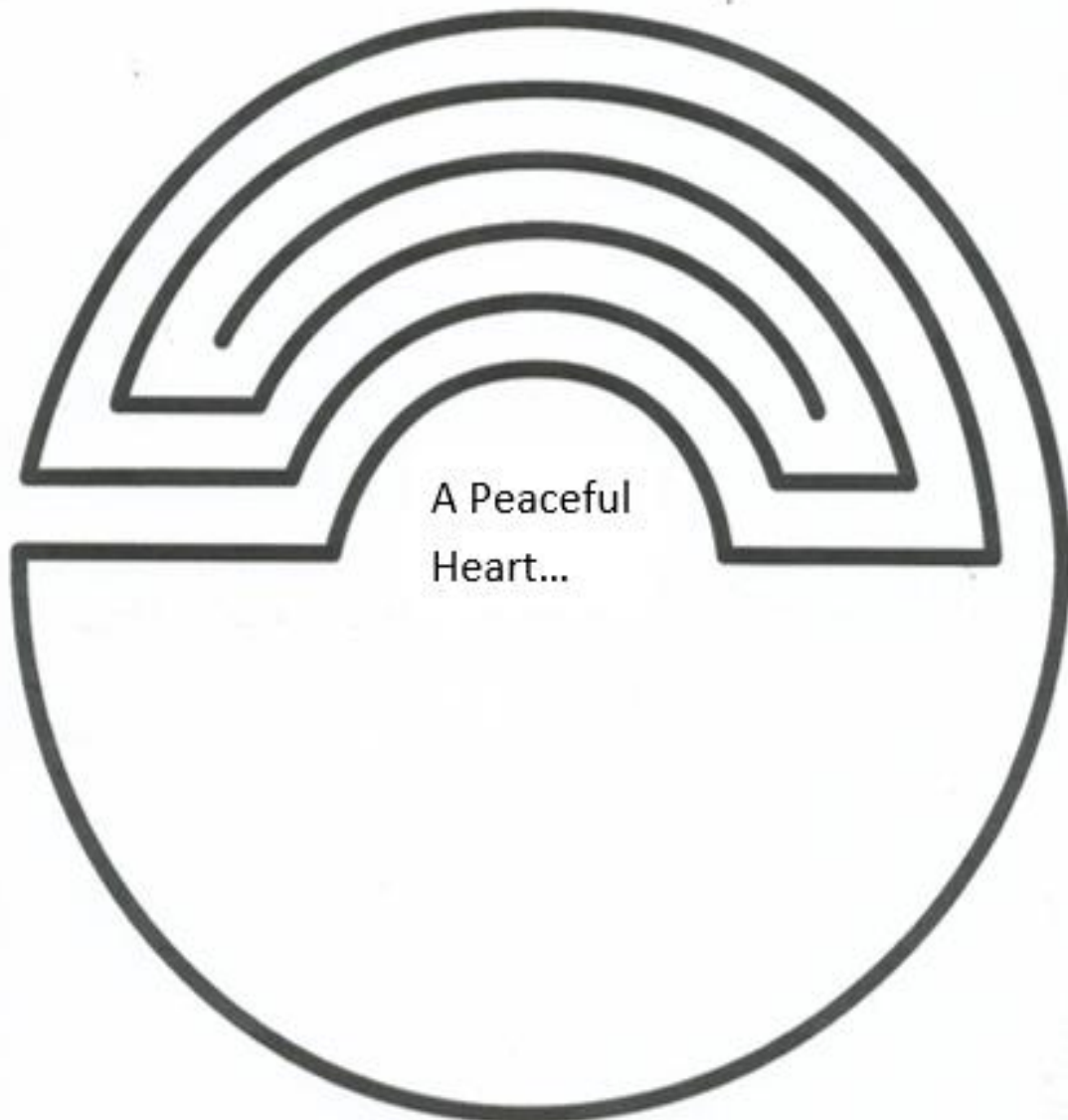


Image credit ©LearningwithLabyrinths

Reproduce/increase size of labyrinth for your purpose

THE PRACTICE:

- Introduce the labyrinth
- Preparation for the finger walk

Sitting in a comfortable position, feet on the ground.

Breath – with a finger placed at the opening of the labyrinth, trace around the perimeter of the labyrinth, breathing in for one half of the circuit, breathing out for the second half. **Repeat twice.**



FINGER LABYRINTH WALK

Entrance Reflection:

What is peace? What is a peaceful heart?

What does “peace” or having a “peaceful heart” mean to you? How does this feel?

Do you associate this with a place? A special experience?

Are you alone or is someone else with you when you have this feeling? What are you doing?

Now, slowly Finger walk the labyrinth with your “peaceful heart”. When you get to the “centre” (the second half) of this particular design, draw a picture of what you hold in your peaceful heart.

HEART BRAIN CONNECTION.

Place one hand on the picture, the other on your heart. Close your eyes. Take a breath in and visualize this peaceful experience. With each breath, imagine the breath connecting your peaceful experience and your heart. Feel the love, joy, safety, gratitude of being at peace. With each breath, feel it become stronger. Stay with these feelings for a few minutes....

**** teacher reference: short summary of heart math coherence - a quick guide
<https://www.youtube.com/watch?v=8zHuoU8yKLQ>

VARIATION:

Use the labyrinth as a response/ reflection to a shared picture book on the topic of peace. Some picture books can be accessed on YouTube.

- *What is Peace?* by Emma Damon
- *In My Heart* by Jo Witek
- *The Invisible String* by Patrice Karst (student can draw own heart shape labyrinth using concept of Ariadne thread - see below)
- *The Big Book for Peace* by Ann Durell and Marilyn Sachs
- *What Does Peace Look Like* by Vladimir Radunsky
- *I am Peace* by Susan Verde

<https://www.youtube.com/watch?v=hXA3837uv3w>

https://www.youtube.com/watch?v=ocY_VVnGhSQ

<https://www.youtube.com/watch?v=uqkPdIjjSFI> song (junior children)

- *Peace is an Offering* by Annette le box

<https://www.youtube.com/watch?v=yJHfYJH29x8>



- *Peace* by Baptiste Paul and Miranda Paul .
Verse from book:
Peace is on purpose.
Peace is a choice.
Peace lets the smallest of us
have a voice.
- *Peaceful Hearts* by Andrea Team
https://www.youtube.com/watch?v=Hntp_N_oF64







LABYRINTH HEART DESIGNS:

<https://www.youtube.com/watch?v=t5c3gyGOGp0> drawing odd-shaped labyrinth









Design your own heart labyrinth

1 	2 
3 	4 
5 	6 <i>Continue pattern as desired</i>
7 <i>Final Path</i> 	8



Design your own heart labyrinth

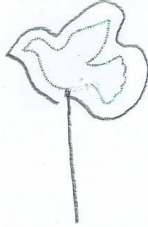
* = starting point

<p>1</p> 	<p>2</p> 
<p>3</p> 	<p>4</p> 
<p>5</p> <p>Repeat for desired number of circuits</p>	<p>6</p>

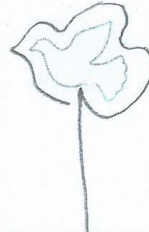


Design your own heart labyrinth

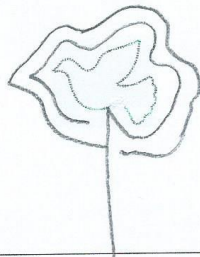
1 Draw or Copy image of a dove - symbol of peace



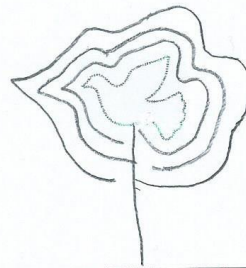
2



3



4



5 Continue for as many paths as required



6



ADDITIONAL RESOURCES

The power of your heart for peace <https://youtu.be/HUjkPWljrrY>