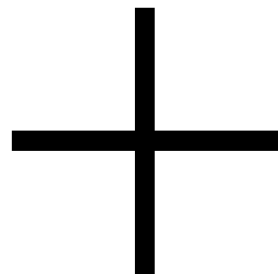
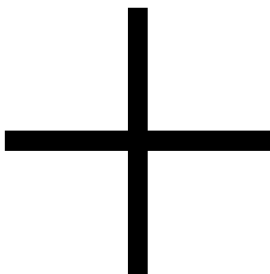


Labyrinths in the Classroom: Cultivating Mindfulness in a Montessori Setting

- Mindfulness
 - Present moment awareness
 - Activity—The Little Frog from Eline Snel’s book [Sitting Still Like a Frog](#)
- Labyrinth
 - Made up of one path with no obstacles
 - Path creates calming sensation
 - Allows you to be in the present moment—mindful—because you cannot get lost
- Maze
 - Specifically designed to confuse anyone who enters one
 - Can be stressful
 - Makes you think
 - Red Rod “Maze” is not actually a maze since you cannot get lost in it, so it is more accurate to say Red Rod Labyrinth
- Cretan and Chartres labyrinths
 - Cretan comes from the myth of King Minos of Crete, the Minotaur, Theseus, and Ariadne
 - Chartres is from the Chartres Cathedral in France
 - Can turn this into a mythology and history lesson when discussing these two different types of labyrinths
 - There are more than these two, but they are the most popular
- Use in Classrooms
 - Work on shelves—Practical Life and Sensorial
 - Finger labyrinths
 - Labyrinth with stylus
 - Magnetic labyrinth
 - Beads on a Line
 - Peace corner
 - Have a labyrinth in the peace corner right from the beginning of the year
 - Coloring
 - Introduce a 3-circuit labyrinth template for the class to color
 - Be sure to explain that they have to be mindful of the coloring so they do their best work
 - Perhaps add some mazes so they can see the contrast
 - Drawing

- Using the Seed Pattern to draw a labyrinth, teach them to draw one
- Paper and Yarn
 - Glue a template onto a piece of cardboard
 - Have children trace the outline of labyrinth with glue
 - Carefully put yarn on the glue to create the walls of a labyrinth
- The Spacing Effect
 - Mindfulness is associated with the part of the brain related to executive functioning (EF)
 - Since EF predicts performance indicators, like math and language gains, mindfulness may influence achievement
 - Spacing Effect = ample time to forget content or skill in order to remember it again with stronger retention
- Resources:
 - Buying a labyrinth: relax4life.com
 - [Sitting Still Like a Frog](#) by Eline Snel
 - “What we’re getting right – and wrong – about mindfulness research” by Rina Deshpande
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MSM Conference, January 7, 2017

