



Winter Solstice Spiral Walk



**CELEBRATE THE RETURN OF LIGHTER AND LONGER DAYS
WITH THIS TRADITIONALLY PAGAN ACTIVITY**

What is a Spiral Walk?

A spiral walk is a tradition celebrating the darkest day of the year - the winter solstice - and the return of light.

It is about finding light in the darkness, both in the environment and within yourself, and is a great way to bring a positive outlook to the cold winter days.

Make Your own Spiral Walk

1. First, find a good open space outdoors to locate and create your spiral
2. Gather your materials. You will need: candles, natural objects such as logs, tree branches and rocks.
3. Position the natural objects you gathered in a spiral shape. It can be as big or as small as you want. Making it bigger means a longer walk!
4. Place a lit candle in the middle of the spiral
5. Walk down the spiral path you built with your own candle, using the flame in the centre of the walk to light your own when you finish

