

This image is called a **Labyrinth**. It is from **Chartres Cathedral**, which is a cathedral in France. A labyrinth can be used to help us be still and take time to let our thoughts wander. It can be used as a way of praying, a way of giving to God our thoughts and our worries, as well as the things that we are happy about.



Start here.

Place your finger at the entrance and slowly trace your finger along the white line to the centre of the labyrinth. As you do it, let your thoughts wander, or think about those you love, or be thankful for good things in your life.

In the middle pause for a moment, then trace the path back out again. If you want to, you can talk with others about what you've been thinking.