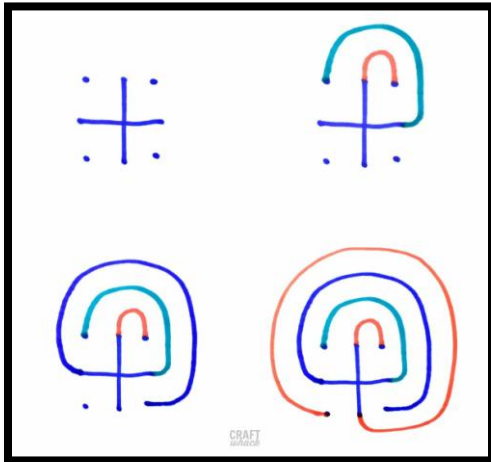




Hidden Hollow at Home

BACKYARD LABYRINTH



Materials

- Building material: rocks, stones, bricks, leaves, or sticks
- Labyrinth pattern

Preparation

1. Mark out the center of your labyrinth with a cross stick pattern.
2. Mark the four corners of the pattern with a simple object; we used leaves to mark the dots.
3. Starting with the center of the cross, connect the top point with the dot to the right. Continue using a left to right pattern.
4. Once you have your labyrinth completed, try walking the path in quite reflection.

Tips

- If the weather isn't cooperating, try making a finger labyrinth! Draw the labyrinth pattern on a piece of paper and walk it with your fingers. Add an aromatic element to your pattern by using dried seasonings from your pantry to form the pathways! You could also construct a labyrinth from play dough.
- Outside, you can seasonally switch out different building material for your labyrinth: in warmer months, use clothesline, birdseed, sticks and stones or chalk. In the fall, try this activity with fallen leaves or pine needles!

