

# Finger Labyrinths

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*The following pages include a collection of mini-finger labyrinths. They to help youth take a moment for mindfulness.*

## Materials List

- Cardstock paper
- Printer
- Scissors

## Process

- To create a set of finger labyrinths, print one-sided on cardstock paper.
- Cut apart the cards.
- Keep the sets in a central location for youth or they can store them with their belongings.
- As an alternative, you might make a set of the different labyrinth patterns and simply hand out different labyrinths for youth at different times.

## Variations & Ideas

- Challenge youth to design their own labyrinth to add to their set.
- Before a stressful event, have youth take a moment for mindfulness with their finger labyrinths.
- For longer lasting finger labyrinth cards, laminate before cutting them out.
- Create a set of finger labyrinths for calming areas.

# MINDFULNESS



## finger labyrinths

### Instructions

*Labyrinths are NOT mazes. Instead, labyrinths have spiral paths that wind from the outside to the center. Labyrinths are used for meditation and relaxation.*

**Step 1.** Select a labyrinth.

**Step 2.** Take a deep breath.

**Step 3.** Trace the course of the labyrinth with your finger. You may want to use your non-dominant hand as this helps you focus even more on the path.

**Step 4.** As you trace the pattern of the labyrinth, remember to try to clear your thoughts as you focus on the rhythm of the path.

**Step 5.** Repeat guiding your finger through the labyrinth as you practice mindfulness.







