

Schools' Labyrinth Resource Pack



CARLISLE
CATHEDRAL
900 YEARS
1122~2022
JOURNEY AND REST

Welcome

2022 marks the 900th Anniversary of the foundation of the Augustinian Priory which, in 1133, became the Cathedral Church which continues to serve the Diocese of Carlisle and county of Cumbria. Through our anniversary year our theme of “Journey and Rest” will explore in a multitude of ways the great Augustinian theme of the restless heart – where St Augustine reminds us in prayer that our hearts are restless till they find their rest in God.

As we emerge from the Coronavirus pandemic, we are all aware of the restlessness of these last two years and we are excited to be working with the Diocesan Board of Education and the Church Schools of the county in exploring the theme of “Journey and Rest” through the ancient spiritual tradition of the labyrinth. We hope that this pack will provide the basis for a fruitful and fulfilling series of activities and lessons for the children and staff to explore together and, through the creation of unique labyrinth tiles, create a wonderful way to bring the lives and experiences of the children of the whole county together in our Schools’ Labyrinth.

The Schools’ Labyrinth will be installed in the Cathedral recently refurbished Fraternity Hall in early June and we hope that as many children as possible will be able to explore the Schools’ Labyrinth there. Understanding the complexities of the geography of our county we hope also to bring some of the spirit of Journey and Rest to different locations both in shared school cluster days and in ongoing installations of the Schools’ Labyrinth.

Look out for more information on all of this in your regular mailings from the Diocesan Education Team and from the Cathedral.

Thank you so much in advance for being part of this exciting project,



*The Rev’d Canon Dr Benjamin Carter
Canon Warden of Carlisle Cathedral.*

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National Curriculum Links

	Key Stage 1	Key Stage 2
RE (Cumbria SACRE)	<ul style="list-style-type: none"> What does it mean to belong? What does it mean to belong to our class? Who am I? What does it mean to belong to the Christian community? What kinds of play come from our idea of belonging? 	<ul style="list-style-type: none"> Why do people make pilgrimages? Is life like a journey? What makes a place special, inspiring or sacred? Why are some places 'a destination of a lifetime'? What does a journey mean to you? Why might a Christian go on pilgrimage to Bethlehem? How can life be described as a journey?
Art	Pupils will <ul style="list-style-type: none"> use a range of materials creatively to design and make a piece of artwork Develop and share ideas, experiences and imagination 	Pupils will <ul style="list-style-type: none"> Produce creative work, explore ideas and record their experiences Develop their techniques, including their control and their use of materials, with creativity, experimentation and increasing awareness of different kinds of art, craft and design.
History	Pupils will <ul style="list-style-type: none"> Develop an awareness of the past, using common words and phrases relating to the passing of time Understand how events fit with the wider chronological framework and compare similarities and differences in ways of life 	Local History Study <ul style="list-style-type: none"> Note connections, contrasts and trends over time and develop the appropriate use of historical terms. Devise historically valid questions about change, cause, similarity and difference, and significance.
English	Spoken Language <ul style="list-style-type: none"> listen and respond appropriately to adults and their peers participate in discussions, consider and evaluate different viewpoints, attending to and building on the contributions of others 	

Pre-Project Evaluation

Before starting the project please ask your pupils the following questions and note down their responses in the table below.

Have you ever been to Carlisle Cathedral before?		
Yes	No	Not Sure

How to use this guide

This guide has been created to assist teachers with the creation of their labyrinth tiles. The lesson plans and activities can be delivered over several lessons or be planned as a full themed day.

We have some short pre and post project activities that will help the Cathedral evaluate this project. Please complete these activities and return the results alongside your final tile piece.

We recommend that classes taking part in designing the tile complete the Pilgrimage lesson plan before starting the tile. We recommend that plenty of time is provided for the painting of the tiles to ensure they are not rushed and have a chance to dry between paintings.

Example of designing a tile

Below is an example of the creation of two tiles at Blackford Church of England Primary School, Carlisle.



Using the 'My School, My Journey' template Key Stage 1 and Key Stage 2 considered ideas for their design using sketches, words and colours.



Together as a group the class explored each other's designs and started to see repeating themes as well as some unique ideas. This process helped the class consider what they would like on their tile to make it unique to their school.



A smaller group of children were selected to develop the ideas from the class sketches and discussions. Ideas were copied directly from these sheets and the children considered different layouts and colour schemes.



Once we had completed the final design it was lightly sketched onto the tile by an adult ready for the pupils to paint. Painting the tile took two layers.

The detail was added to the tile once it had dried using finer paint brushes, acrylic paint pens and permanent markers.



Key Stage 2 final tile design.



Key Stage 1 final tile design.

Collective Worship

Collective Worship

Preparation:

- A suitcase or bag full of completely silly things
- Genesis 12:1-9 – text below
- Candle

Introduction

- Come in carrying the suitcase as if you are ready to go on holiday.
- Ask some of the children to see what you have packed in your bag.
- Ask them as you take them out (some of the children might be able to help with this) whether you have packed sensible things for your holiday.
- Ask them what they would pack to take on holiday.
- Ask any of them if they have ever been on a difficult journey (either physical or personal) – you might like to have an example to hand to help this such as moving house or schools.
- It can be really helpful to have someone with you to support you on a difficult journey - perhaps a friend or someone in your family. Christians believe that God is with them to help them on all their journeys, however difficult.
 - You could light the candle at this point

Story- God's call to Abram: Genesis 12: 1-5

This is a story from the Bible about a very old man called Abram who God called to go on a very important journey.

*Then the Lord said to Abram, "Leave your country, your relatives and your father's family.
Go to the land I will show you.*

I will make you a great nation,

and I will bless you.

I will make you famous.

And you will be a blessing to others.

I will bless those who bless you.

I will place a curse on those who harm you.

And all the people on earth

will be blessed through you."

So Abram left Haran as the Lord had told him. And Lot went with him. At this time Abram was 75 years old. Abram took his wife Sarai, his nephew Lot and everything they owned.

Message

- The story of Abram – who we also know as Abraham – is the story of a journey that changed the world. Because in the Bible we hear that Abraham became the founder of many of the great religions of the world – including Judaism, Islam, and Christianity.
- Life is full of journeys.
- Some we are prepared for like a holiday
- Some we are not prepared for, and we can find hard – like moving house or moving schools
- Some journeys are great journeys of faith – called Pilgrimages – which we are going to find out more about today.
- Some journeys we don't expect – like Abram who never expected to be called on so great a journey at so great an age.
- Abram trusted God and that made his journey easier for him. Christians today believe that God travels with them to be their friend and guide.

Prayer

I'm going to pray now and if you want to make my prayer your own, you can add Amen at the end so show that you agree if you want to.

With the Lord's Prayer you might like to use this simple prayer:

Loving God

Guide us in the steps we take

Walk with us in the journeys we take

Support us in the life we make

In the name of Jesus

Amen

Song Suggestions

- One more step along the world I go
- Will you come and follow me? (The summons)
- Longing for Light

Pilgrimages

Teachers' Guide- Pilgrimages

The aim of this teachers guide is to be used alongside the Pilgrimage PowerPoint and activities to support pupil understanding on the topic of pilgrimages and labyrinths.

How to use this guide:

- Teachers can use this teacher's guide alongside the Pilgrimage PowerPoint.
- There are conversational points to encourage pupils to engage with the topic and spark discussions.
- There are optional activities and lesson extensions.

What is a Pilgrimage

- The word Pilgrimage comes from a Latin word '*Peregrinus*'- '*per*' through and '*ager*' land.
- For Christians, a pilgrimage means a journey that has religious or spiritual significance.
- A person on a pilgrimage is called a pilgrim.
- Whilst taking a pilgrimage is not a compulsory part of the Christian life, many Christians, especially those in the past would go on pilgrim journeys to holy sites.
- A Pilgrim might take a pilgrimage to ask God for guidance, help or a blessing. Pilgrims use the time they spend on the journey as a time to think and reflect
- There are many reasons for someone to take a pilgrimage including:
 - Deepen their connection with God
 - Learning about historical places relating to Christianity
 - Seeking blessings and healings

Discussion points with the class

- Ask your pupils to think about different journeys they have been on. Start with a journey they took that day or week then throughout their lives.
- Get them to compare journeys they have been on, what were their purposes?
- A journey to the supermarket might be a different experience than one to a holiday destination.

Types of Pilgrimage

- Pilgrimages can be different for different people. There are three key types of Pilgrimage a Christian might take.
 - **Moral pilgrimage:** This is the serving of God and others throughout daily life.
 - **Place Pilgrimage:** The physical journey to holy sites and places
 - **Interior Pilgrimage:** The use of prayer and meditation for an inner spiritual journey with Christianity.

- A physical journey is one we make with our bodies whilst a spiritual pilgrimage is one we make with our minds.
- During a spiritual journey/pilgrimage you might think about how you have changed and improved as a person and look to how you want to be in the future.
- Many world religions take pilgrimages. Buddhists travel to four major sites relating to Buddha's life and teachings. Hajj is the Muslim annual pilgrimage to the holy city of Mecca. Kumbh Mela is the Hindu pilgrimage to the Ganges, one of the largest gatherings in the world. For Jewish people, Jerusalem is an important place of pilgrimage.

Extension Activity

An Extension of this lesson plan can be comparing and contrasting pilgrimages between different world religions and faiths.

Use these BBC Bitesize pages to help. [Hinduism](#), [Islam](#), [Buddhism](#), [Sikhism](#).

Where could you go on a pilgrimage?

- It is thought that the first Christian Pilgrimages were taken during the 4th Century. The idea of pilgrimage was made popular by the mother of Roman Emperor Constantine, Helena. Constantine converted to Christianity in the 4th making Christianity the official religion of the Roman Empire. His mother, Helena journeyed to the Holy Land where she alleged to discover the Holy Cross.
- The first Christian pilgrimages were related to sites connected to the birth, life, crucifixion and resurrection of Jesus.
- As well sites from the New Testament pilgrimage sites were often connected to Saints and Miracles. These sites usually had relics, either remains of a saint or an object they owned.
- Three of the most popular Christian pilgrimages were Jerusalem, Rome and Santiago De Compostela. Christians believe that Jesus visited Jerusalem during Passover and spent the week leading up to his crucifixion. Christians visited sites related to the Holy Week. Rome is still an important pilgrimage for Roman Catholics, in particular the Vatican which is the home of the Pope. Santiago de Compostela is the burial place of Saint James, one of Jesus apostles who travelled to Spain to convert people to Christianity.
- Some pilgrimages were taken individually or as a group. On their journeys, pilgrims might spend a lot of time looking at the nature and world around them as they travel as well as praying.

Discussion points with the class

- When a pilgrim goes on their journey, they might spend a lot of time thinking, looking at nature and the world around them as they travel, and praying.
- Discuss the importance of being more present through journeys and observing the world/environment around you. What things would the pupils see on their daily journeys?
- Discuss what a pilgrim might think or notice on their pilgrimage and how it relates to their faith?

To encourage personal spiritual development encourage pupils to think and reflect on the following questions:

- If you could choose to go on a pilgrimage to a special place, where would you go? Why?
- If you went on an actual or a spiritual pilgrimage, what would you wonder about? What big questions might you try to find the answer to?

Reformation and Pilgrimages

- The ideas of pilgrimages were often debated throughout different denominations of Christianity.
- Martin Luther, a key figure in the protestant reformation, questioned the value of pilgrimages by suggesting that having 'Holy places' devalued other locations such as the parish church. An argument against **place pilgrimages** was, 'If God is everywhere, how can there be places where he is more present?'
- During and after the Reformation many of the shrines in England relating to a saint or relic were destroyed. Monasteries, which were usually places that encouraged and supported 'place' pilgrimages were also destroyed.
- Whilst pilgrimages still occurred in England, it was not to the same scale as pre-reformation. From the 18th Century onwards the idea of people as tourists became more popular with people using new transport to travel to places and visit as a tourist.

Cathedrals and Pilgrimages

- During the 19th Century, local pilgrimages became popular in Britain with pilgrims journeying to Cathedrals around the country.
- Cathedrals today are still visited as a form of pilgrimage. Visiting the Cathedral can be a historical, cultural and/or spiritual experience.
- Carlisle Cathedral averages around 140,000 visitors every year. Many of these visits the Cathedral for different reasons.

Labyrinths

- Labyrinths have been used in many cultures throughout history. In Christianity, a labyrinth is a contemplative walk that people use for meditation, prayer and spiritual thinking.
- One of the earliest examples of a labyrinth in a church comes from 4th century Algeria.
- Unlike a maze, a labyrinth has one entrance and one route to and from the centre. Whilst patterns and designs may differ, they are usually one winding path.
- Nowadays people walk labyrinths for many different reasons for example as a space for prayer, self-reflection and/or reducing stress.
- Walking a labyrinth is sometimes described as walking the 'inward-outward' path.
- Upon entering the labyrinth you move towards the centre clearing your mind, praying or thinking of a question or concern that might be bothering you. Reaching the centre you reflect on the thoughts of your journey. Returning outwards you may have a renewed sense of purpose or an answer to your question or concerns.

Pilgrim Badges

- Apostle James, one of Jesus' disciples, is thought to have travelled to Spain to convert people to Christianity. Upon his return in 44AD he was killed by King Herod, making him one of the first Christian martyrs (a person who dies for their faith).
- The scallop shell became the symbol for his journey to Spain and became a common symbol of pilgrims and pilgrimages.
- Pilgrims upon visiting these sites would take a small souvenir such as a stone from the buildings or a shell found near the sites.
- With pilgrimages becoming more popular this became a problem for sites losing parts of their buildings.
- Pilgrim badges were created as a way of preventing sites from being damaged or lost and a way for people near the site to make money from pilgrims.
- A pilgrim badge would be unique and recognisable to each site. Pilgrims would wear their badges on their clothes or hats along their journeys.

Discussion points with the class

- Most schools have a logo or badge that is unique to that school. Look at your school badge, what does it show and why?
- Discuss how you can identify your school through the badge?
- What other things could you have on your school badge? What represents your school or community?

Pilgrimage routes today

- There are many pilgrimages in and around Cumbria that people take every year.
- St Ninian's Way- from Carlisle to Cathedral to Queensferry (Edinburgh) A 250-mile journey that would take 22 days to walk.
- St Bega's Way- from St Bees to St Bega. A 36-mile journey that would take around 3 days to walk.
- Cumbrian Cistercian way- from Piel Castle to Cartmel Priory. A 25-mile journey.

Discussion points with the class

Reflections

Questions to discuss with the class to reflect learning

- How is a pilgrimage different from a holiday?
- When are you a tourist and when are you a pilgrim?
- What is the difference between a physical and spiritual journey?
- How has pilgrimage changed from the 4th century to the present day?

Examples of Pilgrim Badges



Labyrinth Tile

Labyrinth Tile

Activity aims: Pupils will:

- Understand the importance of labyrinths in spiritual journeys.
- Reflect on school identity, experiences and journeys to create a labyrinth tile

Resources:

- Worksheet 1 & 2
- Examples of labyrinths
- Pencils, coloured pencils/pens, acrylic paint, paintbrushes

About Labyrinths

- For thousands of years, humans have been fascinated by Labyrinths. In ancient cultures, Labyrinths were crafted not to confuse, but to send visitors on a spiritual journey. They have been found in the art and architecture of cultures around the world.
- A labyrinth follows a single path leading in and out and strives for a symmetrical balance.
- Using a labyrinth involves moving our body and opening our hearts to what we believe, that might be Jesus or something else.
- We can walk it; it is a metaphor for life's journey. We cannot get lost and there are no dead ends. It is a symbol that creates a sacred space that leads us into its heart, then back out again along the same path. Simply following the path into the centre and back out again can be a comforting ritual.
- Walking and praying a labyrinth is a form of active meditation that can create a sense of joy, meaning, hope, and peace.
- Using a labyrinth can calm the mind, relax the body, reduce stress or draw us into a deeper journey with God.

Introduction to Labyrinth Design

Discuss that their tile should be unique to their school. Take some time to reflect on:

- School badge- what does it show? Why are they important? Are the colours important? Why? What else could be on the badge?
- School Values and Beliefs- what are they? Why are they important? How do we show them?
- Do we have a motto? Should we have one? What could it be?
- What do we see on our journey to and from school? How does it make us feel?
- What journeys do we take within school? From starting in reception, moving into juniors, moving on to secondary school.
- What would we like other people to know about us and our school?

Look at some examples of Labyrinths through time and across cultures and religions together. What similarities are there? Significance, importance, shape and form.

Labyrinth planning

Our school, Our journey' ideas (Worksheet 1)

Complete each section of the worksheet. Ask pupils to choose and sketch:

- Objects, experiences and places that are important in their journey to, from and within the school.
- The emotions they feel and specific memories you have of this place.

Once the worksheets have been completed bring everyone back together and discuss:

- Key themes I notice- Ask pupils to think about and discuss what key themes they notice coming up
- Create a mind map to group together the key themes

Labyrinth planning- 'Our school, Our journey' final sketches (Worksheet 2)

- These ideas can be used to generate additional or more refined sketches and drawings of the most important themes.

Reflection (Tile template sheet)

Once sketches and drawings have been completed you will have lots of choices of images that could be included in your unique school tile. Pupils could reflect and select the most effective drawings as a bigger group, or you could choose a group of 'art ambassadors' to decide the best images to use. After images have been agreed, sometimes will need to be spent working on the composition of these drawings within the space of the tile, consideration will also be needed for the choice of colours that will be used. Pupils could take some time to draw out a range of design ideas and the final design could be decided upon by the whole school.

Hints and Tips for Creating your Labyrinth tile

- Your section will have an area masked with tape- please don't include your design within this area; on its return, the path will be painted. Your design needs to be completed within the grey area.
- Designs that are simple and bold work best! A selection of a few block colours that link to your school is recommended.
- Please use acrylic paint to ensure that your design is robust and lasts! Building up thin layers is much better than one thick layer! Acrylic paints don't need to be expensive and can be bought from many every day shops such as Wilko, The Range, The Works. Detail can be added using permanent or acrylic paint pens.

Extension Activity- Make your Labyrinth

- Make a Land Art labyrinth using leaves, plants, sticks and pebbles inspired by: Charles Jenks, Richard Long, Andy Goldsworthy,
- Take inspiration from Motoi Yamamoto's salt Labyrinth to create a labyrinth made from sand or salt.
- Create a textural labyrinth using clay or mosaic inspired by Antoni Gaudi spiral shell inspired patterns.
- Create a pattern using polystyrene print-making techniques inspired by Mark Wallinger's London Underground Labyrinths. <https://art.tfl.gov.uk/labyrinth/about/>
- Take photographs of patterns on journeys within your local environment to create a photomontage.

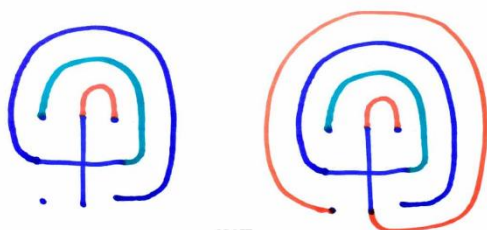
Extension Activity- Draw your Labyrinth

Here's your simplest labyrinth, and how to draw it:

- Draw a small plus sign on your paper, about a third of the way down the page. (You'll need space above it.)



- Draw a dot in each 'corner' if you were to draw a square around the plus sign.
- Draw an upside-down 'u' shape, connecting the top of the plus with the dot to the right of it.
- Moving clockwise, connect the next open dot to the left to the end of the right side of the plus.
- Keep drawing lines from the next open spot to the left to the next open spot to the right.

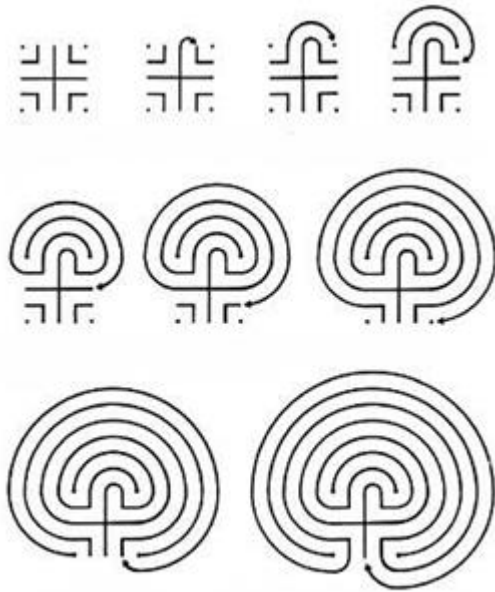


CRAFT
WHICH



CRAFT
WHICH

Here's where labyrinths start to get more complicated! The 7 Circuit labyrinth is similar to drawing a simple, 3-circuit labyrinth, but you are adding more circuits. Draw the plus sign, as before. Make sure you place it a little further down on the page because you will be adding more above the plus than below it.



DRAWING THE CLASSICAL SEVEN CIRCUIT LABYRINTH

The Labyrinth is a powerful geometric symbol. Classic labyrinths are based on a simple geometric template: The ancient seven-circuit labyrinth (so-called because the path creates seven concentric rings around the centre) is rich with symbolism. It draws on the mystical quality of the 7, several transformations and vision. In medieval times, the seven circuits were seen to correspond to the seven visible planets, and a walk in the labyrinth was a cosmic journey through the heavens. The seven circuits can also be seen to represent the days of the week, the chakras, colours, or musical tones. Some research suggests that the geometric shape is an energy field that can heal ailments of the body and calm the mind. It balances thoughts with the presence of the body to the point where one stops thinking and the intuition of knowingness takes over.

Examples of Labyrinths

Prehistoric labyrinths have also been found carved on rock faces at Pontevedra, Spain and Val Camonica in northern Italy, and the Rocky Valley labyrinths in Cornwall, England, are all attributed to the Bronze Age.



In ancient Greek mythology, the labyrinth was an elaborate, confusing structure designed to imprison a beast called the Minotaur.



In the Middle Ages, labyrinths were laid out on the floor of some cathedrals as a prayer walk, symbolizing a spiritual journey. The labyrinth was a central feature in many of the European Roman Catholic churches many of these still exist today. The most famous of these was laid on the floor of the Chartres Cathedral near Paris, France. This labyrinth was built around 1200. When taking an actual pilgrimage to Jerusalem became dangerous, walking the eleven-circuit labyrinth served as an acceptable substitute.



Iona is a quiet island in Scotland where a monastery was built by Columba, a monk. It is often visited by pilgrims. Christians go there to study the Bible and pray, which may lead to spiritual growth. People often feel that they benefit from having their lives redirected or feel that they learn something about themselves while in Iona. This can allow Christians to face the challenges of life back at home in a different way.



Labyrinth petroglyphs drawn by Native Americans have been found etched into the sands of the Nazca Plain in Peru, in use among the Caduveo people of Brazil and scratched on boulders and rockfaces in Northern Mexico, New Mexico and Arizona.

Labyrinth Examples



Worksheets

Design your own Pilgrim Badge

My Location is....

The Emotions I felt
whilst visiting here....

Things I saw....

A memory I have....

Key themes I notice...

My Pilgrim Badge

My Pilgrim Badge

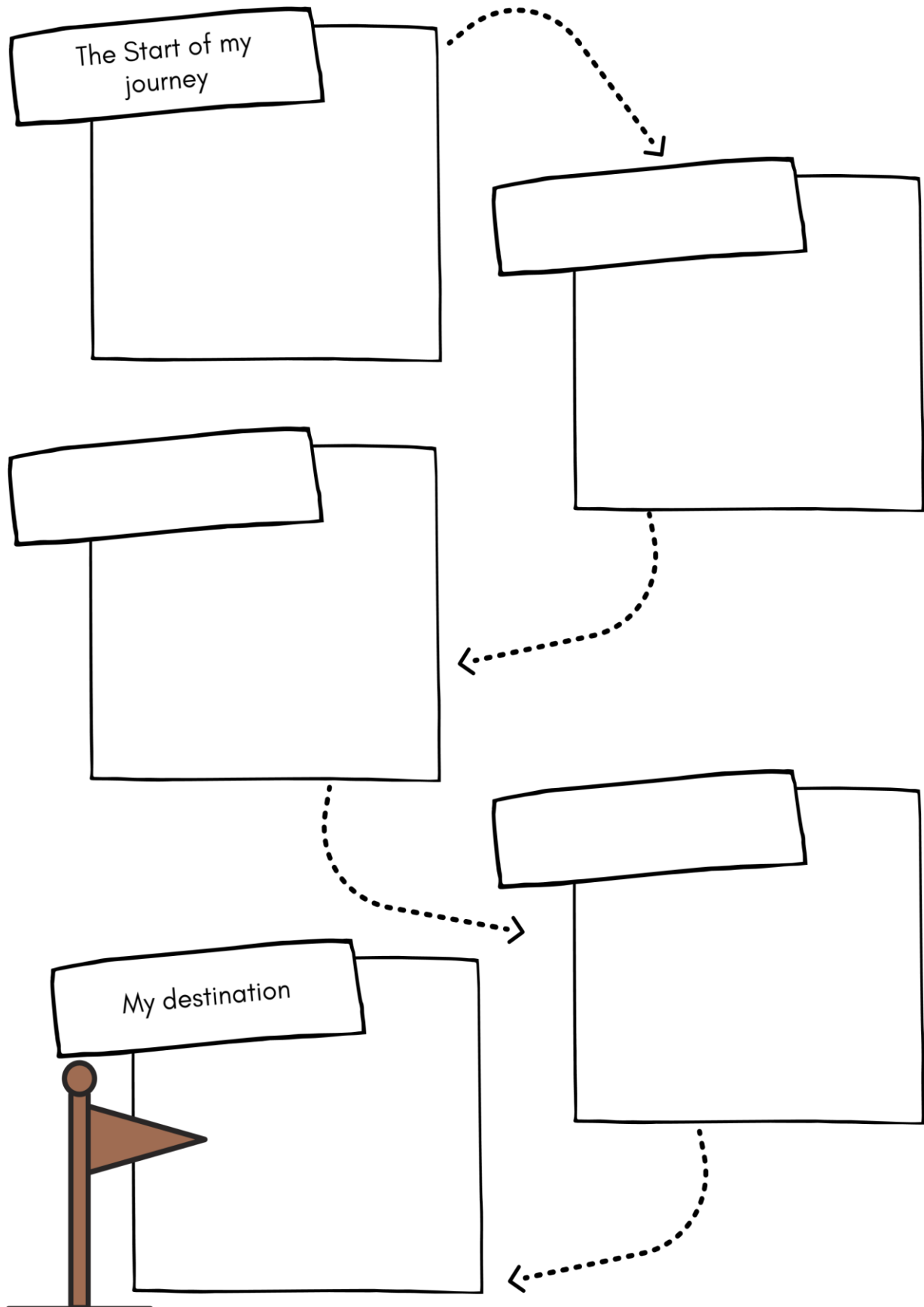
Planning my Pilgrimage Journey

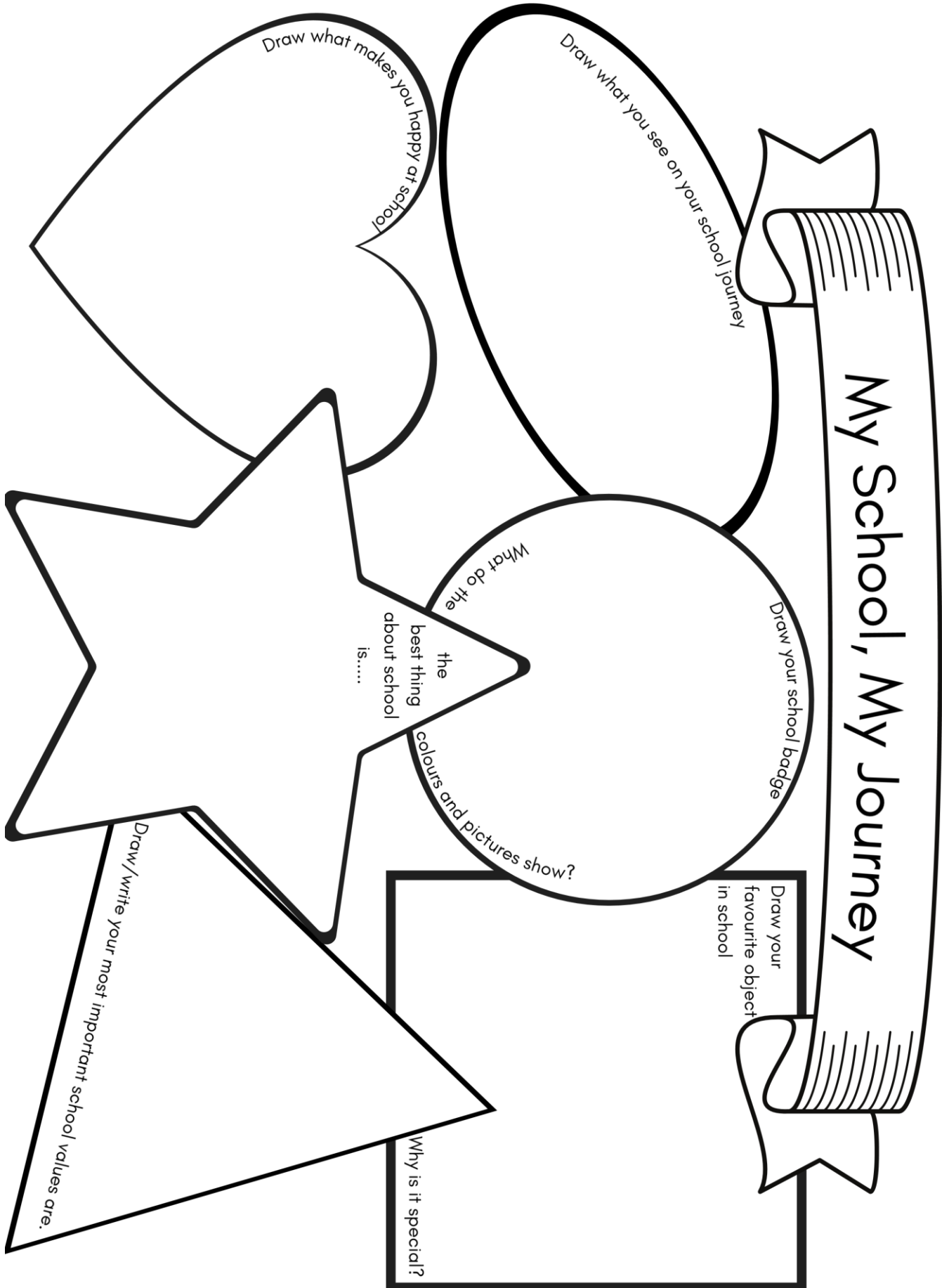
The Location of my
Pilgrimage

Places I will pass on
my journey

Things I might see on my
journey

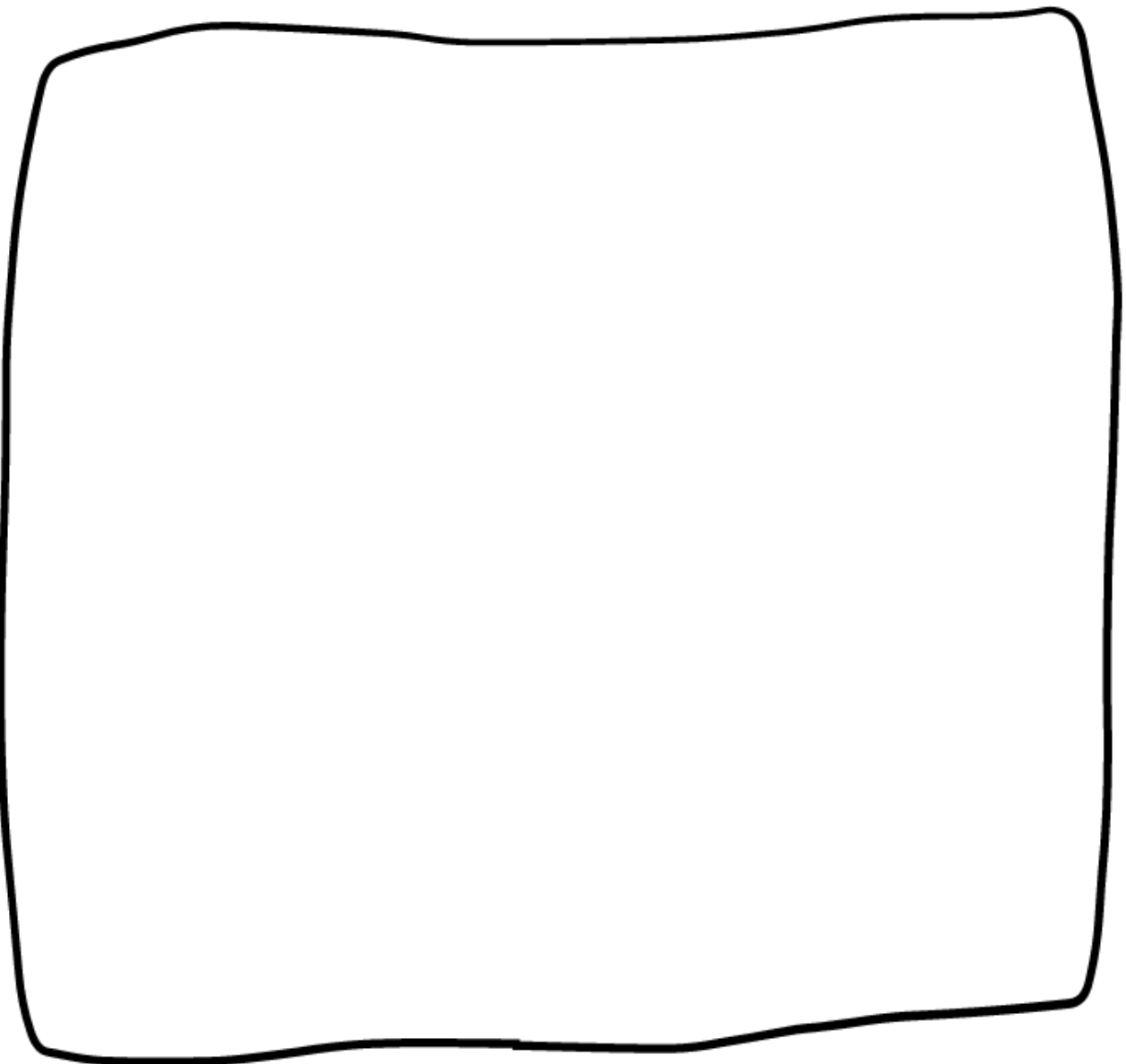
My Pilgrimage Journey





Our School, Our Journey

This is my drawing of what I think
should be included in our design



Evaluation

Pupil Evaluation

The following questions are to be asked at the end of the project when your group have completed the tile.

You can choose how you ask pupils these questions but some examples are:

- Designate corners of the room as 'Loads', 'Quite a Lot', 'A Little' and 'Nothing' and then ask the pupils to stand in the appropriate corner for each question.
- Give pupils a sticker to add to 4 pieces of paper each with either 'Loads', 'Quite a Lot', 'A Little' and 'Nothing' written on it.

Please document the numbers for each of these questions and return to Carlisle Cathedral with your labyrinth tile.

How much have you learned about Pilgrimages?			
Loads	Quite a Lot	A Little	Nothing

How much have you learned about Labyrinths?			
Loads	Quite a Lot	A Little	Nothing

Did you enjoy designing the tile?			
Very Much	Quite a Lot	A Little	Not at all

Post-it note activity

- Give everyone a post-it and ask them to write on it the most interesting thing they have learned about Pilgrimages.
- Stick all the post-its on a big sheet of paper. Discuss with the pupils what they have learned
- Fold up the paper with the post-its inside and return it to the Cathedral with your Labyrinth tile

What else would you like to find out about Pilgrimages or Labyrinths?

- Discussion with pupils.
- Please note the topics which they suggest and return with the Labyrinth tile.

Can you suggest any improvements to the resource?

Do you plan to visit Carlisle Cathedral to see your school's Labyrinth tile in place in the Fraternity?

☐ Yes, definitely ☐ Yes, probably ☐ Not sure yet ☐ No, probably not ☐ No

Please give your reasons:

Thank you for completing this evaluation form.