

# NORWICH CATHEDRAL

Schools & Family Learning Department

## THE LABYRINTH EXPERIENCE FOR TEACHERS/T.A'S AND WHOLE TEAMS

Why not book a 'wellbeing' session for your staff team either here at the cathedral or in your school hall?

This might also form part of a staff INSET session about R.E. /Christianity or be linked to some training you are doing in school.

We can also incorporate it into a session here that helps your colleagues explore how the cathedral might enhance cross curricular learning on a variety of topic areas (R.E. Science, History, literacy, maths and more).

### The Labyrinth experience includes:

- Deep relaxation
- Group and individual activities
- Silence and contemplation
- Discussion



Contact Janet on:

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Tel: 01603 218320 for more information.



## THE LABYRINTH FOR YOUR CLASSES (ALL AGE GROUPS, ACROSS ALL KEY STAGES)

This is an enjoyable and rewarding exercise as part of many themed topics for all ages. **Half day or full days can include: story telling, drama, discussion, deep relaxation alongside the labyrinth walk.**

We can deliver repeated sessions throughout a day to different year groups.

**Topics such as:** diversity, Christian worship & prayer, pilgrimage, Christianity around the world, other world faiths all work very well.

