



Finger Labyrinth

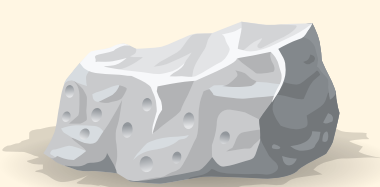
Created by Willoughby Arevalo

A step-by-step guide to creating a small labyrinth pattern you can "walk" with your finger to balance the mind!

(Ages 8+ or 5+ with parental assistance)

STEP 1. GATHER MATERIALS!

Look for small materials that are all about the same size; the larger they are, the more you will need! You can use materials like these to create your labyrinth!



ROCKS



SHORT STICKS



LEAVES



PINE CONES



SAND



SEA SHELLS



SOFT SOIL



PAINT

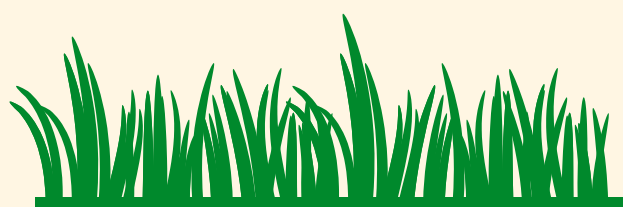


CHALK

STEP 2. CHOOSE A SITE!

Choose your unique site on the lawn or a patch of grass where the plants are short and ground level.

LOOK AROUND FOR THESE SITES:



IN THE GARDEN ON THE GRASS



ON A PATCH OF GRASS AT THE PARK

STEP 3. CREATE YOUR PATTERN AND HAVE FUN EXPERIMENTING!

Start by sketching the pattern on paper, or dive right in and try!

Then, draw an arc between the top "+" and the top of the L to the right.

Now, lay out your natural materials piece by piece; start by making a "+" in the middle with an L in each corner and a "●" in the corner of each.

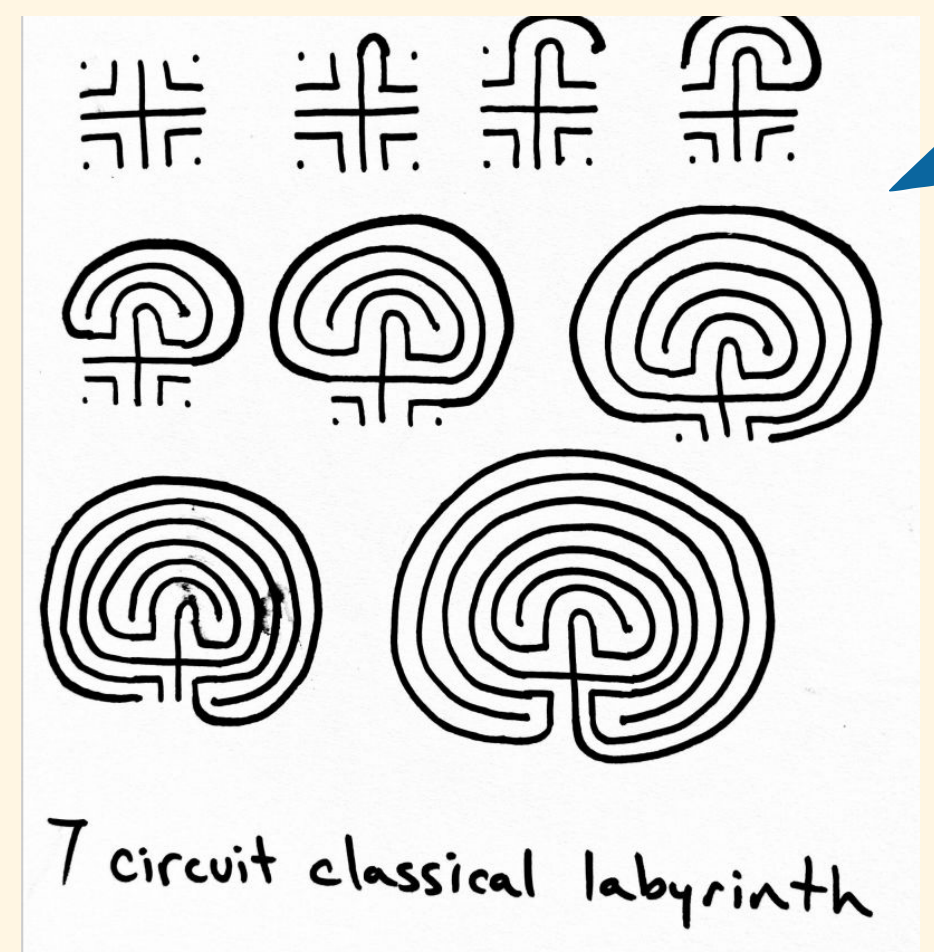
Then, draw an arc between the top "+" and the top of the L to the right.

Lastly, create parallel arcs connecting points to either side, continuing until the pattern of your labyrinth is complete.

FINGER LABYRINTH TIPS & TRICKS!

Trick: Many labyrinths are oriented with the N/W & S/E directions, often with the entrance on the west side! But you can orient your labyrinth to face a beautiful view or however you want!

Tip: Try to keep the distance between the arcs fairly consistent, and large enough to be comfortably walked or traced!

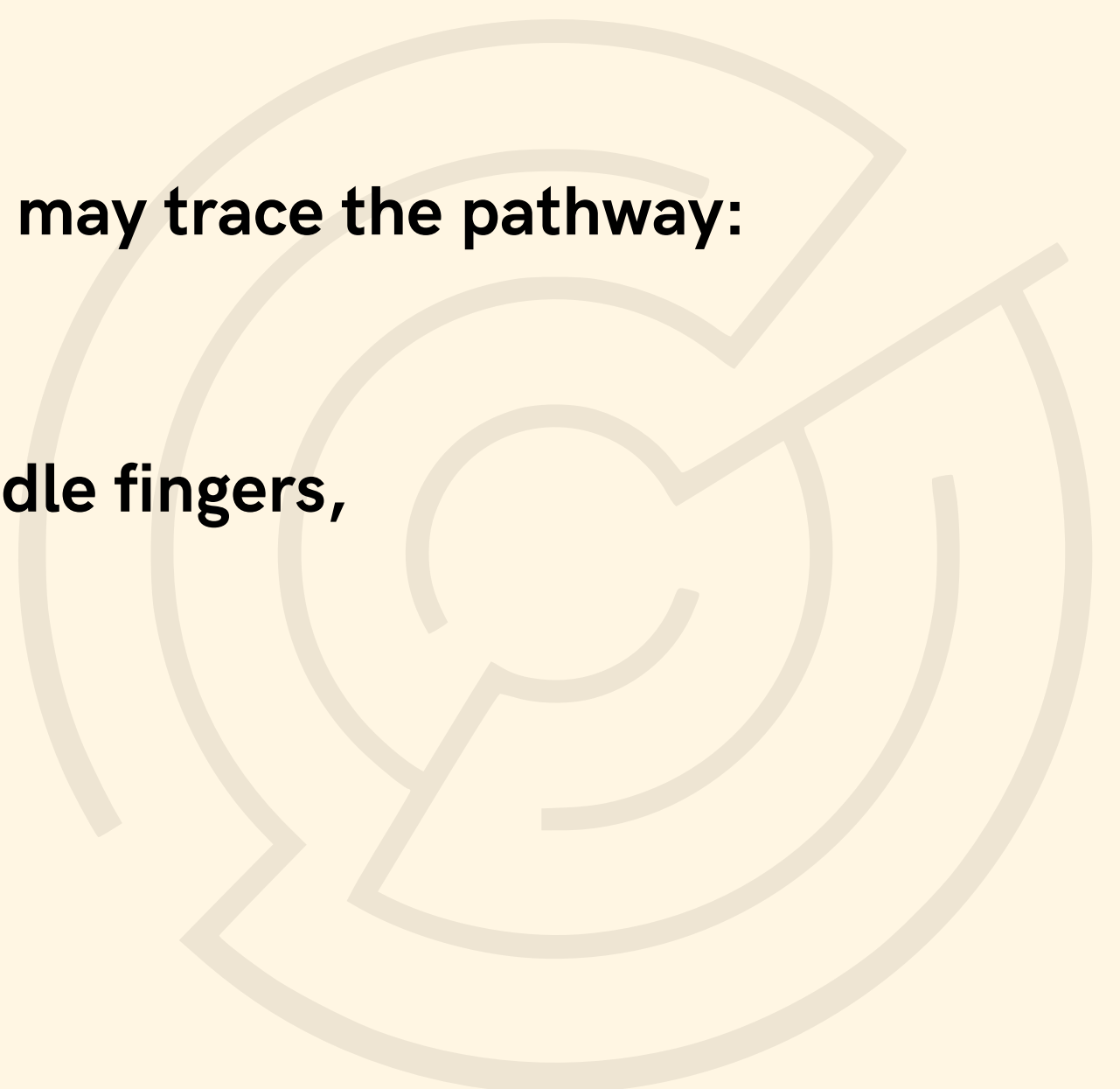



Labyrinth Example:

STEP 4. "WALK" YOUR LABYRINTH!

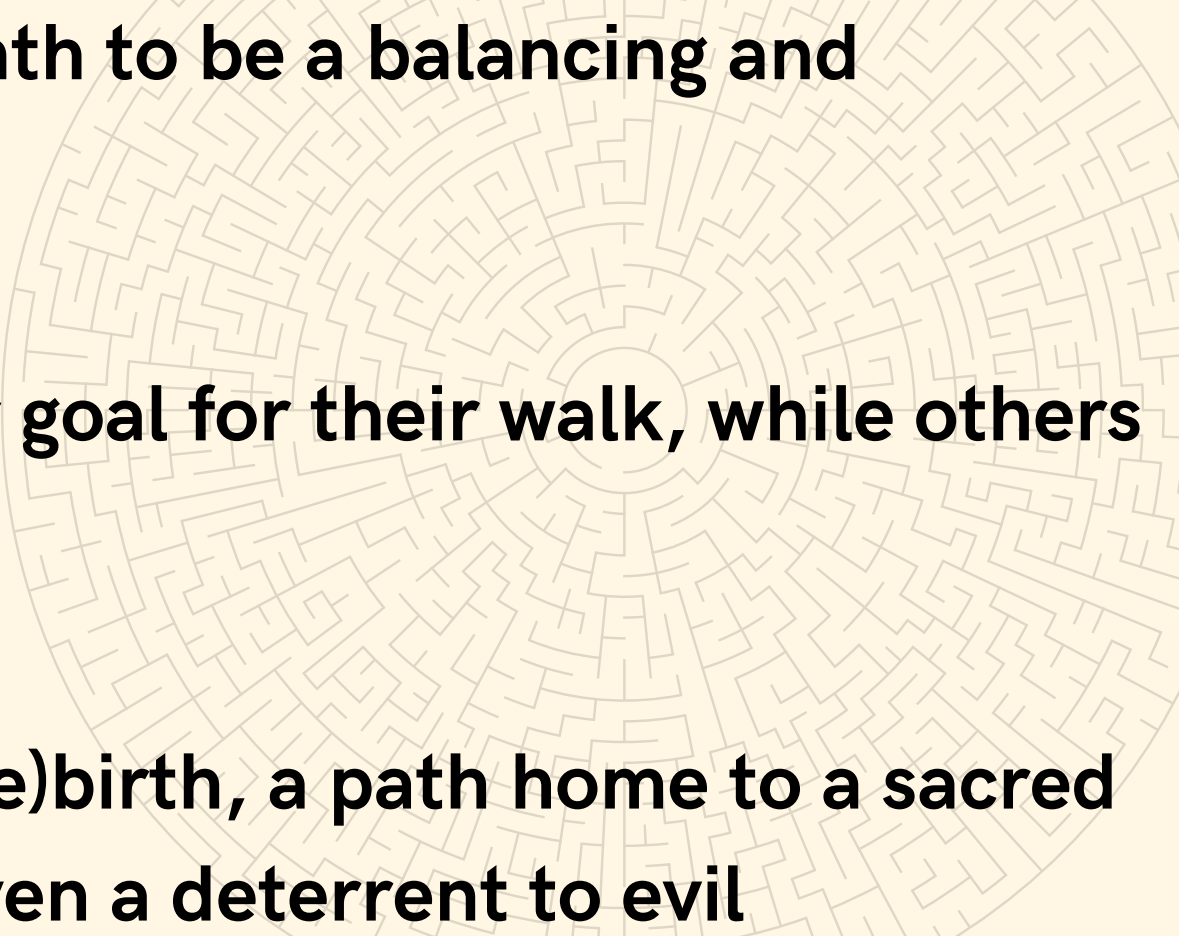
Depending on the scale of your labyrinth, you may trace the pathway:

- between the lines with your finger
- "walk" through with your index & middle fingers, imagine they are little legs!
- trace it with a stick
- physically walk through it!





DID YOU KNOW...

- Many people find walking or tracing a labyrinth to be a balancing and centering activity
 - Sometimes, people like to set an intention or goal for their walk, while others like to make a prayer or wish in the centre
 - Some interpretations of labyrinths include (re)birth, a path home to a sacred ancestor, an image of the human brain, and even a deterrent to evil
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