

Children and use of the labyrinth

1. Using the labyrinth will help you relax when you are...

- a) Studying for or worrying about a test
- b) Doing homework
- c) Fighting with a brother or sister
- d) Fighting with other kids and feeling bad about it
- e) Mad at your parents

2. Using the labyrinth will help you feel better when you are sad or scared because...

- a) You lost or broke a special item/toy
- b) Someone said something that hurt your feelings
- c) A teacher or another kid made you feel bad
- d) You got a bad grade at school
- e) You said something mean to someone and feel bad about it
- f) Kids tease you
- g) Someone you love (grandparent or pet) died and went to heaven
- h) You didn't get invited to a party you wanted to go to
- i) You didn't get chosen for a sports team or game
- j) You were chosen last for a sports team or gym activity

3. Using the labyrinth will help you when feeling ashamed or embarrassed...

- a) Just got a new pair of glasses
- b) Just got braces on your teeth
- c) Had a personal accident
- d) Kid's teasing you in front of other kids
- e) Answering a question wrong when your teacher calls on you in class

4. Using the labyrinth will help you concentrate...

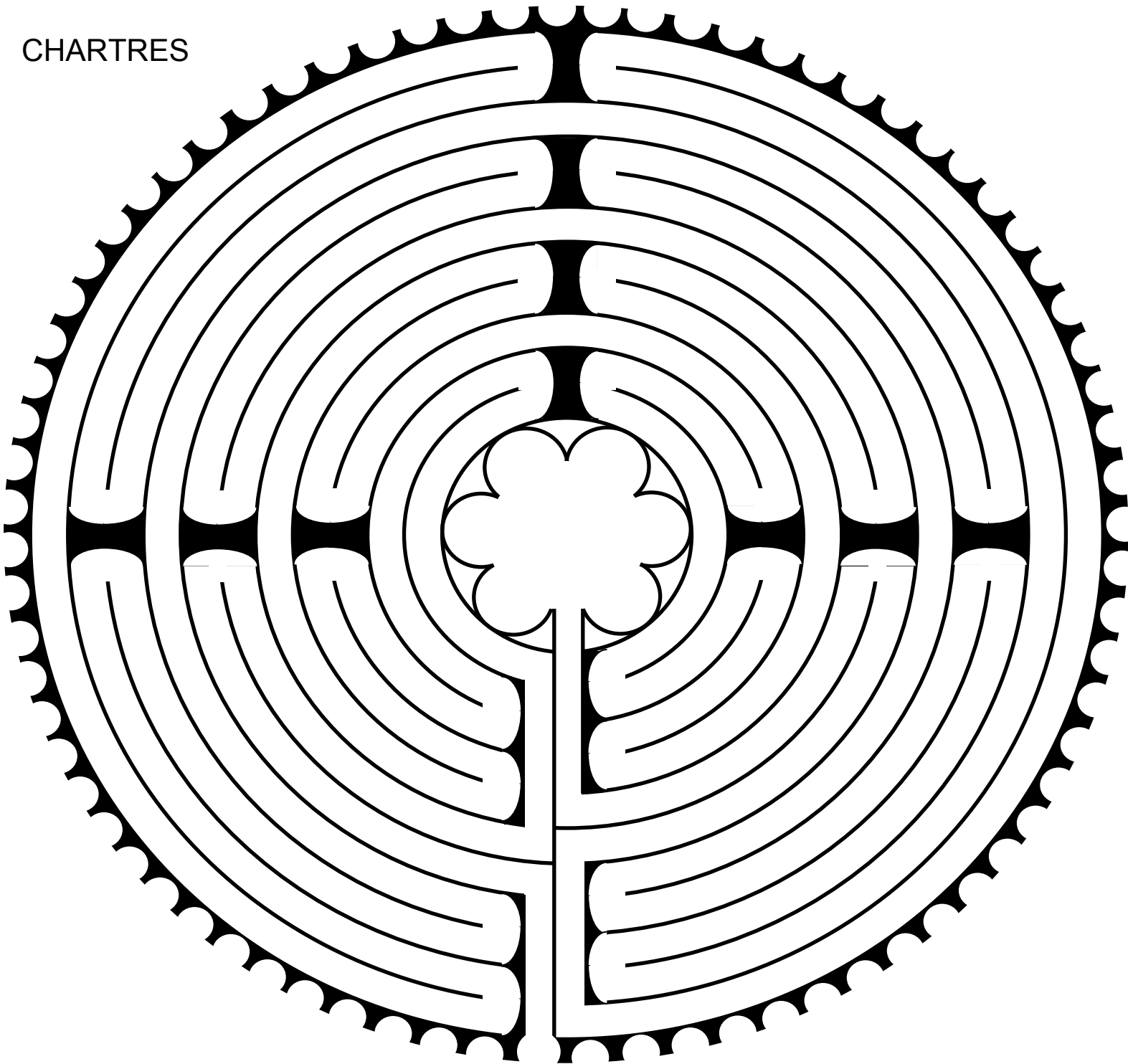
You have to study or finish homework before playing a game or watching TV, but you find it hard to keep your attention on your studies. Take a break and do the finger labyrinth for a few minutes, then go back to studying or doing homework and see how much easier it is to do.

5. Using the labyrinth will help you when praying for yourself or someone you love...

Many times, prayer is simply wishing or hoping for something. This can be something like wishing and hoping that a parent, grandparent or friend who is sick feels better soon, having more friends, getting a cool shirt or pants you want, getting a special toy, getting better grades, and more. For all of the things listed above, whether you call it prayer, hoping, wishing, or something else, the labyrinth is designed to help you relax and focus your attention on a specific item so you feel better and more relaxed about it. This can sometimes clear a path and open doors to new opportunities or at a minimum, change your thinking about a situation.



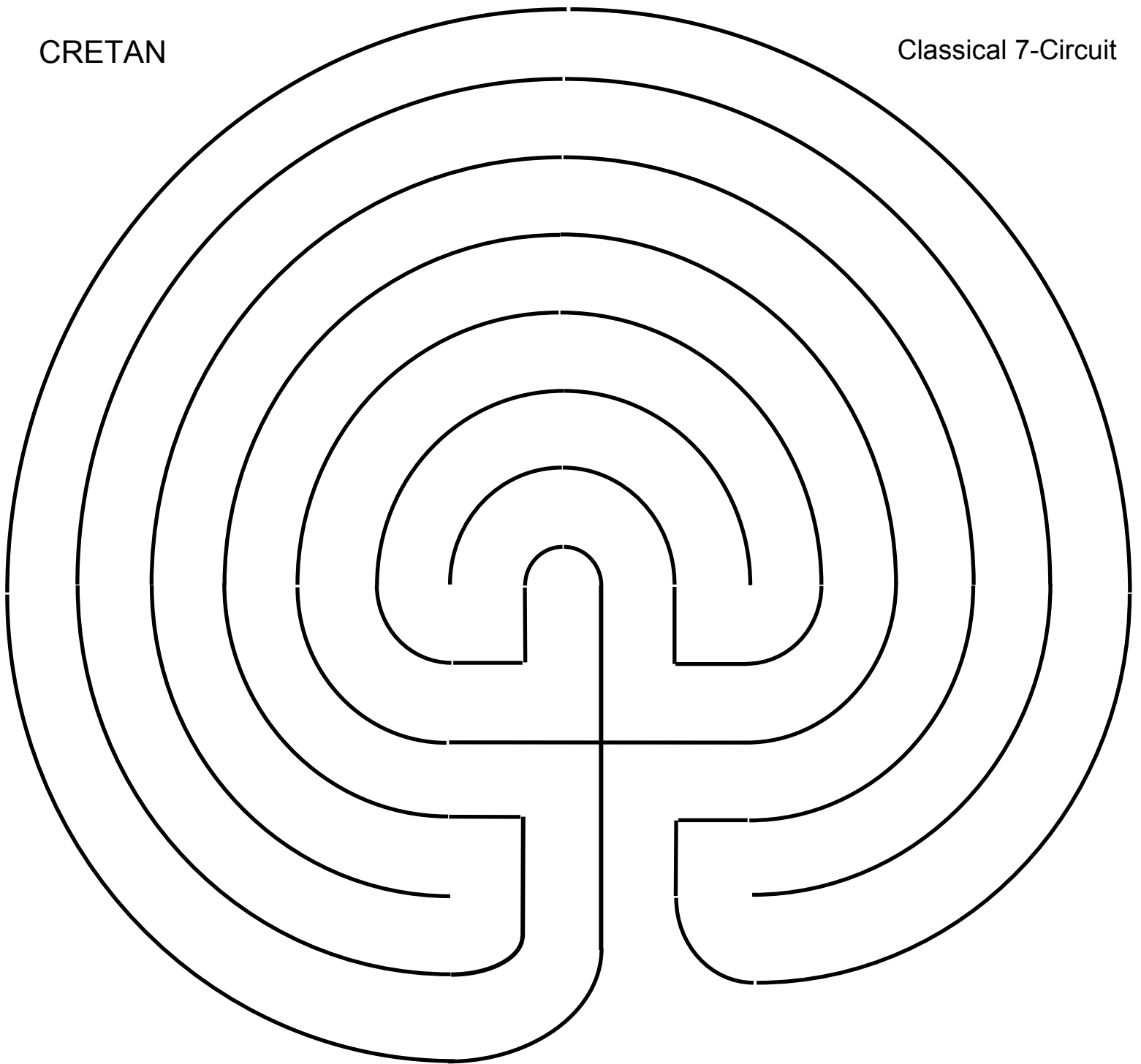
CHARTRES



Color in the labyrinth above using crayons, colored pencils etc. Use as many colors as possible; this will make it easier for your eyes to follow your “walking” finger. Choose a walking finger and breathe smoothly. As you trace the path (from the outside opening at the bottom to the center, move at whatever pace feels right for you. As you do so, you may opt to:

- a. Quiet your mind
- b. Pray for yourself or someone else
- c. Keep a question in mind and feel the question using your emotions

At the center, pause and take several slow deep breathers (keeping your finger inside the center or place your hands comfortably on your lap). Here, many believe you are the closest to the center of your spirit and greater insight is available. When ready to leave the center, or feel satisfied (like after eating a good meal) retrace the path back out to the entrance (which now becomes the exit point). Upon leaving the labyrinth, be grateful and thankful for the opportunity to bring divine strength and insight back with you into your daily life.

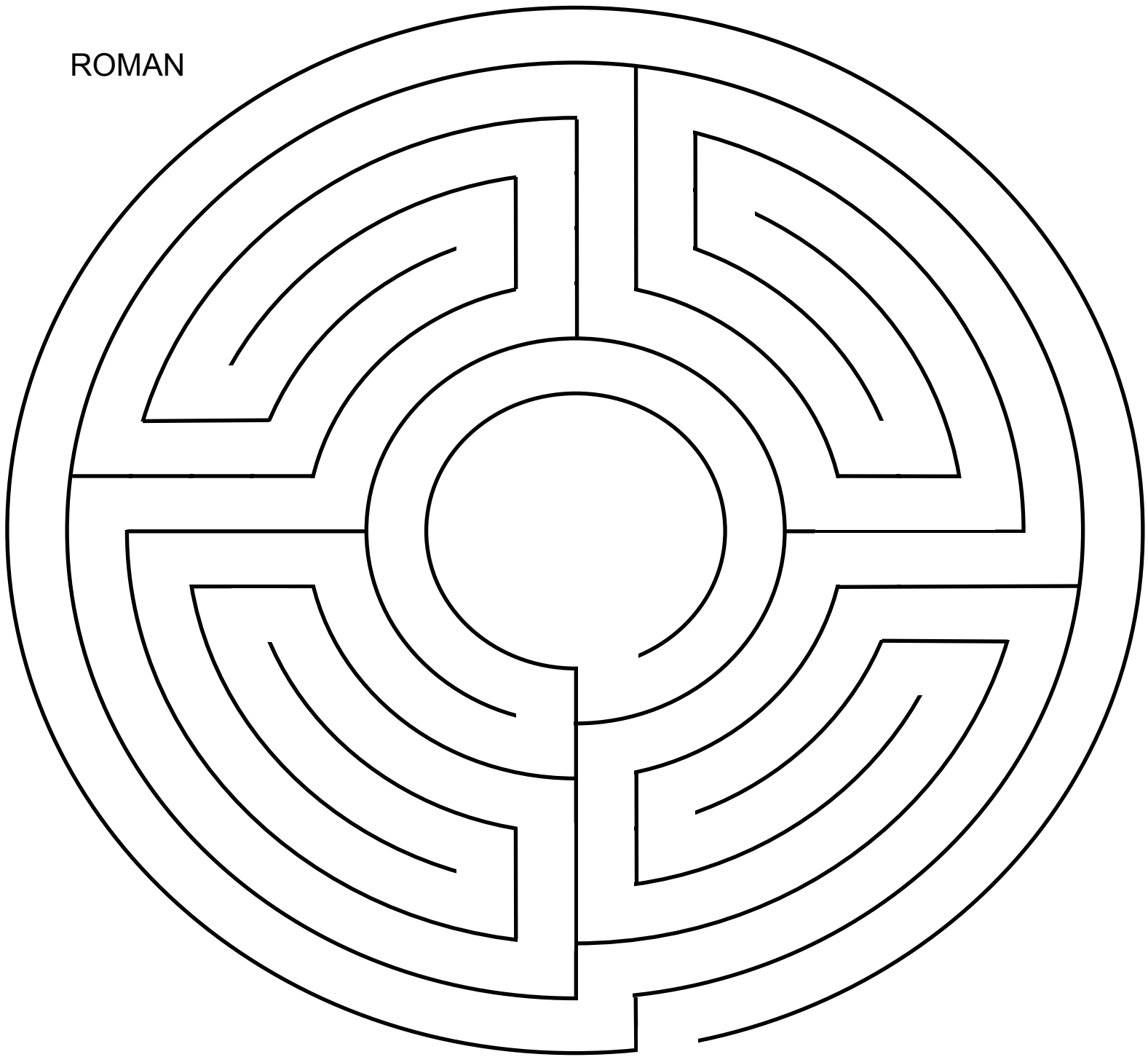


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ROMAN



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