

Exploring a Concept: **BELONGING**

- a labyrinth walk focusing student attention on 'belonging'



Related concepts: acceptance, community, inclusion

Preparation:

(refer also to [Concept Labyrinth Walks](#))

Access to an indoor or outdoor labyrinth

Prepare a set of cards for each student, or students prepare their own set with 2 or 3 questions, eg

- How important is it to belong?
- Are there good things about not belonging?
- Is belonging the same as acceptance?

Pens or pencils

Students should be familiar with walking a labyrinth quietly and thoughtfully

The Walk

Gather students around the outside of the labyrinth, either sitting or standing. Allow a distance of about 2 metres between walkers. They should also be aware of this when they leave the centre. At the end of the walk ask them all to position themselves quietly somewhere around the outside of the labyrinth until everyone has completed their walk.

Walking in:

- at the entrance, breathe in, breathe out 3 times before starting
- think about the questions on the cards as you walk

At the centre

- rest in silence and stillness
- be aware of what you are sensing: thoughts, feelings
- stay as long as you need

Walking out:

- think about the insights or understandings or questions that have arisen and that you bring out with you
- breathe in and out 3 times before stepping out

When all have completed their walk, invite them to record their thinking individually. They could do this on the backs of their cards. Then open it up for a philosophical discussion, eg

- Is wanting to belong a sign of weakness?
- Do we try to define ourselves by wanting to belong?
- Can you be in community and not belong?
- Is being included in something the same as belonging?

