



TOOLKIT

ESTEEM - YOUTH WORK
RESPONSES TO YOUNG
PEOPLE'S WELL-BEING



MAPPING



COLLECTION



MANUAL



GAME



APP



TOOLKIT



ABOUT TOOLKIT

The Toolkit has been developed as part the Erasmus+ project “ESTEEM – Youth Work Responses to Young People’s Well-being” and aims to enhance the capacity of youth workers in addressing mental health and well-being issues. The Toolkit encompasses different methods and activities for working with young people, including games, outdoor activity ideas, workshops scenarios, suggestions for individual support activities ect.

This Toolkit is designed to be adaptable and customisable to meet the diverse needs of different youth groups. It is crucial to ensure that the Toolkit not only provides activities but, together with the developed Manual also, educates and equips youth workers with the skills and understanding necessary to effectively support young people on their well-being journeys.

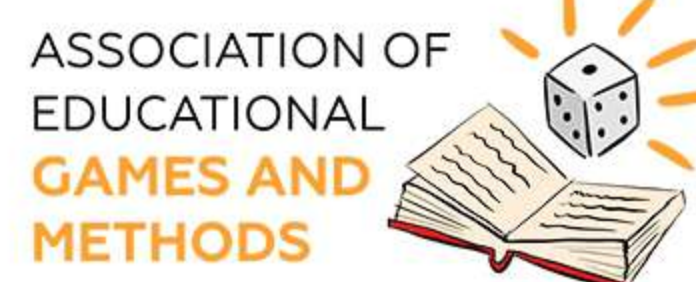
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ASSOCIATION OF
EDUCATIONAL
GAMES AND
METHODS



PUSAUDŽU
RESURSU
CENTRS



TARTU
NOORSOOTÖÖ
KESKUS

C V S
B U L G A R I A



COOPERATION
FOR VOLUNTARY SERVICE
B U L G A R I A



DEAR YOUTH WORKER

Engaging with young individuals on well-being topics can be both challenging and incredibly rewarding. The challenges are diverse, ranging from understanding varied perspectives and needs to navigating sensitive subjects. The rewards are, however, equally abundant, as the impact can be profound and long-lasting. It presents an opportunity to empower and guide young minds toward improved mental, emotional, and physical health. In the face of these challenges, the rewards – observing positive transformations, fostering understanding, and playing an instrumental role in a young person’s well-being journey – make the effort truly worthwhile. It is essential for youth workers to approach these topics with empathy, patience, and a willingness to continuously learn and adapt. The ability to positively influence the well-being of a young person is both a privilege and an opportunity to make a lasting difference in their lives.

Here are some tips to help you effectively engage with young people and promote their well-being:

- ✿ **Build relationships:** Young people are more likely to engage with well-being topics when they feel comfortable and trust the person leading the discussion. Take time to build rapport and create a safe and non-judgmental environment.
- ✿ **Use interactive methods:** Young people learn best when they are actively engaged in the learning process. Incorporate interactive methods such as role-playing, games, and group discussions to encourage participation and make the learning experience enjoyable.
- ✿ **Focus on practical strategies:** Young people often seek practical strategies that they can use in their daily lives to promote their well-being. Teach them simple techniques like mindfulness, relaxation exercises, or problem-solving skills that they can use on their own.
- ✿ **Be sensitive to their needs:** Recognise that young people may be dealing with various challenges, such as stress, anxiety, depression, or social pressure. Be sensitive to their needs and create a safe space for them to express their feelings and concerns.
- ✿ **Involve parents and caregivers:** Parents and caregivers play a crucial role in promoting young people's wellbeing. Engage them in the learning process by providing resources and tools that they can use at home to support their child's wellbeing.
- ✿ **Address cultural differences:** Young people come from diverse backgrounds and cultures. Be sensitive to cultural differences and tailor your approach accordingly. Use examples and language that are relevant and relatable to their experiences.
- ✿ **Seek feedback:** Feedback is crucial for refining your approach and ensuring that you meet the needs of young people. Encourage feedback and remain open to suggestions for improvement.

Remember that promoting well-being is an ongoing process that requires consistent effort and attention. By building relationships, using interactive methods, focusing on practical strategies, being sensitive to their needs, involving parents and caregivers, addressing cultural differences, and seeking feedback, you can effectively engage with young people and promote their wellbeing.

Choosing appropriate methods for working with well-being topics can depend on various factors, including personal preferences, individual needs, and the specific goal you aim to achieve.

Here are some considerations that can help you choose appropriate methods:

- ★ **Identify your goal:** Clearly define what you want to achieve. For example, if your goal is to reduce stress, methods like mindfulness meditation, yoga, or exercise might be suitable.
- ★ **Know your preferences:** Consider activities you enjoy doing and feel comfortable with. If meditation is not appealing, consider practices like gratitude or engaging in a hobby that aligns with your preferences.
- ★ **Evaluate your resources:** Assess the resources available to you, such as time, money, and access to equipment or facilities. If you have limited time, then shorter mindfulness practices or simple exercises might be more practical.
- ★ **Consider your personality:** Acknowledge that some methods may align better with your personality. For example, if you prefer group activities, joining a community group or class might be more fitting.
- ★ **Seek advice:** Consult professionals, such as therapists or healthcare providers, who can assist in identifying appropriate methods based on your specific needs and goals.

Ultimately, choosing appropriate methods to address well-being is a personal process that requires self-awareness, experimentation, and a willingness to try new things. Remember that what works for one person may not work for another, so remain open to experimenting with different methods until you discover what works best for you.

There are various methods to support the improvement of well-being, and the effectiveness of each method can vary from person to person, group to group, and topic to topic. Here are the methods that our experts have found interesting, useful, and meaningful. We really hope that you will find them valuable and useful and they will help you support young people on their journey toward improved well-being.

LET US CHECK WHAT IS INSIDE THE TOOLKIT!



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- 8 Abstract definition ☀️
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- 10 Affirmation Charades 💬☀️
- 11 Are You Listening? 💬
- 12 Balance wheel of life ☀️❤️
- 13 Breathing ☀️❤️
- 14 Bridge of my Strengths ☀️
- 15 Changes 🌱☀️
- 16 Collage workshop ☀️🔭
- 17 Contemplation cards 💬☀️🔭
- 18 Daily gratitude journal ❤️
- 19 Detox day/weekend 📱
- 20 Dixit 💬
- 21 Emotional diary ☀️
- 22 Exaggerate the emotion ☀️
- 23 Forest bathing 🌱📱☀️
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- 32 Kahoot! 📱
- 33 Landart ❤️
- 34 Letter to Myself 🔭
- 35 Living library 📱
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- 37 Mindfulness workshop 🌱☀️❤️
- 38 Monstruo de colores 💬☀️
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- 44 Positive Affirmation Relay 💬❤️
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- 52 The shop 💬☀️
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- 54 Vision board 🔭

For better visibility, we've added symbols to the methods in the content list to indicate which well-being topics they are most suitable for. We have selected the following well-being topics:

🌱 HEALTHY BEHAVIORS

☀️ SELF-AWARENESS

🔭 VISION OF THE UNKNOWN FUTURE

📱 DIGITAL DEVICE USE
AND SUBSTANCE USE

💬 COMMUNICATION AND
RELATIONSHIPS

❤️ MENTAL HEALTH SUPPORT
FOR YOUNG PEOPLE

Page	Title	Type of the Tool						Well-being topic				Short Description	Available languages	Number of players	Duration (min)	Materials needed	
		Game	Educational camp	Outdoor activity	Workshop scenario	Worksheets and workbooks	Individual support	Other	Healthy behaviors	Digital device use and substance	Communication&relationships						Self-awareness
7	A Mood Tracker					X		X	X	X			"Mood Tracker" is a visual tool that helps monitor and track emotions and moods over time.	Language independent	Individually or groups	30 min	Phone, internet to download App
8	Abstract Definition			X					X				"Abstract Definition" in a tool that motivates participants to do introspection - with different artistic images they can discover more about themselves.	Language independent	Groups	15 min	Electronic device to browse the internet and find some artistic images
9	Act of Kindness					X	X		X				"Act of kindness" is an activity that encourages young people over the next seven days perform seven acts of kindness beyond what they normally do.	Language independent	Individually or groups	15 min	Personal worksheet for taking notes of the daily acts of kindness
10	Affirmation Charades	X							X	X			"Affirmation Charades" is a tool that promotes a positive mindset, build self-esteem, and enhance motivation, benefiting young people's performance and overall well-being.	Language independent	Groups	1-2 hours	Papers and pencils, container (box/jar, etc.)
11	Are You Listening?			X					X				"Are You Listening?" is an activity to practice listening and responding skills and improve mutual understanding.	Language independent	Groups	20-40 min	No materials needed
12	Balance Wheel of Life			X	X				X	X			"Wheel of Life" is a simple but powerful tool that helps visualize all the important areas of life.	Language independent	Individually or groups	30 min	A4 papers or printed wheels in paper, pencils
13	Breathing			X	X				X	X			"Breathing" is a short activity for focusing on breathing.	Language independent	Individually or groups	5-15 min	No materials needed
14	Bridge of my Strengths			X	X				X				"Bridge of my Strengths" is an activity to build self-confidence by recognizing personal strengths - knowledge, skills, talents.	Language independent	Individually or groups	45-60 min	A4 paper, pencils, markers
15	Changes			X			X		X				"Changes" is a tool to inspire participants to be able to make little changes in life.	Language independent	Groups	20-40 min	No materials needed
16	Collage Workshop			X	X				X	X			"Collage Workshop" is a creative session where participants explore the art of collage-making.	Language independent	Individually or groups	30 min	Papers, photographs, magazine cutouts, or found objects, scissors
17	Contemplation cards					X			X	X	X		„Contemplation“ cards enable to communicate in a metaphor language. The work with the cards can be combined with different creative exercise (e.g. writing, drawing, collage).	EN, RUS, EE, ES	Individually or groups	30 min	Contemplation cards
18	Daily Gratitude Journal					X	X					X	"Daily Gratitude Journal" is an activity that encourages to be thankful and to express the appreciation of what we have in our lives.	Language independent	Individually or groups	10 min	Materials to create & personalise Daily gratitude journal
19	Detox day/weekend	X						X					"Detox day/weekend" is an activity encouraging to spend time with NO devices and experience disconnection from the social media.	Language independent	Individually or groups	Day	Organised place to welcome and host the group of young people; preferably no WiFi
20	Dixit	X							X				"Dixit" is a great tool to express thoughts and feelings, evaluate different situations, or talk about yourself.	EN	Groups	30 min	Dixit cards
21	Emotional Diary					X			X				"Emotional Diary" is activity where participants can record their daily feelings using a meter with different basic emotions.	Language independent	Individual	5 min	A4 paper (Notebooks), pencils
22	Exaggerate the Emotion			X					X				"Exaggerate the Emotion" is an activity that helps participants to express different emotions and understand the emotions of other people showed non-verbally.	Language independent	Groups	20-45 min	Papers with written emotions on them
23	Forest Bathing		X				X	X	X				"Forest bathing" (Shinrin Yoku) is a tool for connection, recovery and rebuilding the identity.	Language independent	Individually or groups	No pressure	No materials needed
24	Get Active					X	X	X					"Be Active" is an activity that encourages to be physically active at least 30 minutes of exercise every day.	Language independent	Individually or groups	30 min	Personal worksheet for measuring personal physical activity
25	Gratitude Jar					X			X	X			"Gratitude jar" is an activity with physical container where can collect and store written expressions of gratitude.	Language independent	Individually or groups	10 min	Jar or box, paper, pen
26	Ikigai			X								X	"IKIGAI" is a tool to find a better picture of purpose in life.	Language independent	Individually or groups	45-60 min	A4 paper, pencils, markers, IKIGAI template
27	Ikonikus	X							X				"Ikonikus" is the game to present situations and emotions.	Language independent	Groups	20 min	The game "Ikonikus"

28	Imagine	X								X	X		"Imagine" is a game with different forms that allow to build whatever you feel like.	Language independent	Groups	15 min	The game "Imagine"
29	Improvisational Forum Theatre			X			X	X	X	X	X		"Improvisational Forum Theatre" aims to engage participants in understanding and exploring creative solutions to the issues, problems, or challenging situations.	Language independent	Groups	1-2 hours	Enough space
30	In Silence		X						X	X			"In Silence" is an activity providing time and space to spend time with oneself in silence.	Language independent	Individually or groups	1-2 hours	A nice space, preferably outside
31	Journaling			X			X			X			"Journaling" is a tool to inspire writing down thoughts and feelings to understand them more clearly.	Language independent	Individually or groups	15 min	Ready-made materials, for example: Big Life Journal
32	Kahoot!	X						X					"Kahoot!" is a game-based learning platform that makes it easy to create, share, and play learning games or trivia quizzes in minutes.	Language independent	Groups	15 min	Electronic devices: the internet, computer, phones
33	Land Art		X	X							X		"Land art" is a form of art that involves creating works or installations directly in the natural environment, typically using natural materials found on-site.	Language independent	Groups	1-2 hours	Access to nature
34	Letter to Myself			X							X		"Letter to Myself" is an activity that helps to identify things in the future and to prepare scenarios for them.	Language independent	Individually or groups	30 min	Paper, pen and envelope for each participant
35	Living Library			X				X					"Living Library" is an activity that works very well with different topics as books are meant as people and their experience etc.	Language independent	Groups	60 min	Enough space and chair for each "book"
36	Let's Make a Meal				X	X				X			"Let's Make a Meal" is an activity to invite participants to have a long breakfast in a space where they feel comfortable.	Language independent	Individual	60 min	Products to make an ideal breakfast
37	Mindfulness Workshop			X			X			X	X		"Mindfulness workshop" is an interactive and experiential learning session that introduces participants to practice mindfulness.	Language independent	Individually or groups	Up to you	Quiet space with mats or cushions
38	Monstruo de Colores	X							X	X			"Monstruo de Colores" is a game with different colours, each representing different emotions.	ES, EN	Groups	30 min	The game "Monstruo de Colores"
39	My Peace Journal				X		X	X	X				"My Peace Journal" is a personal diary providing space for reflection, encouraging thinking about peace (including inner peace) and acting for peace.	EN	Individually or groups	30 min	Online version - https://scich.org/wp-content/uploads/My-Peace-Journal.pdf
40	Nature Scavenger Hunt		X	X							X		"Nature Scavenger Hunt" is a game in which the participants seek to gather or complete items on the list.	Language independent	Groups	30-60 min	List of items
41	Obstacle course Challenge	X		X					X	X			"Obstacle Course Challenge" is a game where participants navigate through a course filled with physical obstacles.	Language independent	Groups	30 min	Wooden sticks, rope, stones, tape etc.
42	Past Mistakes - Today's Gifts			X						X			"Past Mistakes - Today's Gifts" is an activity that helps to understand that all that has happened to us has taught us something.	Language independent	Individually or groups	30 min	A4 paper and pencils
43	Photohunt		X	X			X	X	X				"Photohunt" is a popular game where participants are given a list of specific items, objects, or scenarios to find and photograph.	Language independent	Individually or groups	60 min	Selected places/ objects, actionbound App, camera to take pictures
44	Positive Affirmation Relay			X					X		X		"Positive Affirmation Relay" is a teamwork game focused on mental health.	Language independent	Groups	30 min	Affirmation cards
45	Rainbow Diet				X	X	X						"Rainbow diet" is an activity that encourages young people to consume a wide variety of fruits and vegetables in a multitude of colours.	Language independent	Individually or groups	30 min	Paper, colourful pencils
46	Slackline Activity	X			X	X							"Slackline Activity" is a dynamic balance activity, which involves walking and balancing on a stretchy line.	Language independent	Individually or groups	60 min	A two-inch-wide nylon webbing strip with a ratchet tensioning system.
47	Sleep Challenge				X	X	X						"Sleep challenge" is an activity to encourage participants to put attention to personal sleep habits.	Language independent	Individually or groups	15 min	Personal worksheet for measuring the sleeping hours / or a shared document
48	Stressors in Your Life			X	X	X				X			"Stressors in Your Life" is a workshop to increase awareness about the stressors in our lives and to create plan on how to manage or eliminate stressors.	Language independent	Individually or groups	40 min	A4 paper, pencils, markers, flipchart
49	Sun Salutation	X			X	X							"Sun Salutation" helps to learn and to do sun salutation (surya namaskar) and yoga practice and observe the effects.	Language independent	Individually or groups	30 min	A comfortable place, roll-mats for each person
50	Super Powers Strengths	X							X				"Super Powers Strengths" is a game that helps to realize personal strengths.	EE, EN	Groups	30 -120 min	Game "Super Powers Strengths"
51	Tell Your Story	X			X			X	X	X			"Tell your Story" cards is a method to involve people to talk about their experience and share ideas, thoughts and personal views.	EN, LV	Individually or groups	20 min	Card set "Tell Your Story" or other cards with the questions
52	The Shop			X				X	X				"The Shop" is an introspection activity that helps to understand feelings management, personal strengths and areas for improvement.	Language independent	Groups	15 min	No materials needed
53	True or False	X		X			X	X	X	X	X	X	"True or False" is moving debates to discuss about different facts of the well-being.	Language independent	Groups	30 min	Prepared statements about topic you want to discuss.
54	Vision Board			X	X						X		"Vision board" is an art workshop, creating a vision board on various topics, e.g. New Year, my personal new year, the best version of myself, my happy me, etc.	Language independent	Individually or groups	2-3 hours	Bigger cardboards, magazines, newspapers, or printed images, scissors, glue etc.

A MOOD TRACKER

DURATION: 30 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Phone, internet to download app

AVAILABLE LANGUAGES: EN

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

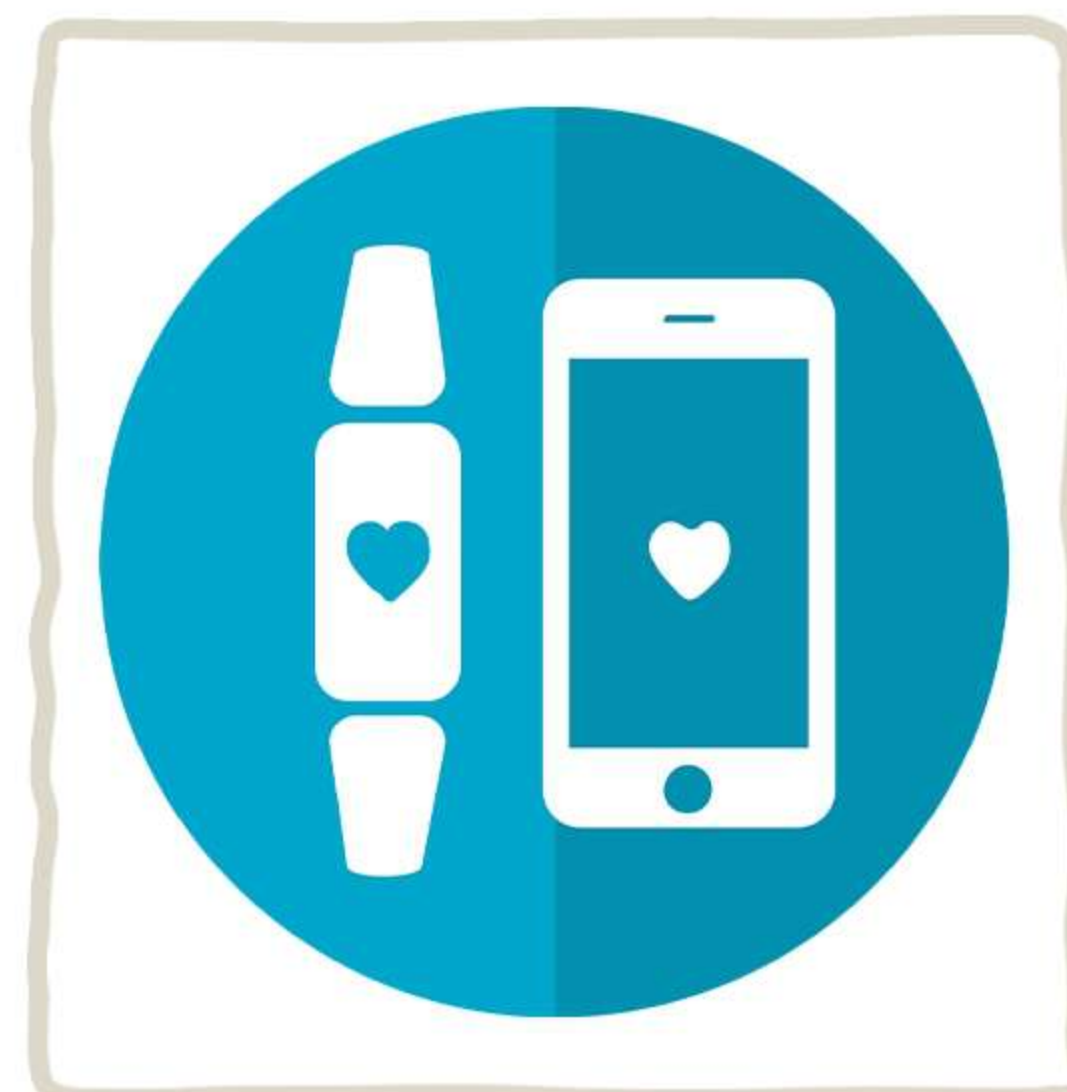
- Healthy behaviors
- ✓ Digital device use and substance use
- Communication and relationships
- ✓ Self-awareness
- Vision of the unknown future
- ✓ Mental health support for young people

SHORT DESCRIPTION:

Mood Tracker is a visual tool designed to monitor and track emotions and moods over time. It provides insights into emotional patterns, helps identify triggers, and allows individuals to make connections between their mood and various factors in their lives.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- Other



EDUCATIONAL VALUE:

The Mood Tracker serves as an educational tool, offering individuals an opportunity to develop emotional awareness. This process aids in recognising, understanding, and effectively managing their feelings.

RECOMMENDATIONS FOR USE:

- Choose a format that suits you, whether it is a journal, an app, or a printable template, and make sure it is easily accessible.
- Set a routine for tracking your mood, whether it is daily, weekly, or at specific times that are meaningful to you.
- Be honest and specific in your entries, noting both positive and negative emotions, to gain valuable insights into your emotional well-being.

EVALUATION:

- How has using the Mood Tracker impacted your awareness and understanding of your emotional states?
- Have you noticed any specific patterns or trends in your moods that you were not aware of before using the Tracker?
- Do you feel that using the Mood Tracker has been beneficial in managing your emotional well-being or making positive changes in your life? If so, please provide examples.

EXAMPLES

- Apps like : Moodpath, daylio, emoods, youper.

ABSTRACT DEFINITION

DURATION: 15 min.

NUMBER OF PLAYERS: 4+

MATERIALS/ TOOLS NEEDED: Electronic device to check on internet some artistic images

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

Healthy behaviors
Digital device use and substance use
Communication and relationships
✓ Self-awareness
Vision of the unknown future
Mental health support for young people

SHORT DESCRIPTION:

Using the computer or printed artistic images, the group is informed that they will be choosing a work of art from those displayed on the screen or table. After choosing, each participant is asked individually to explain why they chose a particular artwork, what relationship it has with their personality, and if there was anything they would change about it.

TYPE OF TOOL:

Game
Educational camp
Outdoor activity
✓ Workshop scenario
Worksheets and workbooks
Individual support
Other



EDUCATIONAL VALUE:

Introspection – with different artistic images, you can discover more about yourself by identifying why the image you choose represents a part of your life.

RECOMMENDATIONS FOR USE:

- For this activity, we will open a laptop, take a phone or any device with internet access to find some pictures. If you do not have internet access, just print 10 different artistic expressions and show them.
- After preparing, ask each participant to choose one image, and they will present their chosen picture, explaining why they chose it.
- After the sharing, use the prepared questions to evaluate why the mentioned aspects during the identification of the chosen image on the internet are important.
- Then, facilitate a reflection on why these aspects are important for the participants.

EVALUATION:

- Why did you choose this picture?
- Do you think this picture describes something from your life?
- Was it hard to choose one?
- How was it to unconsciously share about yourself with others?

ACT OF KINDNESS

DURATION: 15 min. each day / 1 week

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Personal worksheet for taking notes of the daily acts of kindness

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Create a challenge for young people: Over the next seven days, strive to perform seven acts of kindness beyond what you normally do.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- ✓ Other - Challenge



EDUCATIONAL VALUE:

Engaging in acts of kindness promotes positive emotions, reduces stress, and enhances well-being. This can contribute to a healthier emotional state, which can also enhance young people's ability to focus and learn effectively, as well as support their emotional and social development. Additionally, through the acts of kindness young people also become more compassionate, caring, and empathetic members of their communities.

RECOMMENDATIONS FOR USE:

- Organise a meeting to start the Act of Kindness challenge together.
- Explain and set the challenge: Over the next seven days, your goal is to perform seven acts of kindness that go beyond your usual routine. These acts do not need to be extravagant or time-consuming, but they should genuinely make a positive impact on someone else. Examples include assisting a friend or classmate, contributing some time to a cause you support, offering a kind word to a stranger, writing a thank-you note, donating blood, etc.
- At the end of each day, document your spontaneous acts of kindness. The objective is to ensure that you have completed a total of seven new acts of kindness by the end of the challenge.

EVALUATION:

- How did it go?
- Which moment did you enjoy the most?
- How did you feel before and after performing the act of kindness?
- Did your mood change, and if so, in what way?
- What motivated you to perform a particular act of kindness?
- What was your strategy - was it a spontaneous gesture or something you had planned?
- What were the recipient's reactions or responses to your act of kindness, and how did it make them feel?
- What did you learn about yourself through this act of kindness?
- Did it reveal any personal values, strengths, or areas for growth?
- What are the most significant takeaways from this experience for you?
- How can you apply them to your life?

AFFIRMATION CHARADES

DURATION: 1-2 hours

NUMBER OF PLAYERS: 4+

MATERIALS/ TOOLS NEEDED: Papers and pens/pencils, container (box/jar, etc.)

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- ✓ Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Positive affirmations cultivate a positive mindset, boost self-esteem, and foster motivation, thus enhancing young people's performance and overall well-being. They also support the development of emotional intelligence, resilience, and a growth mindset, contributing to the holistic personal and educational growth of young individuals. Collaborate with young people to create positive affirmations. Act them out. Reflect and choose those to be incorporated into daily routines.

TYPE OF TOOL:

- ✓ Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

The game combines charades with positive affirmations to encourage self-reflection and the sharing of positive experiences.

RECOMMENDATIONS FOR USE:

- Gather a group of participants. Together prepare a list of positive affirmations. Put the affirmations in a container.
- One person picks up an affirmation and acts it out without speaking. Others try to guess it.
- Once guessed correctly, the actor shares a personal reflection or experience related to the affirmation.
- Rotate roles to ensure everyone has a turn.
- Enjoy the game and create a positive and supportive atmosphere.

EVALUATION:

- How did the activity make you feel emotionally?
- What was your experience like while acting out and guessing affirmations in a charades format?
- Were there affirmations that resonated with you particularly strongly?
- If so, why do you think that is?
- How did the activity help you become more aware of the power of positive self-talk and affirmations in your daily life?
- Which positive affirmation would you like to add more now?
- Which affirmations would you like to take and use in your everyday life?

ARE YOU LISTENING?

DURATION: 20–40 min.

NUMBER OF PLAYERS: 2–16

MATERIALS/ TOOLS NEEDED: No materials needed

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

A way of listening and responding to another person to enhance mutual understanding. Participants are divided into pairs, and each pair receives a task: one person speaks for 3 minutes, and the other actively listens without interruption. Roles are then switched, followed by a debriefing to discuss how it was for each person to be in different roles.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Promoting active listening by encouraging participants to listen and respond to each other, thus fostering mutual understanding.

RECOMMENDATIONS FOR USE:

- Divide the group into pairs.
- Assign the task to participants: one person speaks for 3 minutes, and the other actively listens without interruption. Encourage attention to non-verbal and verbal communication, such as:
 - Gesture expression,
 - Reactions,
 - Eyes,
 - Reassuring words,
 - Asking questions at the end,
 - Summarizing.
- Invite to change the roles and debrief how it was for each person to be in different roles.

EVALUATION:

- How was it to be in the different roles? What did you appreciate besides words (non-verbal)?
- After this experience, would you change something in your daily communication? if yes, what?

BALANCE WHEEL OF LIFE

DURATION: 30 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Wheel in paper, pen

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

Healthy behaviors

Digital device use and substance use

Communication and relationships

✓ Self-awareness

Vision of the unknown future

✓ Mental health support for young people

SHORT DESCRIPTION:

The Wheel of Life is a simple yet powerful tool that helps you visualise all the important areas of your life at once. It is often used by life coaches and career coaches to give their clients a "bird's eye" view of their lives. By looking at a visual representation of all the areas of your life at once, the Wheel aids in understanding which aspects of your life are flourishing and which ones require additional attention or effort.

TYPE OF TOOL:

Game

Educational camp

Outdoor activity

Workshop scenario

✓ Worksheets and workbooks

✓ Individual support

Other



EDUCATIONAL VALUE:

The Balance Wheel, often used in personal development and coaching, serves as an educational tool by providing a visual representation of various aspects of life. It helps individuals assess their satisfaction and prioritisation across areas, such as career, health, relationships, and more. This tool encourages self-reflection, goal-setting, and the pursuit of a well-rounded and fulfilling life, making it a valuable educational aid for personal growth and life planning.

RECOMMENDATIONS FOR USE:

- Think about what is most important to you in various aspects of your life.
- Use a scale (such as 1 to 10) to measure how happy or satisfied you are in each area.
- Establish small goals to make things better in the areas that are not as good.

EVALUATION:

- How do you feel about your life as you look at your Wheel?
- Are there any surprises for you?
- How are you currently spending your time in these areas?
- How would you like to spend time in these areas?
- What would make that a score of 10?
- Describe what a score of 10 would look like in that area.
- Which of these categories would you most like to improve?
- How could you make space for these changes in your life?
- What help and support might you need from others to make changes and be more satisfied with your life?
- What change do you want to make first?
- So, what is the smallest step you could take to get started?
- If there was one key action that would begin to bring everything into balance, what would it be?

LINK: [WHEELOFLIFE.NOOMII.COM](https://www.wheeloflife.noomii.com)



BREATHING

DURATION: 5-15 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: No materials needed

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

Healthy behaviors

Digital device use and substance use

Communication and relationships

✓ Self-awareness

Vision of the unknown future

✓ Mental health support for young people

TYPE OF TOOL:

Game

Educational camp

Outdoor activity

✓ Workshop scenario

Worksheets and workbooks

✓ Individual support

Other

SHORT DESCRIPTION:

A short activity for focusing on breathing.



EDUCATIONAL VALUE:

Breathe! This is a simple technique you can use anywhere. Focusing on breathing which can be an intentional and mindful practice of regulating breath to promote physical and mental health. This practice reduces stress, improves relaxation, and enhances overall well-being.

RECOMMENDATIONS FOR USE:

- Find a place to sit or lie down and take a moment to breathe as you normally would.
- When you are ready, breathe in slowly through your nose and feel your abdomen expand fully. You can close your eyes or you can leave them open if you prefer. Now breathe out slowly through your mouth or nose (whichever feels better) and feel your abdomen slowly deflate. If you like, you can place your hands on your belly, so you can physically feel what it is doing.
- Repeat it for 5-10 minutes.
- Important: If you find yourself feeling worse or short of breath, please stop. What may work for one person may not work for another.

EVALUATION:

- How did you feel before you started the breathing exercise, and how do you feel now?
- Did you notice any changes in your physical and emotional state? If yes, what changes did you observe?
- What did you discover about your breath, your body, or your state of mind during the exercise that you might not have noticed before?
- How could you incorporate the insights and benefits gained from this breathing exercise into your daily routine to promote your overall well-being?

BRIDGE OF MY STRENGTHS

DURATION: 45-60 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: A4 paper, pencils, markers

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

Healthy behaviors

Digital device use and substance use

Communication and relationships

✓ Self-awareness

Vision of the unknown future

Mental health support for young people

TYPE OF TOOL:

Game

Educational camp

Outdoor activity

✓ Workshop scenario

Worksheets and workbooks

✓ Individual support

Other

SHORT DESCRIPTION:

Build self-confidence by acknowledging personal strengths, including knowledge, skills, and talents. The idea of this activity is to create a visual representation of personal strengths, emphasizing the gifts that each person possesses.



EDUCATIONAL VALUE:

The better we understand our natural talents, the more effectively we can use them to seek and identify opportunities that allow us to engage in activities aligned with our strengths every day. This, in turn, enables us to develop our raw talents into matured strengths and live up to our full potential.

RECOMMENDATIONS FOR USE:

- Create a nice and comfortable space where participants can think about themselves and arrange some relaxing music.
- Invite each participant to take A4 paper and draw a bridge.
- Then allocate 20 minutes for participants to think about themselves – What are my unique strengths? What do I enjoy doing? What skills do I already possess? What am I doing good and great? What traits define who I am? What is my “flow”?
- Encourage participants to add as many things as they can and to list them on their bridge.
- Follow up with a discussion in smaller groups in order to share their discoveries. Conclude with a debriefing session.
- It is very important to emphasise that each person is unique and has many individual resources – strengths, talents, skills, knowledge, etc. We just need to be aware of them and use them wisely to achieve personal goals and create the desired life.

EVALUATION:

- What did you learn about yourself during this activity?
- Was it easy or difficult to find personal strengths and talents?
- What was the most challenging?
- Did you discover any surprising answers?

CHANGES

DURATION: 20–40 min.

NUMBER OF PLAYERS: 2–16

MATERIALS/ TOOLS NEEDED: No materials needed

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

- ✓ Healthy behaviors
 - Digital device use and substance use
 - Communication and relationships
- ✓ Self-awareness
 - Vision of the unknown future
 - Mental health support for young people

SHORT DESCRIPTION:

It is important to be able to make small changes in life and observe the significant differences over the time. In pairs, one person turns around, while the other makes three subtle changes in themselves. Then the other person has to identify them. Repeat the process again and again. Conclusion: if you were asked to make 16 changes at once, you would not be able to do it, but the power lies in achieving progress little by little.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Being able to make small changes in life and observing the significant differences over the time.

RECOMMENDATIONS FOR USE:

- Divide the group into pairs and have them line up in front of each other.
- Ask one person to turn around. The other has to make the changes in themselves. Both participants can change if desired.
- Ask the turned-around person to identify the changes made.
- Switch roles and repeat the process again, again, and again.

EVALUATION:

- How was it to make the changes?
- Did it become harder or easier to keep making changes? How do you think you would have reacted if asked to make 16 changes at first?
- How was it to observe and detect changes?

COLLAGE WORKSHOP

DURATION: 30 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Various materials, such as paper, photographs, magazine cutouts, or found objects, scissors

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

Healthy behaviors

Digital device use and substance use

Communication and relationships

✓ Self-awareness

✓ Vision of the unknown future

Mental health support for young people

TYPE OF TOOL:

Game

Educational camp

Outdoor activity

✓ Workshop scenario

Worksheets and workbooks

✓ Individual support

Other

SHORT DESCRIPTION:

Collage Workshop is a creative session where participants explore the art of collage-making. Collage, as a technique, involves assembling various materials, such as paper, photographs, fabric, magazine cutouts, or found objects to create a visually cohesive and expressive composition.



EDUCATIONAL VALUE:

Creating a collage enhances thinking and art skills, as it involves making choices about how to put it together, what colours to use, and what it is about. It also makes you think about yourself and can be used for learning in different ways. This makes learning more interesting and fun!

RECOMMENDATIONS FOR USE:

- Encourage participants to express themselves freely through the arrangement of images, fostering self-reflection and artistic exploration.

EVALUATION:

- What was your favourite part of the Collage Workshop, and why did it stand out to you?
- Did the Workshop inspire you to think differently about how you use and combine different materials in art? If so, please explain.
- How did participating in the Collage Workshop make you feel about your own creativity and artistic abilities?

LINK: WWW.CRAFTSUPRINT.COM/PROJECTS/PAPER-CRAFT/COLLAGES/HOW-TO-MAKE-A-COLLAGES.CFM



CONTEMPLATION CARDS

DURATION: 30 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Contemplation cards

AVAILABLE LANGUAGES: EN, RUS, EE, ES

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- ✓ Self-awareness
- ✓ Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Contemplation cards facilitate communication through metaphorical language. Working with these cards can be combined with different creative exercises (e.g., writing, drawing, or collage). By looking at the pictures, individuals can quickly connect with their emotions. An image may contain a huge number of elements that speak to people in diverse ways.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- Other



EDUCATIONAL VALUE:

Contemplation cards are helpful, as they simplify self-reflection and aid in understanding one's emotions. They provide questions or prompts to guide thoughts. Using these cards can contribute to a better understanding of oneself and facilitate personal growth.

RECOMMENDATIONS FOR USE:

- **Choose a quiet space:** Find a calm and comfortable place where you will not be interrupted while using the contemplation cards.
- **Set an Intention:** Decide what you want to focus on or achieve with this contemplation session.
- **Select a Card:** Pick a card randomly or deliberately, and read the provided prompt or question.
- **Reflect and Write:** Take a moment to think about the prompt and jot down your thoughts or feelings.
- **Be Open-Minded:** Do not worry about finding the "right" answer. Let your thoughts flow naturally.

EVALUATION:

- Did the contemplation cards aid you in thinking about yourself and your feelings in a helpful way?
- How did you feel after using the contemplation cards? Did it lead to any insights or new understandings?
- Would you consider using the contemplation cards again in the future? Why or why not?



DAILY GRATITUDE JOURNAL

DURATION: 10 min. each day / 1 week

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Materials to create/decorate/personalise own Daily gratitude journal

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

Healthy behaviors

Digital device use and substance use

Communication and relationships

Self-awareness

Vision of the unknown future

✓ Mental health support for young people

SHORT DESCRIPTION:

Starting a personal Daily Gratitude Journal: Over the next seven days, dedicate 5-10 minutes each night before going to bed to reflect and jot down five things in your life that you are grateful for.

TYPE OF TOOL:

Game

Educational camp

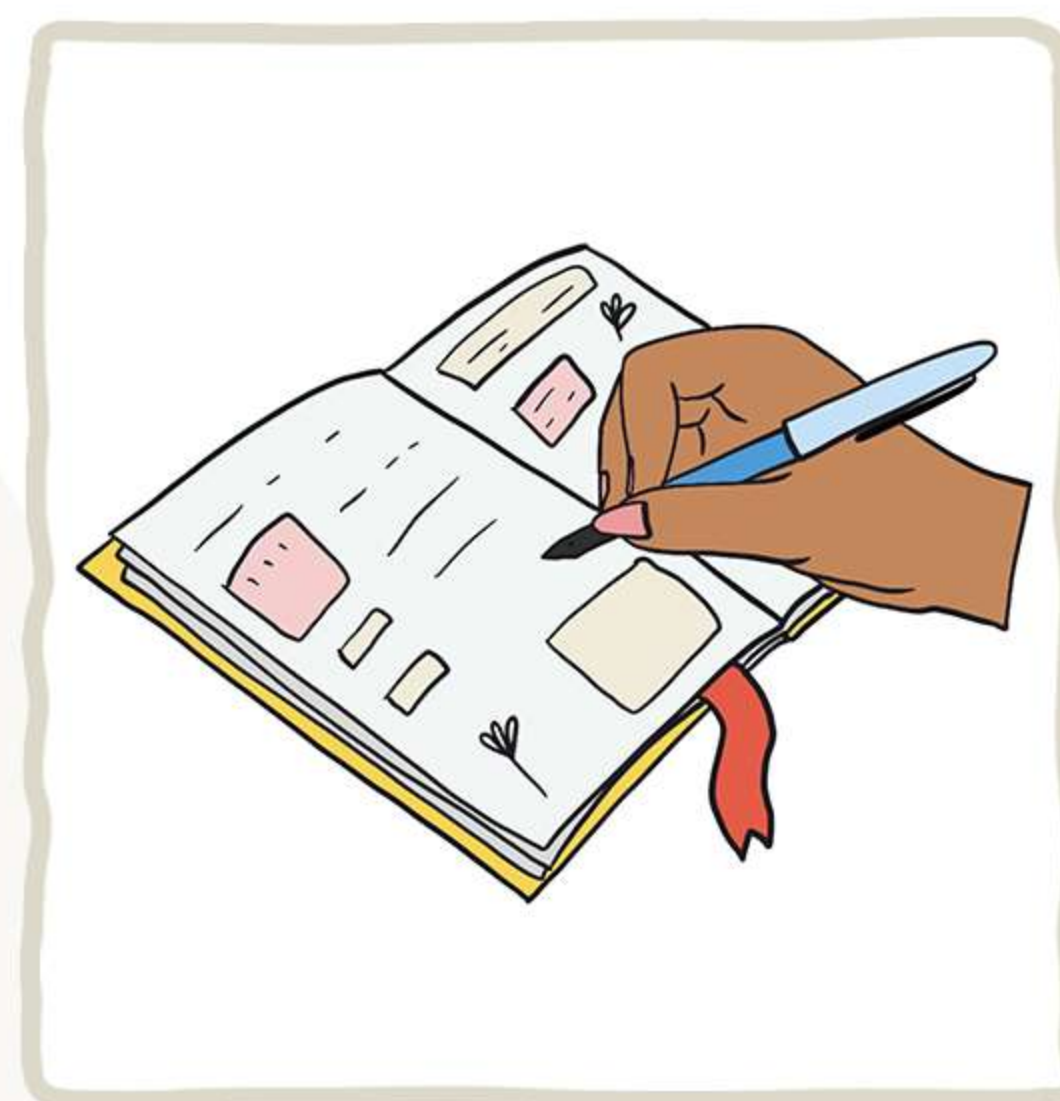
Outdoor activity

Workshop scenario

Worksheets and workbooks

✓ Individual support

✓ Other - Challenge



EDUCATIONAL VALUE:

Being grateful and thankful is the expression of appreciation for what we have in our lives. Different people have different things, and still it is up to us whether we want to focus on what we have or what we lack. Expressing gratitude makes us happier, brings more positive emotions, makes us feel alive and joyful, helps us sleep better, and even strengthens our immune system. As youth workers and educators, we can facilitate moments for young people to pause and reflect on what they are grateful for.

RECOMMENDATIONS FOR USE:

- Discuss with young people the benefits of being grateful and explore how it can positively impact their lives, attitudes, and behaviors.
- Assist young people in creating their own Daily Gratitude Journals, dedicating time to draw, beautify, and personalise their journals.
- Establish a ritual to start the journaling process. Encourage participants to share their experiences in the following days and weeks.

EVALUATION:

- How does expressing gratitude in your journal make you feel?
- Does it affect your mood?
- How does it influence your attitude and interactions with others?
- Have you experienced moments when you struggled to find something to be grateful for?
- If so, how did you work through those moments?
- How has maintaining a daily gratitude journal impacted your overall sense of well-being, self-esteem, and resilience over time?
- Have you learned any new things about yourself and your priorities through the process of gratitude journaling?

DETOX DAY/WEEKEND

DURATION: 1-3 days

NUMBER OF PLAYERS: 10+

MATERIALS/ TOOLS NEEDED: Organised place to welcome and host the group of young people; preferably no WiFi.

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

- Healthy behaviors
- ✓ Digital device use and substance use
- Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

A day or weekend organised for young people, offering a complete break from devices and social media. Activities can be organised with a focus on various topics, such as well-being, arts, sports, environment, volunteering, meditation, self-development, and more.

TYPE OF TOOL:

- Game
- ✓ Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

A social media detox day/weekend can be a valuable educational experience and a great way for young people to recharge and engage in more meaningful activities. On the one hand, it can provide a supportive and engaging environment, helping young people recognise the benefits of reducing their online presence and, on the other hand, it can encourage them to immerse themselves in real-world activities with meaningful value for them.

RECOMMENDATIONS FOR USE:

- Organise a day or weekend activity (on various topics) for young people where no devices are allowed.
- Remember to incorporate an unplugging ritual when collecting devices (e.g. you can create a "hotel" box for phones where they will relax throughout the weekend) and also a closing ceremony marking the return of devices.
- Discuss how the experience impacted each participant and what they learned.
- Encourage them to set personal goals for maintaining balanced technology use after the weekend.

EVALUATION:

- What did you learn about yourself during this detox weekend?
- Were there any challenges you faced and how did you overcome them?
- What were the most surprising moments of this experience for you?
- How did disconnecting from social media impact your overall well-being?
- What moments stood out as particularly enjoyable for you?
- What strategies did you discover for managing boredom (if there was) without social media?
- Have you thought about how you would like to adjust your digital habits moving forward?
- What personal goals would you like to make in terms of technology use and screen time after this experience?
- How did the detox weekend change your perspective on the role of social media in your life?

DIXIT

DURATION: 30 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Dixit cards

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

A great tool to express thoughts and feelings, evaluate different situations, or talk about yourself.

TYPE OF TOOL:

- ✓ Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Introspection – a different way to identify problems or areas we need to improve in our character, daily life etc.

RECOMMENDATIONS FOR USE:

- Just take all the pictures and place them on a table.
- Each participant will select a card that represents themselves/their current feelings, or something representative of the situation.
- Then they will share why they chose that specific card.
- To guide the discussion, announce the topic to the group, such as "how you feel today".

EVALUATION:

- Why is this card important to you?
- What can we do to improve this?
- Do you have any ways to express your feelings in your daily routine?

EMOTIONAL DIARY

DURATION: 5 min.

NUMBER OF PLAYERS: 1

MATERIALS/ TOOLS NEEDED: Notebook and pen

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

Healthy behaviors
Digital device use and substance use
Communication and relationships
✓ Self-awareness
Vision of the unknown future
Mental health support for young people

TYPE OF TOOL:

Game
Educational camp
Outdoor activity
Workshop scenario
Worksheets and workbooks
✓ Individual support
Other

SHORT DESCRIPTION:

Participants take a notebook where they can record their daily feelings using a meter with different basic emotions.



EDUCATIONAL VALUE:

Self-care and feelings education - introspection - a different way to identify problems or things we need to improve in our character and daily life.

RECOMMENDATIONS FOR USE:

- To express your feelings in private or to identify problems and find solutions for them, we will use paper, pencils, and markers to draw whatever comes to mind.
- We can also choose a word that represents our feelings today.
- Additionally, we can write or briefly explain how our day was or how we felt during it.

EVALUATION:

- Do you think you will use it again?
- Was it hard to identify your own worries and problems?
- How will you manage them?
- Did you learn something new?

EXAGGERATE THE EMOTION

DURATION: 20-45 min.

NUMBER OF PLAYERS: 10-40

MATERIALS/ TOOLS NEEDED: Papers with written emotions on them (one emotion per paper). A physical space for participants to stand in rows with ample space between them.

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers

Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- ✓ Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

This activity helps participants to express different emotions and understand the emotions of other people non-verbally. The activity could also be used as a warming-up exercise.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

The activity will help youngsters become aware of and express various emotions, as well as recognise and understand the emotions of others.

RECOMMENDATIONS FOR USE:

- Divide the participants into small groups with an equal number of people (4-6 per group) and create parallel rows with participants facing in one direction.
- Stand at the back of all people and instruct only the last person in each row to face you. Then show one card with a written emotion on it.
- Then the last person taps the person in front and, when she/he turns, the person shows the emotion written on the card. This continues down the row until it reaches the first person in the row.
- Emphasise that each successive person should express the emotion more strongly, exaggerating the emotion shown.
- Then the first person in the row shows the exaggerated emotion and tries to guess what it is.
- After the emotion is guessed, the first person goes to the back, and the activity continues with the same scheme.

EVALUATION:

- Was it easy to guess the showed emotion?
- When did you feel the most natural/closest to your own self?
- When did it feel awkward for you?
- Which moments were challenging, and what made them so?
- What did you learn about the way people express their emotions?

FOREST BATHING (SHINRIN YOKU)

DURATION: No pressure

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: No materials needed

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- ✓ Healthy behaviors
- ✓ Digital device use and substance use
- Communication and relationships
- ✓ Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Walking in a natural environment while consciously connecting with the surroundings. This tool is for connection, recovery, and identity rebuilding. Forest bathing means immersing oneself with all senses in the forest atmosphere. It is not a simple walk in the woods but rather a conscious and contemplative practice of being immersed in the sights, sounds, and smells of the forest.

TYPE OF TOOL:

- Game
- Educational camp
- ✓ Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Connection, recovery and rebuilding identity. Forest bathing facilitates connection with nature, promotes relaxation and stress reduction, and fosters a sense of connection and identity with the natural world.

RECOMMENDATIONS FOR USE:

- Ask participants to focus on the natural environment around them, taking in the sights, sounds, and smells.
- With continued practice, the connection deepens, leading to increased awareness of natural rhythms and cycles around. This can aid in gaining perspective on life and challenges, fostering a sense of gratitude and wonder.
- Invite participants to listen to their inner voice, enabling them to tap into a deeper understanding of themselves and the world around them.

EVALUATION:

- What did you experience when you focused on the natural environment around you?
- What insights did you gain from listening to your inner voice?

GET ACTIVE

DURATION: 30 min. every day / 1 week

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Personal worksheet for measuring personal physical activity / or a shared document for measuring the physical activity of each participant

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- ✓ Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Create a challenge for young people: Over the next week, dedicate at least 30 minutes each day to get your body moving through exercise.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- ✓ Other - Challenge



EDUCATIONAL VALUE:

Engaging in a daily 30-minute physical activity challenge (exercises, dance, walk or run in the park, etc.) can positively impact the well-being of young people by enhancing their physical and mental health, boosting energy levels, fostering social connections, reducing stress, and promoting confidence and self-esteem. It can lead to a better quality of life, improved cognitive function, and long-term health benefits.

RECOMMENDATIONS FOR USE:

- Organise a meeting to plan the Get Active challenge together with young people. Explain the benefits of regular daily physical exercise.
- Discuss and collect ideas for various physical activities. Let young people choose the physical activities they want to engage in. Plan their Get Active time together for the upcoming week and then share their plans in small groups.
- Track the physical activities, share the progress, and support each other daily throughout the challenge week.

EVALUATION:

- How did you feel physically at the beginning of the challenge compared to now?
- Have you noticed any improvements in your well-being?
- Did you encounter any obstacles during the challenge, and how did you overcome them?
- What did you learn from these experiences?
- Did you notice any changes in your mood, energy levels, or stress levels as a result of daily physical activity?
- Did the challenge influence your daily routine or habits in terms of physical activity?
- How do you plan to set new goals and continue prioritising daily physical activity in your life moving forward?

GRATITUDE JAR

DURATION: 10 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Jar, box, paper, pen

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

Healthy behaviors

Digital device use and substance use

Communication and relationships

✓ Self-awareness

Vision of the unknown future

✓ Mental health support for young people

SHORT DESCRIPTION:

The Gratitude Jar is a tangible container designed for collecting and storing written expressions of gratitude. It serves as a visual reminder of the things you are grateful for in your life. The concept is simple yet powerful: each day or whenever you feel inclined, you write down something you are thankful for on a small piece of paper and place it in the jar. Over time, the jar fills up with these gratitude notes, creating a collection of positive moments and reminders of blessings in your life.

TYPE OF TOOL:

Game

Educational camp

Outdoor activity

Workshop scenario

Worksheets and workbooks

✓ Individual support

Other



EDUCATIONAL VALUE:

The Gratitude Jar is a simple yet powerful tool that teaches the importance of recognising and appreciating positive aspects of life. Through the practice of regularly writing down things they are thankful for, participants learn to cultivate a positive outlook and develop gratitude as a habit. This habit, in turn, promotes mental well-being and fosters a more optimistic approach to challenges.

RECOMMENDATIONS FOR USE:

- Place a visible jar along with writing materials in an accessible location.
- Write down specific things you are thankful for on a daily basis.
- Periodically review past gratitudes for a positive boost.

EVALUATION:

- How has having a Gratitude Jar affected your daily perspective and overall mindset?
- Can you recall a specific instance where writing down something you were grateful for made a significant difference in your day or outlook?
- Have you noticed any changes in your mood or overall well-being since you started using the Gratitude Jar? If so, please describe.

IKIGAI

DURATION: 45-60 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: A4 paper, pencils, markers, IKIGAI template

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- Self-awareness
- ✓ Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

To discover a clearer sense of purpose in life, consider the concept of Ikigai. This encompasses well-being, life satisfaction, joy from doing something, and a sense of purpose. It involves feeling that your life is valuable and that your actions have an impact. Ikigai can be found in both the smallest daily rituals and significant aspects of life, such as your job and roles. It is not linked to your status in society, or money you earn. Everyone's Ikigai is unique: it is rooted in personal history, values, beliefs, hobbies, and personality.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

What is "IKIGAI"?

"Ikigai", a term of Japanese origin, means "reason for being" ("IKI"=Life and "GAI"= Value or Worth). It serves as a valuable tool to gain a clearer understanding of one's purpose in life. It is important to approach this exploration with honesty and without self-judgment.

RECOMMENDATIONS FOR USE:

- **STEP 1:** Ask yourself the following questions: What do you really love? What are you good at? What activity never bores you? What do people seek your help for? What does the world need? What you can be paid for? Will your work/hobby remain valuable in 10, 20, 50 years? What activity allows you or could allow you to live well (sustain yourself, have a roof over your head, etc.)?
- **STEP 2:** Map it out Copy your answers into this diagram (IKIGAI diagram on CANVA)
- **STEP 3:** Find common grounds - analyse your answers and check for common ground in the four main sections - PASSION, MISSION, VOCATION, PROFESSION. The elements common to all four sections represent your IKIGAI.
- **REMEMBER:** discovering your Ikigai is a process, so do not get frustrated if you do not find it immediately. Take your time! You can repeat this exercise as many times as you like also because your Ikigai can change throughout your life.

EVALUATION:

- How do you feel when you look at your IKIGAI?
- Is your life aligned with your IKIGAI? In what specific way is it, or is it not?
- Did anything surprise you about yourself during this process?

LINK: [WWW.CANVA.COM/TEMPLATES/EAESJKUG5E-PINK-YELLOW-DIAGRAM-HOW-TO-FIND-IKIGAI-INSTAGRAM-POST](https://www.canva.com/templates/EAESJKUG5E-PINK-YELLOW-DIAGRAM-HOW-TO-FIND-IKIGAI-INSTAGRAM-POST)



IKONIKUS

DURATION: 20 min.

NUMBER OF PLAYERS: 3+

MATERIALS/ TOOLS NEEDED: Ikonikus game

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

The aim of this game is to use the cards to represent a situation. One person says, "How I feel when..." and describes a situation. The rest of the group will throw in cards that match the sentence. The person who said the sentence will then choose the most representative card for them.

TYPE OF TOOL:

- ✓ Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Sharing and feeling management - with this board game, you can observe the different ways of thinking among others and yourself, reflecting on the understanding that everyone is different and unique. The game also facilitates the expression of feelings, representing them through forms and shapes that you will use to express yourself.

RECOMMENDATIONS FOR USE:

- To promote creativity and different ways of thinking, and also to share about various situations and points of view, we need to play it as a normal game. Someone will say a sentence starting with "If ..." (mentioning anything relevant that can happen). For example, "If I fail an exam, I will feel like...".
- Everyone will throw in a card, and no one will see the pictures of others, until the person who said the sentence mixes them all.
- Afterwards, we will lay them out for everyone to see, and the person who said the sentence will choose one and explain why.

EVALUATION:

- Was it difficult to think of situations for your cards?
- How did you feel sharing with others?
- If given the chance, would you play this game again?

LINK: [BOARDGAMEGEEK.COM/BOARDGAME/148381/IKONIKUS](https://boardgamegeek.com/boardgame/148381/ikonikus)



IMAGINE

DURATION: 15 min.

NUMBER OF PLAYERS: 2+

MATERIALS/ TOOLS NEEDED: Imagine game

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- Self-awareness
- ✓ Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

It is a game with different forms that allow you to build whatever you feel like. We use it with a specific topic, and you can create an image representing yourself in the future.

TYPE OF TOOL:

- ✓ Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Communication and vision of the unknown future – we can use it as an educational game, creating ideal scenarios or exploring concerns to find solutions.

RECOMMENDATIONS FOR USE:

- To be creative
- To promote imagination
- To share your feelings in a different way
- To reflect on your and others' situations. For this, we will play it as a normal game, but we will use sentences or words related to the well-being topic to build the piece of art with the different cards.

EVALUATION:

- Do you think you will use it again?
- Was it hard to be creative and do something different? How did you manage it?
- Did you learn something new?

LINK: [BOARDGAMEGEEK.COM/BOARDGAME/191894/IMAGINE](https://boardgamegeek.com/boardgame/191894/imagine)



IMPROVISATIONAL FORUM THEATRE

DURATION: 1-2 hours

NUMBER OF PLAYERS: 10+

MATERIALS/ TOOLS NEEDED: Enough space

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

- ✓ Healthy behaviors
- ✓ Digital device use and substance use
- ✓ Communication and relationships
- ✓ Self-awareness
- ✓ Vision of the unknown future
- ✓ Mental health support for young people

SHORT DESCRIPTION:

Forum Theatre takes the form of a conventional play that reflects the participating community's experience regarding a chosen issue. It aims to engage participants in understanding and exploring creative solutions to the issues, problems, or challenging situations. This is a form of participatory art (participatory theatre) that can focus on topics relevant to a group of youngsters.

TYPE OF TOOL:

- ✓ Game
- ✓ Educational camp
- ✓ Outdoor activity
- ✓ Workshop scenario
- ✓ Worksheets and workbooks
- ✓ Individual support
- ✓ Other



EDUCATIONAL VALUE:

Forum Theatre is a highly effective educational method for youngsters, as it combines theatre and interactive learning to promote critical thinking, communication skills, empathy, and personal development. It offers a unique and engaging way for young people to explore and address complex issues and challenges in a supportive and creative environment.

RECOMMENDATIONS FOR USE:

- When discussing strategies, do not ask if the interventions were realistic because this type of questioning reinforces a feeling that change is impossible. Instead, ask if the interventions are possible.
- The discussion that takes place in this final stage is designed to help spectators relate to the main actor on stage and connect to their own personal lives.
- To conclude the performance, the facilitator sums up the main ideas presented and reviews the strategies developed during the forum. It is important that this summary reflects the ideas actually presented and does not oversimplify, providing a fake consensus.

EVALUATION:

- What difficulties did the main character have to face during the play? How did they cope with these difficulties? What alternative actions could they have taken?
- Can you identify specific moments in the play where they could have taken different and more effective action?
- Would these alternative actions have been more effective? Why?
- Can you establish a list of principles that could help people in that situation cope with this problem?
- Ask the group to suggest ways in which individuals, society (schools, community and youth groups, churches, sporting organisations, etc.), and the government can tackle the issue you work on and to suggest ideas for ways forward that will promote well-being.

LINK: [DRIVE.GOOGLE.COM/DRIVE/FOLDERS/1AR20MN2ZORV-QVXVRWJTLH6VQEE4STPU](https://drive.google.com/drive/folders/1AR20MN2ZORV-QVXVRWJTLH6VQEE4STPU)



IN SILENCE

DURATION: 1-2 hours

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: A nice space, preferably outside

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- ✓ Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

An activity designed for individuals or groups of young people, offering dedicated time and space to spend time with oneself in silence and to connect with one's inner self.

TYPE OF TOOL:

- Game
- Educational camp
- ✓ Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

There are a lot of outside distractions in young people's lives today. Their experiences often become busier, more stressful, and filled with external noise that can interfere with their well-being. One way to reconnect with oneself is to practice silence. Practicing silence is a practice of peace, balance, harmony, awareness, and gratitude. Encourage them to try it out and explore how being in silence makes them feel. Support their connection to their inner selves and together find the benefits of this practice.

RECOMMENDATIONS FOR USE:

- Find a dedicated time and invite young people to spend some time in silence. No mobile devices, no music, no books, no computers, and no social media. Just the invitation to be present. To be here and now. To focus on the present moment.
- Encourage them to relax, follow their breath, appreciate their surroundings, listen to the sounds, and be aware of all their movements.
- Spend at least 30-40 minutes in silence.

EVALUATION:

- How did you feel during the silent time?
- What did you experience?
- What did you discover about yourself?
- What did you enjoy during this time?
- Have you noticed any difference in yourself before and after the silence time?
- Would you do it again?

JOURNALING

DURATION: 15 min. each day

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Ready-made materials, for example: Big Life Journal or self created materials.

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- ✓ Healthy behaviors
 - Digital device use and substance use
 - Communication and relationships
- ✓ Self-awareness
 - Vision of the unknown future
 - Mental health support for young people

SHORT DESCRIPTION:

It is the act of putting your thoughts and feelings into writing to understand them more clearly. And if you are struggling with stress, depression, or anxiety, maintaining a journal can be a great idea. It can help you take control of your emotions and improve your mental health.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- Workshop scenario
- ✓ Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Journaling and notebooks can help youngsters:

- calm the mind
- plan the day
- develop new healthier habits
- spend time with themselves
- notice positive moments in their lives
- set future goals

RECOMMENDATIONS FOR USE:

- Encourage participants to attempt daily writing, setting aside a few minutes each day. Suggest keeping a pen and paper handy at all times. Write or draw whatever feels right.
- Emphasise that the journal does not need to follow a specific structure, and participants can use it as they see fit. Assure them that they do not have to share their journal with anyone.

EVALUATION:

- What are some of the things you learned during this activity?
- What surprised you? What aspects challenged your thinking?
- How could you start a new routine and stick to it?

LINK: [BIGLIFEJOURNAL.COM](https://biglifejournal.com)



KAHOOT!

DURATION: 15 min.

NUMBER OF PLAYERS: 2+

MATERIALS/ TOOLS NEEDED: Electronic devices: the internet, computer, phones

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- ✓ Digital device use and substance use
- Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Kahoot! is a game-based learning platform that makes it easy to create, share, and play learning games or trivia quizzes in minutes. Kahoot! is a tool that delivers and presents questions to students. It is set up as a game that students can play either individually or in groups. Unleash the fun!

TYPE OF TOOL:

- ✓ Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Kahoot! is an interactive educational platform that leverages gamification to engage students in learning. It offers immediate feedback, customizable content, and fosters collaboration, making it a valuable tool for formative assessment and active, enjoyable learning experiences.

RECOMMENDATIONS FOR USE:

- Instructors provide students with multiple-choice questions, which are projected on a classroom screen.
- Create interactive quizzes or games that align with the learning objectives to make lessons more engaging and interactive.
- Encourage active participation by providing clear instructions and involving all participants in answering questions.
- Give small prizes to participants.

EVALUATION:

- What new things did you learn?
- How do you feel about learning through interactive games like Kahoot?
- Would you like to use Kahoot for learning more in the future?

LINK: [KAHOOT.IT](https://kahoot.it)



LANDART

DURATION: 1-2 hours

NUMBER OF PLAYERS: 4+

MATERIALS/ TOOLS NEEDED: Access to nature

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- Self-awareness
- Vision of the unknown future
- ✓ Mental health support for young people

SHORT DESCRIPTION:

Land art (Earth art) is a form of art that involves creating works or installations directly in the natural environment. Typically, artists employ natural materials found directly on the site, such as rocks, soil, leaves, and wood.

TYPE OF TOOL:

- Game
- Educational camp
- ✓ Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Using nature to create art provides significant well-being benefits for young people. It nurtures a deeper connection with the nature, encouraging mindfulness, promoting creativity, and addressing environmental themes. Additionally, it can enhance physical and mental health, stimulate personal and team fulfilment as well as contribute to overall mental and emotional well-being.

RECOMMENDATIONS FOR USE:

- To organise a Land Art workshop for young people, find an accessible natural setting;
- Introduce the concept and explain the idea;
- Provide materials; encourage young people to create art from natural elements;
- Organise an exhibition to showcase the masterpieces;
- Dedicate time for reflection.

EVALUATION:

- What did you enjoy most about creating land art in a natural setting?
- How did you feel while working on your land art project?
- Did your mood or mindset change during the activity?
- Did creating land art in a natural environment influence your connection with nature and deepen your appreciation for the outdoors?
- Did the land art activity change your perspective on the natural world, the environment, and your relationship with art and nature?
- How do you plan to incorporate the inspiration gained from this experience into your future creative endeavours and interactions with the environment?

LETTER TO MYSELF

DURATION: 30 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Paper, pen and envelope for each participant

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

Healthy behaviors

Digital device use and substance use

Communication and relationships

Self-awareness

✓ Vision of the unknown future

Mental health support for young people

TYPE OF TOOL:

Game

Educational camp

Outdoor activity

✓ Workshop scenario

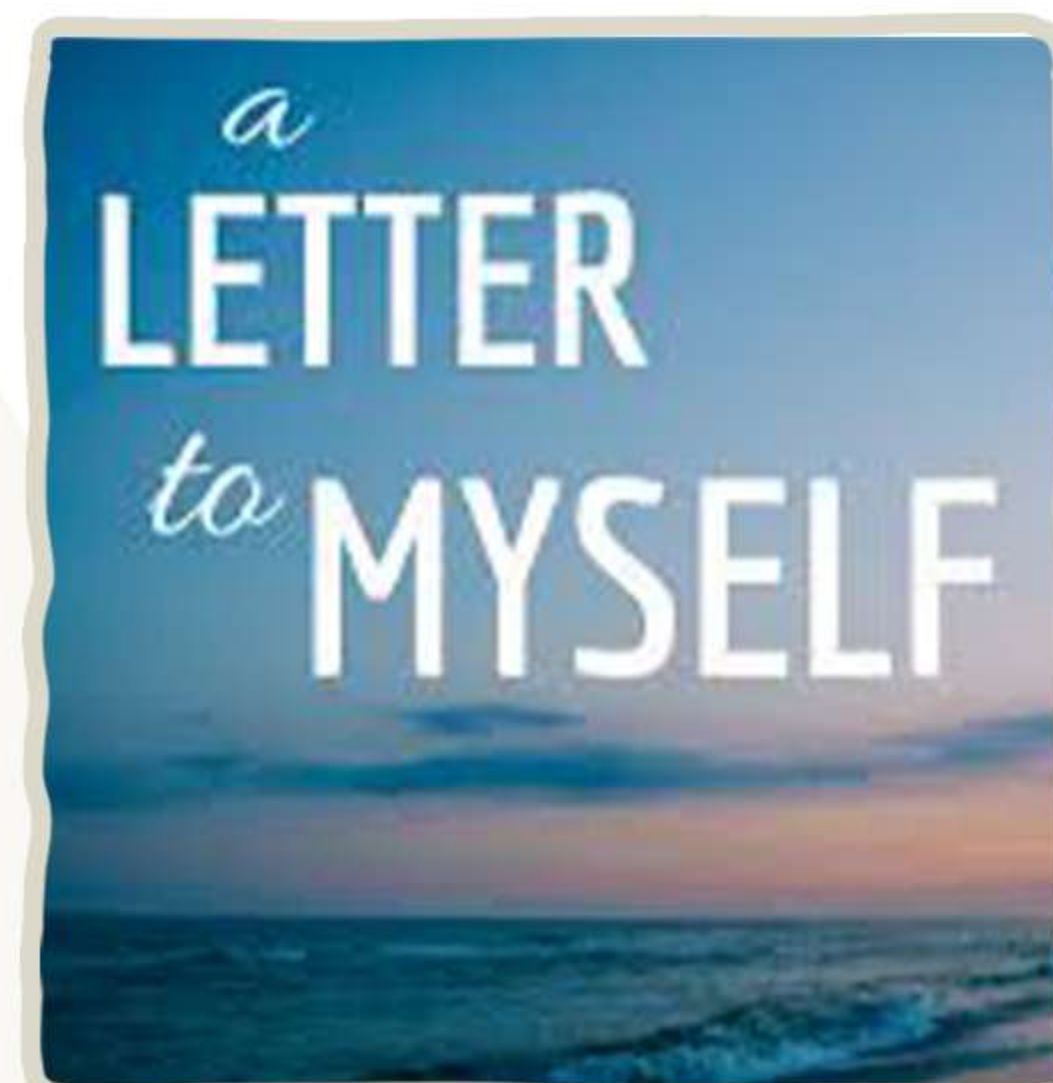
Worksheets and workbooks

Individual support

Other

SHORT DESCRIPTION:

This activity helps to identify future events and prepare scenarios for them.



EDUCATIONAL VALUE:

Writing a letter to yourself can offer a moment of reflection, healing, and insight. Even though the letter is directed toward the future, writing it demands your present attention. The main benefits of composing such a letter include fostering self-reflection, promoting self-awareness, setting goals, and engaging in life and career planning.

RECOMMENDATIONS FOR USE:

- Create a nice and comfortable space where participants can think about themselves. Arrange some relaxing music as well.
- Invite each participant to take A4 paper and encourage them to write a letter to their future self.
- The future time frame can be discussed beforehand - it can be 1, 3, 5, 10, or even more years ahead. Where will their "future self" be? What will they be doing? Do they have specific goals? What would they need to hear? What important message would they like to convey to their future selves?
- After the letters are written, instruct participants to place them in an envelope, write their name on it, and indicate when it can be opened.

EVALUATION:

- How was the activity for you?
- What thoughts crossed your mind as you were writing the letter?
- Did you discover something new about yourself during this activity?

LIVING LIBRARY

DURATION: 60 min.

NUMBER OF PLAYERS: 10+

MATERIALS/ TOOLS NEEDED: Enough space and chair for each "book"

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

Healthy behaviors

✓ Digital device use and substance use

Communication and relationships

Self-awareness

Vision of the unknown future

Mental health support for young people

TYPE OF TOOL:

Game

Educational camp

Outdoor activity

✓ Workshop scenario

Worksheets and workbooks

Individual support

Other

SHORT DESCRIPTION:

The Living Library was originally created with the motivation to address the realization that most people use stereotypes in their interactions with others, at least some of the time. However, this activity works very well with different topics as books (people) can be selected based on specific topic to share their experiences etc. This could also be used to discuss various subjects, including substance and digital device use.



EDUCATIONAL VALUE:

Raising awareness about the topics of digital device use and substance use. Drawing inspiration from personal stories. Promoting self-awareness and self-exploration. This can be adapted to any topic/ situation.

RECOMMENDATIONS FOR USE:

- It works much like a traditional library: visitors can browse the catalogue of available titles, select the book they want to 'read', and borrow it for a limited period. After reading, they return the book to the library and, if they want, borrow another. The only difference is that in the Living Library, books are represented by people, and reading consists of a conversation.
- The "living book" prepares a poster outlining their book (story) and presents it to the whole group in a 1-minute introduction. Participants become readers and decide which books they would like to read.
- The living book and the reader engage in a 30-minute to an hour-long session of storytelling, conversation, and questions. After the allotted time, another round of book reading can take place or the facilitator can lead a debriefing session.

EVALUATION:

- How was your experience reading live books?
- Were there any surprising moments during this activity?
- Were you able to find any similarities with your life?
- What aspects of this experience will you carry with you?

LINK: [RM.COE.INT/1680702300](https://rm.coe.int/1680702300)



LET'S MAKE A MEAL

DURATION: 60 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Your ideal breakfast

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- ✓ Healthy behaviors
 - Digital device use and substance use
 - Communication and relationships
- ✓ Self-awareness
 - Vision of the unknown future
 - Mental health support for young people

SHORT DESCRIPTION:

The idea is to have a long breakfast in a space where you feel comfortable, whether it is on a terrace or any outdoor setting. It should take at least 1 hour.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- Other



EDUCATIONAL VALUE:

Self-care – having your own space for self-care can be beneficial, especially if it is not something you are used to do.

RECOMMENDATIONS FOR USE:

- The first step is to decide what you are going to eat for this healthy breakfast. In case you do not have any ideas, we recommend making some toasts with cheese, avocado, tomato, along with a coffee, homemade juice or smoothie, and if you want, you can also add some eggs.
- The second step is to prepare the table with the cooked food.

EVALUATION:

- How do you feel after this activity?
- Was it easy or difficult for you to relax during this long breakfast?
- What did you do?
- How was the experience of having more time for yourself?

MINDFULNESS WORKSHOP

DURATION: up to you

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Choose a calm, comfortable place without too much noise. Gather any mats or cushions you might need.

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

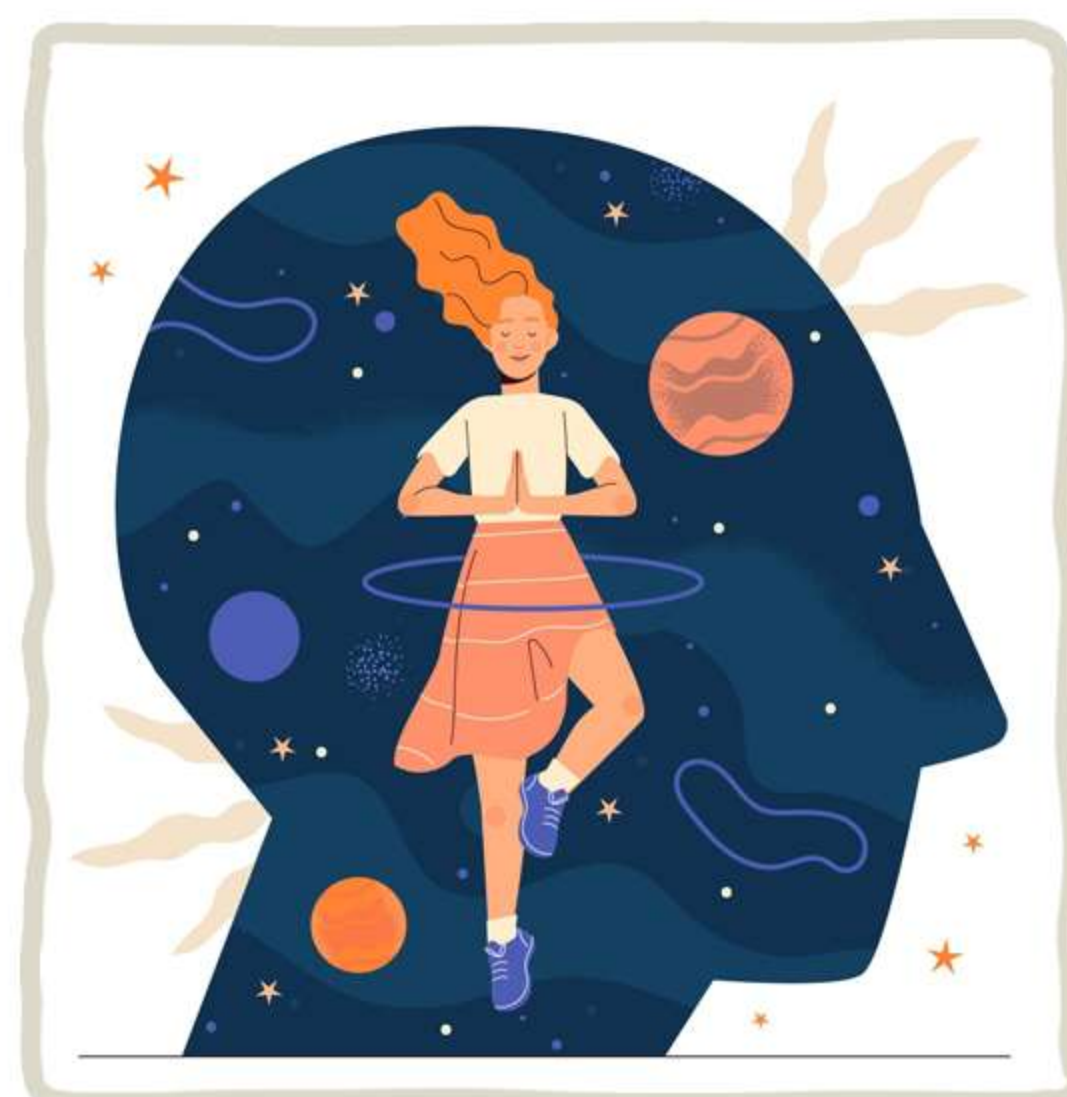
- ✓ Healthy behaviors
 - Digital device use and substance use
 - Communication and relationships
- ✓ Self-awareness
 - Vision of the unknown future
- ✓ Mental health support for young people

SHORT DESCRIPTION:

Mindfulness Workshop is an interactive and experiential learning session that introduces participants to the practice of mindfulness. It typically combines guided mindfulness exercises, discussions, and activities aimed at cultivating present-moment awareness, reducing stress, and promoting overall well-being.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

The Mindfulness Workshop offers valuable tools for mental well-being and self-awareness. Participants learn techniques to cultivate present-moment awareness, reduce stress, and improve focus. This practice is highly beneficial in educational settings, as it equips individuals with essential life skills that enhance learning, emotional regulation, and overall mental health.

RECOMMENDATIONS FOR USE:

- When organising the Mindfulness Workshop, start by creating a calm and welcoming environment, free from distractions.
- Introduce various mindfulness techniques, such as breathing exercises, body scans, and guided meditations. Encourage participants to practice regularly for long-lasting benefits in their personal and educational lives.

EVALUATION:

- How has attending the Mindfulness Workshop impacted your understanding and practice of mindfulness in your daily life?
- Have you noticed any changes in your overall well-being, stress levels, or ability to stay present since participating in the Workshop? If so, please describe.

LINK: WWW.MINDFUL.ORG/MEDITATION/MINDFULNESS-GETTING-STARTED/



MONSTRUO DE COLORES

DURATION: 30 min.

NUMBER OF PLAYERS: 2+

MATERIALS/ TOOLS NEEDED: Monstruo de colores game

AVAILABLE LANGUAGES: ES, EN

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- ✓ Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

It is a game with different colours, each representing different emotions. Every card contains questions to facilitate sharing your feelings in different situations and life events.

TYPE OF TOOL:

- ✓ Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Self-care and feelings education - It is a board game where you can explore and discuss your feelings, considering different emotions, colours, and situations. Thus, it is another way to identify what you need to improve and discover how you are feeling right now.

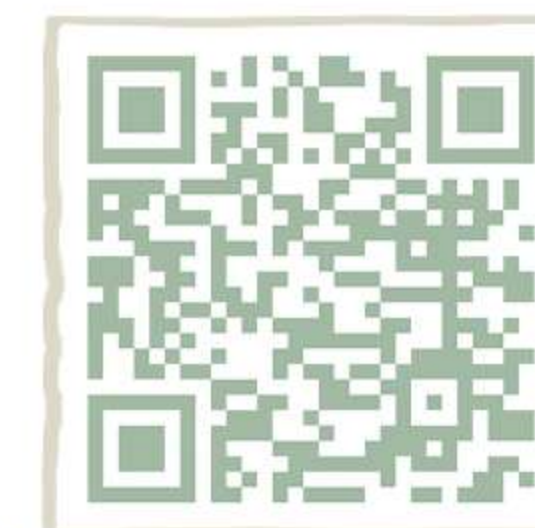
RECOMMENDATIONS FOR USE:

- Prepare the roulette and cards on a table or in a place where you feel comfortable playing.
- Create a safe space with a positive environment.
- When everything is ready, start playing one by one, rolling the roulette and sharing based on the card/colour.

EVALUATION:

- How do you feel now after playing?
- Was it hard to share a bit of yourself with others?
- Do you think you will play this game again?
- What will you take with you after the game?

LINK: WWW.EBAY.ES/ITM/134724099845



MY PEACE JOURNAL

DURATION: 30 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Online version

AVAILABLE LANGUAGES: EN

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

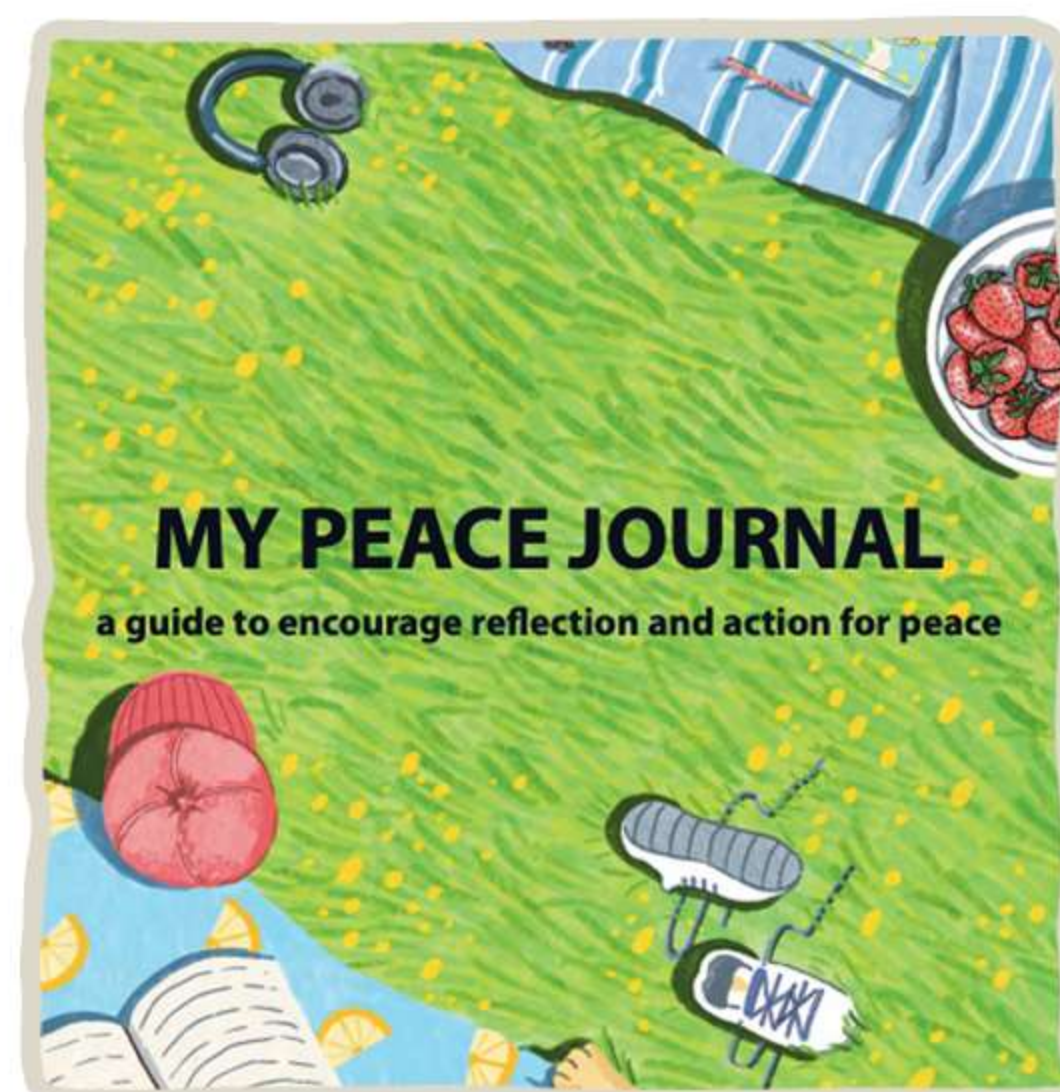
- ✓ Healthy behaviors
 - Digital device use and substance use
- ✓ Communication and relationships
- ✓ Self-awareness
 - Vision of the unknown future
 - Mental health support for young people

SHORT DESCRIPTION:

My Peace Journal is a personal diary designed to create a dedicated space for reflection. It encourages thinking about peace (including inner peace) and acting for peace.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- Workshop scenario
- ✓ Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Inner peace serves as the cornerstone of overall well-being, as it reduces stress, enhances emotional and mental stability, and promotes better physical health. This inner calm and serenity contribute to a positive, balanced, and fulfilling state of well-being, influencing various aspects of life, including emotional, mental, physical, and social well-being.

RECOMMENDATIONS FOR USE:

- Share My Peace Journal with young people and explore it together.
- Engage in a random activity from the Journal and encourage participants to reflect on their experiences.
- Provide time and space for young people to revisit the Journal individually and plan when they would like to return to the Journal and engage in the little activities suggested inside.

EVALUATION:

- How can incorporating the Peace Journal into your routine influence your daily awareness of inner peace and well-being?
- What aspects might be easy to integrate? What aspects might be challenging?
- What is your readiness level to start using My Peace Journal?
- What is your plan?
- When do you plan to do the next activity?

LINK: [SCICH.ORG/WP-CONTENT/UPLOADS/MY-PEACE-JOURNAL.PDF](https://scich.org/wp-content/uploads/my-peace-journal.pdf)



NATURE SCAVENGER HUNT

DURATION: 30–60 min.

NUMBER OF PLAYERS: 2+

MATERIALS/ TOOLS NEEDED: List of items

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- Self-awareness
- Vision of the unknown future
- ✓ Mental health support for young people

SHORT DESCRIPTION:

The Scavenger Hunt is a game in which organisers prepare a list defining specific items for participants to seek to gather or complete, usually without purchasing them. Typically, participants work in small teams, although individual participation may be allowed. The benefits: Encourage physical activity and outdoor exploration. Promote mindfulness and connection with nature. Boost observation skills and environmental awareness. Provide opportunities for learning about the local flora, fauna, and natural elements. Enhance teamwork and social interaction, especially when played in teams.

TYPE OF TOOL:

- Game
- Educational camp
- ✓ Outdoor activity
- Workshop scenario
- ✓ Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

The evaluative value of the Nature Scavenger Hunt lies in its capacity to engage participants in active learning and exploring the natural environment. It encourages observation skills, promotes a deeper connection with nature, and fosters a sense of curiosity. Additionally, it provides an opportunity for participants to apply their knowledge about the natural world in a hands-on and enjoyable manner.

RECOMMENDATIONS FOR USE:

- Create a list of items or observations related to the natural environment, such as leaves, rocks, or animal tracks.
- Provide clear instructions and any necessary tools, such as magnifying glasses or binoculars, to aid in the hunt.
- Encourage curiosity and exploration while ensuring respect for the environment and wildlife throughout the activity.

EVALUATION:

- What was the most interesting thing you discovered during the Nature Scavenger Hunt, and why did it capture your attention?
- Did the Scavenger Hunt help you feel more connected to nature?
- How did the Scavenger Hunt challenge your observation skills, and what strategies did you use to find the items on the list?

LINK: WWW.DOINGGOODTOGETHER.ORG/PROJECTS/TRY-A-NATURE-SCAVENGER-HUNT



OBSTACLE COURSE CHALLENGE

DURATION: 30 min.

NUMBER OF PLAYERS: 2+

MATERIALS/ TOOLS NEEDED: Materials to make it: wooden sticks, rope, stones, tape - this list can be customized based on the specific design and requirements of your obstacle course.

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- ✓ Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Obstacle Course Challenge is a game where participants navigate through a course filled with physical obstacles. The goal is to overcome each obstacle and reach the finish line in the shortest time possible. It tests physical abilities, problem-solving skills, and coordination.

TYPE OF TOOL:

- ✓ Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

The Obstacle Course Challenge can teach important skills, such as teamwork, problem-solving, and physical coordination in a fun and interactive way. It also encourages participants to face and overcome challenges, fostering a sense of confidence and accomplishment. It can be played individually or in teams, fostering teamwork and competition. It can be set up indoors or outdoors. To assess the success of the Obstacle Course, consider how long it took people to finish and ask them what they thought about it. Also, observe if they helped each other or had any problems. This feedback will help make the next challenge even better!

RECOMMENDATIONS FOR USE:

- Design a diverse course with a mix of physical challenges, ensuring safety measures are in place.
- Provide clear instructions and demonstrate each obstacle before participants begin the challenge.
- Encourage teamwork, celebrate accomplishments, and offer constructive feedback to foster a positive and engaging experience.

EVALUATION:

- How did you feel physically at the beginning of the challenge compared to now?
- What kind of challenges did you encounter?

PAST MISTAKES - TODAY'S GIFTS

DURATION: 30 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: A4 paper and pen

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- ✓ Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Embracing mistakes as an inevitable part of life is crucial. No matter how hard you try, you cannot completely evade them. What truly holds significance is how you react after making a mistake. Often, success hinges on learning from failure. Through missteps, you enhance your skills and experience growth on multiple fronts.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

The activity helps to understand that all that has happened to us has taught us something. When we focus on learning, we are on the right path.

RECOMMENDATIONS FOR USE:

- Invite participants to draw a line with age on the horizontal axis. Ask them to write above the line important situations that could be considered as a mistakes/failures or learning experiences.
- Ask participants to list exactly what happened and everything that can be taken as a positive from those situations. It is important to write only facts, without evaluation.
- Encourage participants to think about what could be done differently next time. Invite them to create an appropriate to-do list on this reflection and to share the main highlights with others.

EVALUATION:

- What are your main conclusions from this activity?
- What have you learned during this activity?
- How can one learn from past mistakes to avoid similar situations in the future?

PHOTOHUNT

DURATION: 60 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Items, objects, places, actionbound app, camera to take pictures

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

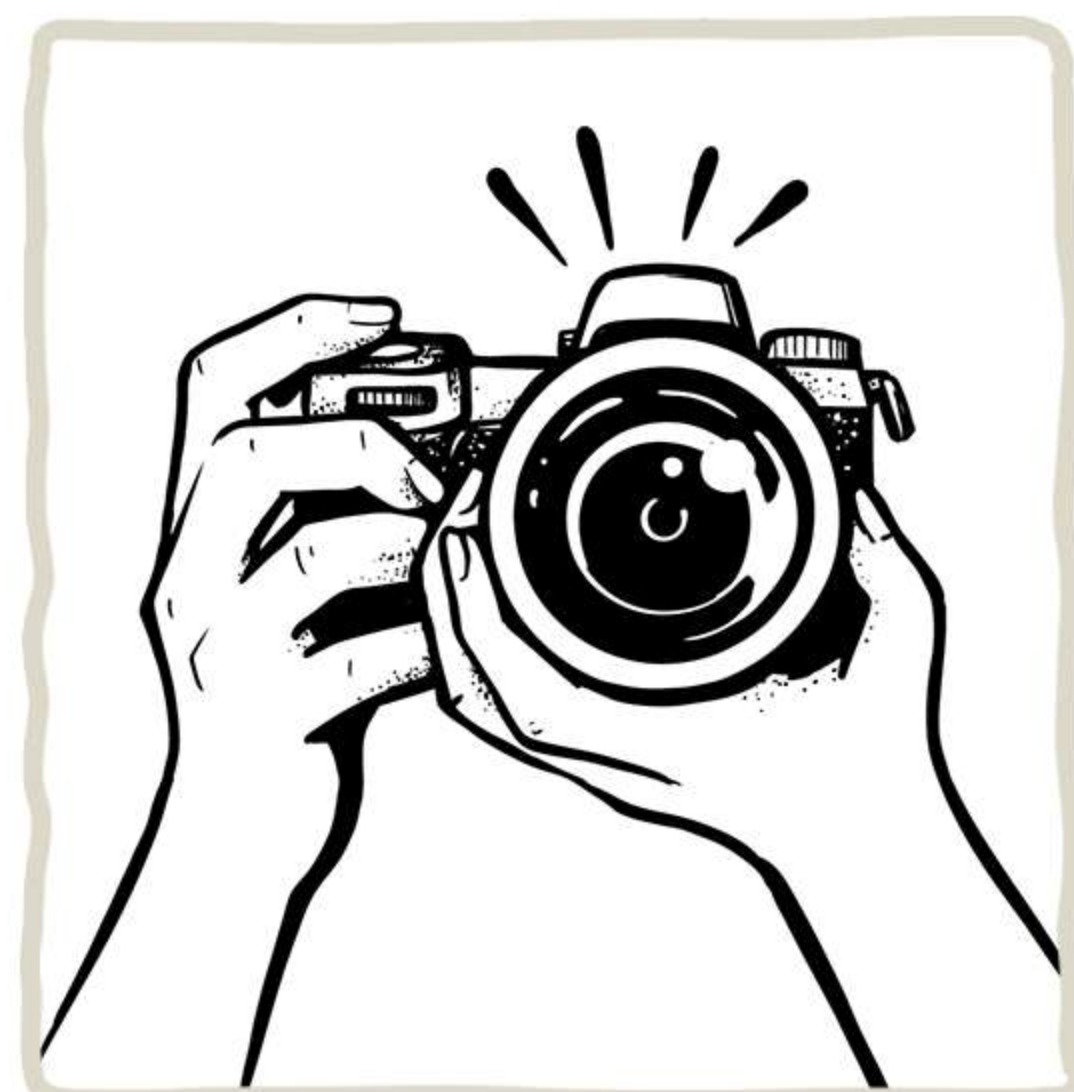
- ✓ Healthy behaviors
- ✓ Digital device use and substance use
- ✓ Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Photohunt is a popular game in which participants are given a list of specific items, objects, or scenarios to find and photograph. The objective is to capture the items (or themselves) on the list within a certain time limit or to be the first to find and photograph all the items on the list.

TYPE OF TOOL:

- ✓ Game
- Educational camp
- ✓ Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

The evaluative value of the Photohunt lies in its capacity to foster observation, creativity, and teamwork. It encourages participants to pay attention to details, think creatively about image capture, and work together to achieve a common goal. Additionally, it provides a tangible record of the experience, allowing for reflection and discussion about the items or moments captured.

RECOMMENDATIONS FOR USE:

- Provide a clear list of items or themes to photograph, encouraging creativity in interpretation.
- Set a specific time limit and boundaries for the hunt to add excitement and challenge.
- After the hunt, gather participants to review and discuss the photos, recognising creative interpretations and sharing perspectives.

EVALUATION:

- Did you have fun during the Photohunt? What parts did you enjoy the most?
- Did taking pictures during the Photohunt make you notice things you do not usually pay attention to? Can you give an example?
- Were there any parts of the Photohunt that you found a bit hard? How did you handle those challenges?

LINK: [TEAMBUILDING.COM/BLOG/PHOTO-SCAVENGER-HUNT](https://teambuilding.com/blog/photo-scamenger-hunt)



RAINBOW DIET

DURATION: 30 min. each day / 1 week

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Materials for planning – e.g. paper, colourful pencils

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- ✓ Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

The Rainbow Diet activity is a challenge that encourages young people to consume a diverse range of fruits and vegetables in a multitude of colours, much like the colours of a rainbow.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- ✓ Other - Challenge



EDUCATIONAL VALUE:

The Rainbow Diet is a fun and enjoyable way to promote health and well-being among young people by encouraging a diverse intake of nutrients, vitamins, and minerals, as different colours in fruits and vegetables often correspond to different types of beneficial compounds and thus to support young people's nutritional needs in a healthy way.

RECOMMENDATIONS FOR USE:

- Organise a workshop to plan together with the young people the rainbow diet. Explain the idea of eating fruits and vegetables of various colours for a balanced and nutritious diet. You can also offer a brief sharing on the health benefits of consuming foods of different colours. Explain the nutrients, vitamins, and antioxidants associated with each colour group.
- Create a plan together about each day – what fruits, vegetables, dishes to consume.
- Explore and share recipes. If possible, organise cooking moments together.
- Share and support each other during the rainbow diet.

EVALUATION:

- How did you manage the Rainbow Diet?
- Which day did you enjoy the most? And which did you enjoy to the least?
- What strategies did you use to maintain diversity in your daily diet?
- Did you notice any improvements in your physical health, such as changes in weight, skin appearance, digestive regularity, or something else?
- In what ways do you plan to continue incorporating a variety of colourful fruits and vegetables into your diet even after the Rainbow Diet period?

SLACKLINE ACTIVITY

DURATION: 60 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: A two-inch-wide nylon webbing strip with a ratchet tensioning system.

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

- ✓ Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

It is a dynamic balance activity which involves walking and balancing on a stretchy line tensioned between two trees or anchor points.

TYPE OF TOOL:

- Game
- ✓ Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- Other



EDUCATIONAL VALUE:

Encouraging practicing physical activities and fostering healthy behaviors. Encouraging seeking help from others and asking other people what they need and how others can effectively help them. Also to help develop the ability to concentrate.

RECOMMENDATIONS FOR USE:

- Set up the slackline. Most slacklines can be easily attached to trees without additional tools or rigging.
- Ask one participant to begin by walking and moving on the slackline while using their hands for support.
- Invite the participant to focus on holding their position for at least 20 to 30 seconds before taking the next steps on the slackline. Encourage them to seek the kind of help they feel they need or are comfortable with.
- Then gradually guide them to slide their foot to take another step, repeating the process and finding the best kind of help they can receive.

EVALUATION:

- What did you notice about your balance during the activity?
- How did you feel when you had to ask others for help?
- How could you integrate this tool into your everyday life and work?

SLEEP CHALLENGE

DURATION: 15 min. each day / 1 week

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Personal worksheet for measuring the sleeping hours / or a shared document for measuring the sleeping hours of each participant

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

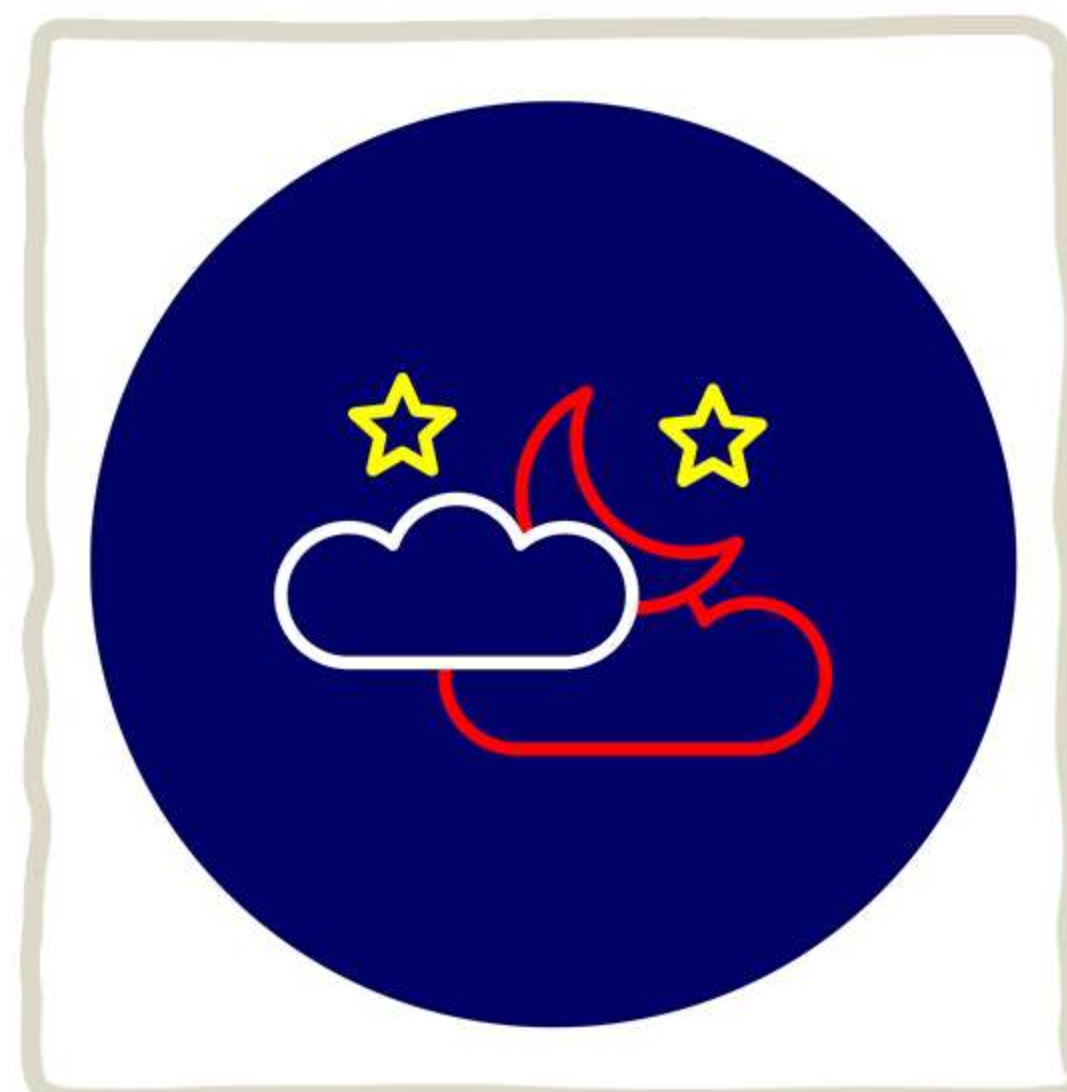
- ✓ Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Create a challenge for young people: In the upcoming week, the aim is to achieve a minimum of nine hours of sleep on at least four nights within the next seven days.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- ✓ Other - Challenge



EDUCATIONAL VALUE:

Young people need more sleep than adults due to the physical, emotional, and cognitive changes that take place during adolescence. The Sleep Challenge can encourage young people to establish a more consistent sleep schedule.

RECOMMENDATIONS FOR USE:

- Organise a meeting to plan the Sleep Challenge together with young people. Explain the importance of adequate sleep as well as the idea of the Sleep Challenge.
- Allow young individuals to plan their sleep schedule for the upcoming week and encourage them to share their plans in small groups.
- Track the sleep hours, share the progress, and support each other daily during the Challenge week.

EVALUATION:

- How was the Sleep Challenge for you? How did you manage it?
- How did your sleep patterns and quality change during the week?
- Did you experience any noticeable improvements or challenges? If so, what kind?
- What insights did you gain about the importance of sleep and its impact on your overall well-being as a result of the Challenge?
- How do you plan to continue implementing the lessons learned from the Sleep Challenge in your ongoing sleep routine and daily life?

STRESSORS IN YOUR LIFE

DURATION: 40 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: A4 paper, pencils, markers, flipchart

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

- ✓ Healthy behaviors
 - Digital device use and substance use
 - Communication and relationships
- ✓ Self-awareness
 - Vision of the unknown future
 - Mental health support for young people

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- Other

SHORT DESCRIPTION:

Stress can be defined as a state of worry or mental tension caused by a difficult situation. How we respond to these difficult situations, however, has a large impact on our stress levels, wellbeing, and mental health. Without addressing the underlying causes of why modern life causes us stress, it's hard to make more sustainable changes that lead you away from burning out.



EDUCATIONAL VALUE:

Workshop aims to increase awareness about stressors in our lives and to create a plan to manage or eliminate them. Review the list of stressors and identify own stressors, categorising them into two columns (internal/external). Think about additional stressors you may face and add them to your list. Mark stressors you can manage (M) or even eliminate (E), and distinguish others beyond your control (O).

RECOMMENDATIONS FOR USE:

- Begin with a plenary discussion on the concept of stressors. Provide some examples of external (things around us, life experiences) and internal (thoughts and feelings) stressors. Write down answers on a flipchart.
- Review the provided list of stressors and identify which ones are yours. Categorise them into two columns (internal/external). Add any additional stressors you can think of and add them to your list of stressors. Mark the stressors as manageable (M), eliminable (E), or those beyond your control (O).
- Select one stressor from your list of stressors to work on. Start drafting a plan of action to manage or eliminate it.
- Form groups 2-3 persons to improve individual plans together.
- Debrief plenary.

EVALUATION:

- How can your understanding of stressors be helpful in your daily life?
- Did you experience any surprising moments during this activity?

EXAMPLES:

Not having enough time to do everything/ Worrying about the future/ Work pressure/ Relationship problems with family, friends, or coworkers/ Self-doubt and low self-esteem/ Social anxiety/ Loneliness and lack of connection and friendships.

LINK: [LIVETHEWONDERFUL.COM/BUILDING-AWARENESS-OF-THE-STRESSORS-IN-YOUR-LIFE/](https://www.livethewonderful.com/building-awareness-of-the-stressors-in-your-life/)



SUN SALUTATION

DURATION: 30 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: A comfortable place, roll-mats for each person

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

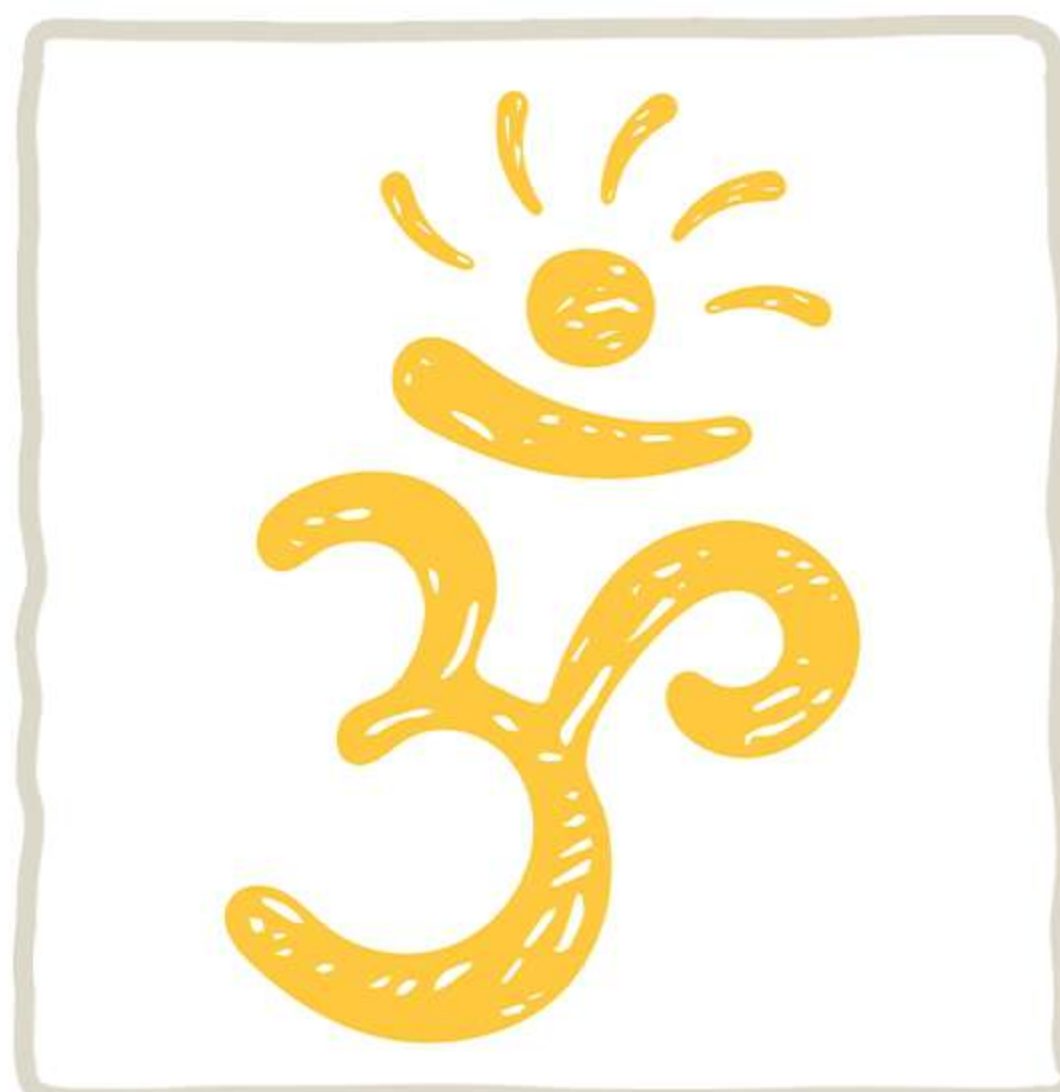
- ✓ Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Learn to perform the Sun Salutation (Surya Namaskar), a yoga practice, and observe its effects.

TYPE OF TOOL:

- Game
- ✓ Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- Other



EDUCATIONAL VALUE:

Surya Namaskara, also known as the Sun Salutation, is a yoga practice that you can test and incorporate into your daily routine. It consists of a series of 12 postures that you can combine with breathing and even mantra chanting. Try and explore the positive effects that Surya Namaskar can bring to your physical, mental, and emotional health.

RECOMMENDATIONS FOR USE:

- Create a nice and comfortable space and atmosphere for the Sun Salutation practice. Explain the concept, emphasising that this series of yoga poses not only enhances physical fitness but also fosters focus, relaxation, and overall well-being.
- Start with a warm-up to prepare the bodies. Show a full round of Surya Namaskar and then slowly start to practice together.
- Make 5-10 rounds with the whole group.

EVALUATION:

- How did your body feel before and after practicing Surya Namaskar?
- Did you notice any changes in your flexibility, strength, energy levels?
- How did practicing Surya Namaskar affect your mental state?
- Did you feel more focused, calm, or mentally refreshed afterward?
- Did it have an impact on your emotional well-being?
- Did you feel more positive, relaxed, or emotionally centred after the practice?
- What is your takeaway from this experience?

LINK: [WWW.YOUTUBE.COM/WATCH?V=_ECHRQ5WRy](https://www.youtube.com/watch?v=_ECHRQ5WRy)



SUPER POWERS STRENGTHS

DURATION: 30-120 min.

NUMBER OF PLAYERS: 3+ people to use as a game
1 - 32 people in group work

MATERIALS/ TOOLS NEEDED: Cards

AVAILABLE LANGUAGES: EE, EN

TARGET GROUP: Youth workers

Youngsters

WELL-BEING TOPIC:

✓ Healthy behaviors

Digital device use and substance use

Communication and relationships

Self-awareness

Vision of the unknown future

Mental health support for young people

TYPE OF TOOL:

✓ Game

Educational camp

Outdoor activity

Workshop scenario

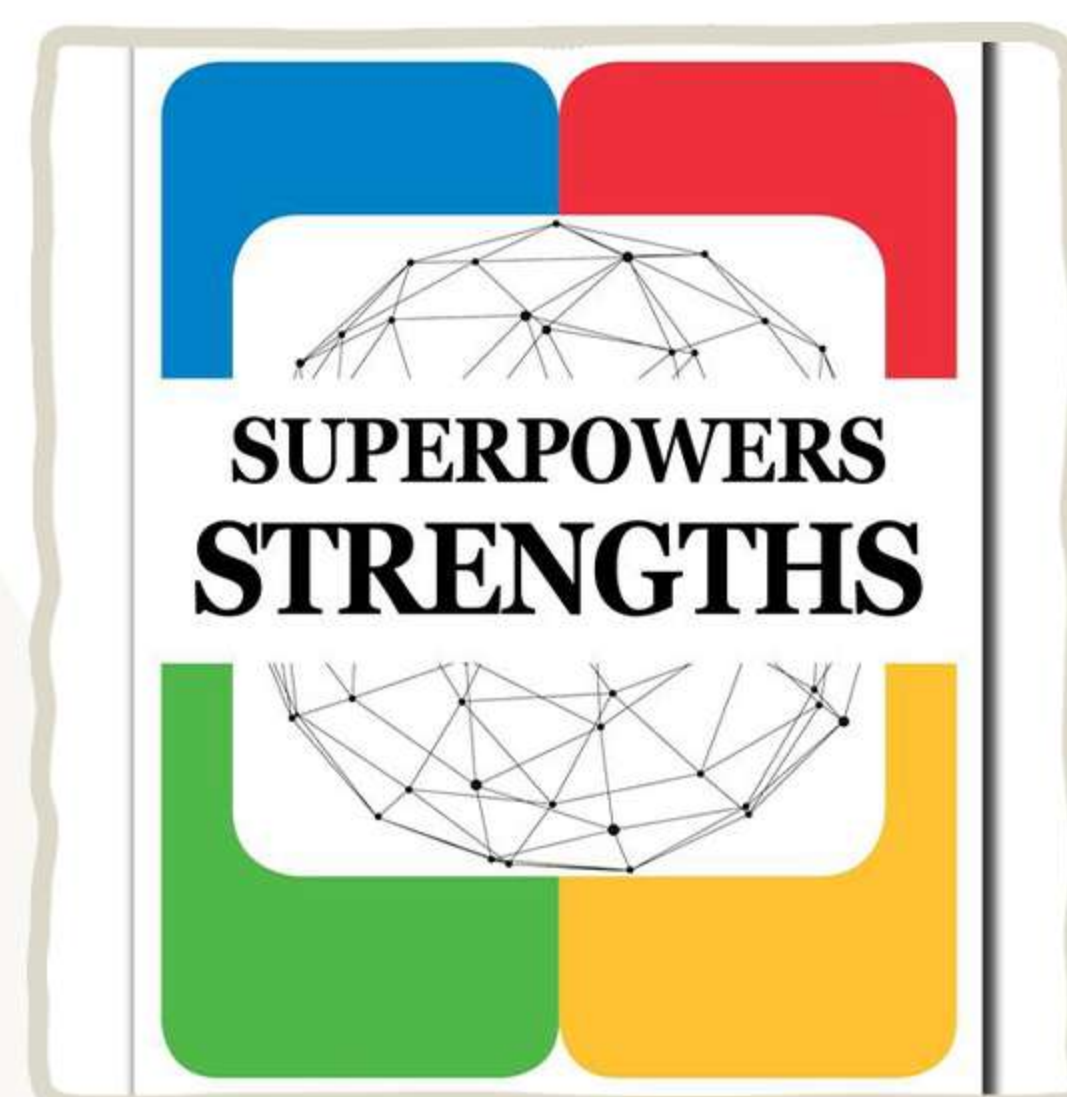
Worksheets and workbooks

Individual support

Other

SHORT DESCRIPTION:

Each person is unique and special with their own character and strengths, however, we often underestimate our own worth and abilities. These cards are designed to help everyone find their superpowers.



EDUCATIONAL VALUE:

By knowing, feeling and realising your strengths, you can become the best version of yourself, thereby fostering increased self-love and self-confidence. Reflect on what truly matters to you. Consider who you were, who you are, and who you want to be. Are you living in harmony with yourself? In addition, the more aware you are of yourself, the easier it is for you to understand other people. Individually, one-on-one in conversation, team settings, group work, co-visioning, or supervision. Supporting development, unlocking creativity, reflecting, setting goals, motivating, getting inspiration and ideas, dreaming.

RECOMMENDATIONS FOR USE:

- Select a suitable setting, such as a workshop or dedicated personal reflection time, to focus on self-discovery and growth.
- Encourage participants to reflect on the strengths represented, discussing how these align with their own experiences and goals.
- Foster an open discussion where individuals share insights on how they can apply their strengths in different areas of their lives.

EVALUATION:

- Did you enjoy using the Super Powers Strengths cards or playing the game? Why or why not?
- Was there a specific card or part of the game that you found particularly helpful for understanding your strengths?
- Did anything surprise you or make you think differently about your strengths?
- How did using the cards or playing the game make you feel about what you are good at?

LINK: WWW.ELUPLAAN.EE/POOD/SUPERVOIMED-TUGE-VUSED-METAFLOORIKAARDID/



TELL YOUR STORY

DURATION: 20 min.

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Card set "Tell Your Story" or other cards with questions.

AVAILABLE LANGUAGES: EN, LV

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- ✓ Self-awareness
- ✓ Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

"Tell Your Story" cards are a method designed to engage people in conversations about their experiences, encouraging the sharing of ideas, thoughts, and personal views. This method serves as a tool to empower people to communicate, listen, and develop various skills.

TYPE OF TOOL:

- ✓ Game
- Educational camp
- Outdoor activity
- Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- Other



EDUCATIONAL VALUE:

Fostering the development of skills, such as tolerance, empathy, communication, active listening, time management, creativity, etc. Exploring yourself and others.

RECOMMENDATIONS FOR USE:

- Just take the cards and talk - answer the question yourself or ask it to others (or both).
- Use five blank cards to write down your own questions!
- Feel free to create your own way to play!
- Encourage participants to invent new game rules!
- Depending on the situation/ needs you can select cards with specific questions/ topics (in the full deck there are 75 cards).
- You can also give cards to the learners and invite them to go outside for a walk where they answer questions, speak, and share thoughts!

EVALUATION:

Individual self-reflection

- What can I learn from this activity?
- Which question made me think the most?

Pairs conversations

- Did you find some answers that surprised you? Which ones and why?
- Which questions were the most challenging? Why?

Discussions in groups

- What competences can you develop through this game?
- How would they help you in a professional and personal life?
- Which team members' answers surprised you the most?

LINK: [STASTUSTASTIEM.LV/PRODUCT/TELL-YOUR-STORY](https://stastustastiem.lv/product/tell-your-story)



THE SHOP

DURATION: 15 min.

NUMBER OF PLAYERS: Minimum 4 people

MATERIALS/ TOOLS NEEDED:

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **youngsters**

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- ✓ Communication and relationships
- ✓ Self-awareness
- Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

This activity includes introspection and feeling management - another way to understand personal strengths and areas for improvement. It helps to recognise areas that require attention and find solutions. Individuals and the group will discuss why the things they decided to leave is or isn't valuable to them and why they decided to take a particular item.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- Individual support
- Other



EDUCATIONAL VALUE:

Personal strengths are the things you're passionate about, not just the things you're good at. By recognizing your strengths and weaknesses, you can create a plan for self-improvement and become the best version of yourself. Finding areas that you can improve on is essential to continue developing personality. Analyzing your weaknesses and seek ways to make improvements in those areas.

RECOMMENDATIONS FOR USE:

- Participants will form a line in front of the youth worker who will open the shop.
- At the beginning, the shop is closed, and participants will have 5 minutes to think about a skill, ability, or attitude they want to 'buy' (something they feel they need to improve or acquire, such as comprehension, engagement etc.). However, they will pay for it with something valuable they possess (something they are skilled at, like patience, intelligence etc.).
- Afterwards, the group will discuss why the thing they decided to leave during those 5 minutes is valuable to them and why they decided to take a particular item.

EVALUATION:

- Was it hard to find and choose anything? Why?
- Why is it important for you to choose that? Why did you leave... here?
- How helpful was this activity for you?
- What did you learn about yourself?

TRUE OR FALSE (MOVING DEBATES)

DURATION: 30 min.

NUMBER OF PLAYERS: 6+

MATERIALS/ TOOLS NEEDED: Prepared statements about topic you want to discuss.

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers **Youngsters**

WELL-BEING TOPIC:

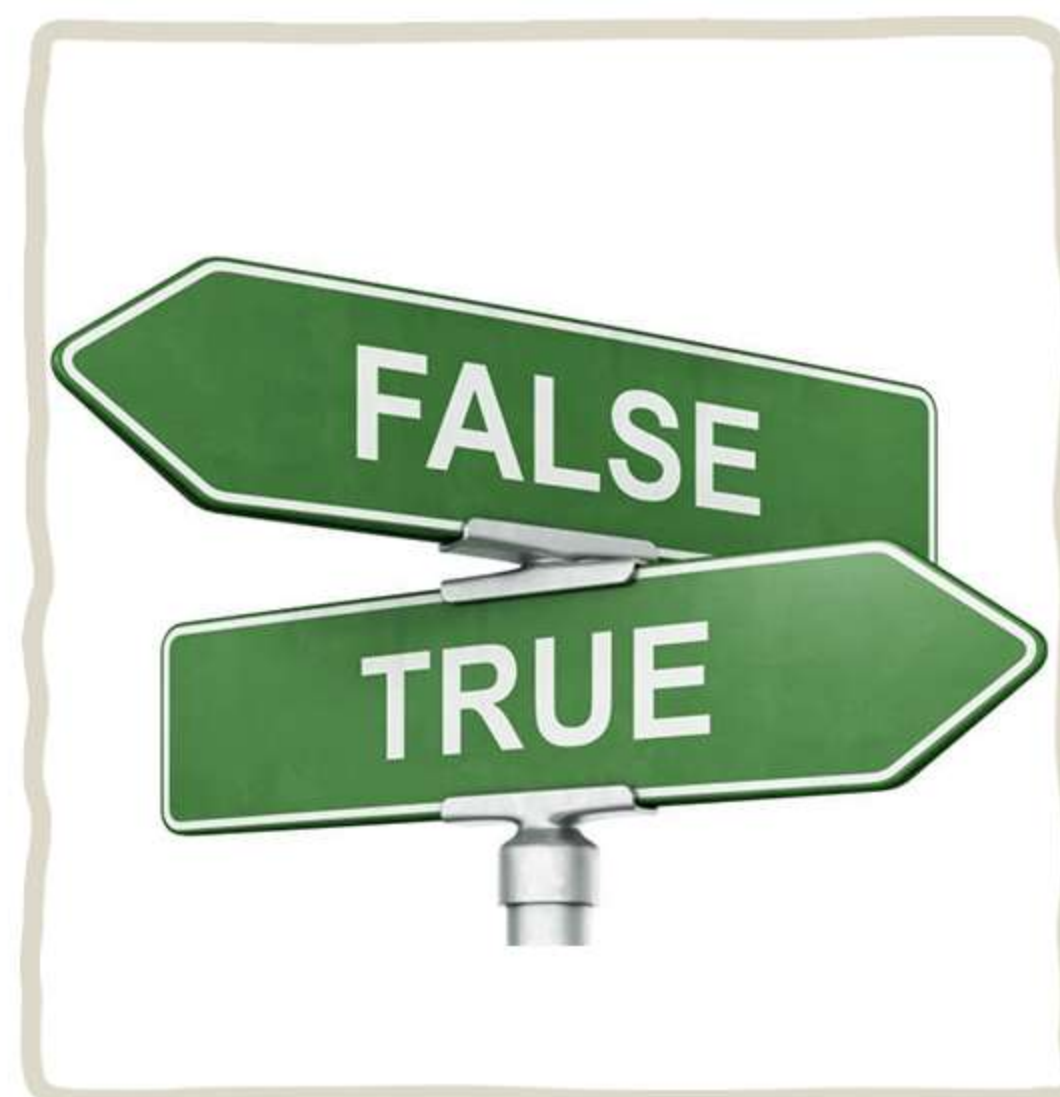
- ✓ Healthy behaviors
- ✓ Digital device use and substance use
- ✓ Communication and relationships
- ✓ Self-awareness
- ✓ Vision of the unknown future
- ✓ Mental health support for young people

SHORT DESCRIPTION:

This game/activity is designed to discuss various aspects of well-being. The room is divided into two parts: Truth on one side and False on the other. The moderator presents statements, and participants stand on the side of the room they believe represents the accuracy of the statement.

TYPE OF TOOL:

- ✓ Game
Educational camp
Outdoor activity
- ✓ Workshop scenario
Worksheets and workbooks
Individual support
Other



EDUCATIONAL VALUE:

Providing participants with an opportunity to think about different aspects of well-being. Encouraging participants to articulate their thoughts while presenting their arguments to each other and the whole group.

RECOMMENDATIONS FOR USE:

- The room is divided into two parts: Truth on one side and False on the other.
- The moderator presents statements, and participants stand on the side of the room they believe represents the accuracy of the statement.
- The moderator then asks participants to share why they chose a particular side. Examples of the statements: A good night's sleep can improve memory and learning / If you have time for Facebook, you have time for exercise / Achieving goals fosters a growth mindset, enhancing adaptability and resilience / Mental health is a critical component of overall well-being and affects how we think, feel, and behave.

EVALUATION:

- What were the most surprising moments of this experience for you?
- What did you learn about yourself? Was it easy to choose which side to stand on?
- How do you plan to apply what you have learned from this activity?

VISION BOARD

DURATION: 2-3 hours

NUMBER OF PLAYERS: 1+

MATERIALS/ TOOLS NEEDED: Bigger cardboards for a base; magazines, newspapers, or printed images representing the topic; scissors; glue; markers, pens, colourful pencils, stickers

AVAILABLE LANGUAGES: Language independent

TARGET GROUP: Youth workers Youngsters

WELL-BEING TOPIC:

- Healthy behaviors
- Digital device use and substance use
- Communication and relationships
- Self-awareness
- ✓ Vision of the unknown future
- Mental health support for young people

SHORT DESCRIPTION:

Art workshop, creating a vision board on various topics, e.g. New Year, my personal New Year, the best version of myself, my happy me, etc.

TYPE OF TOOL:

- Game
- Educational camp
- Outdoor activity
- ✓ Workshop scenario
- Worksheets and workbooks
- ✓ Individual support
- Other



EDUCATIONAL VALUE:

Creating a vision board can be an educational activity that fosters the growth, goal-setting, creativity, and self-awareness of young people. It can serve as a powerful tool for improving their quality of life, nurturing a positive mindset for the unknown future and thus contributing to their well-being.

RECOMMENDATIONS FOR USE:

- Organising a vision board workshop can support young people in clarifying their goals and aspirations, while providing an opportunity to dream of a brighter future.
- When setting the workshop, define its goal. Share it with the participants when inviting them.
- Organise the space, provide a variety of art supplies, and encourage participants to personalise their vision boards with their own words, drawings, or other visual elements.
- During the workshop, encourage their creativity to express themselves artistically on their vision boards.

EVALUATION:

- What feelings did you experience when working on your vision board?
- What inspired you to choose the images and words on your vision board?
- How do you plan to work towards manifesting the goals represented on your vision board?
- What obstacles do you foresee in pursuing your goals?
- How do you plan to overcome them?
- Who can support you?
- What did you learn about yourself during this workshop?

ABOUT THE PROJECT

ERASMUS+ project "ESTEEM – Youth Work Responses to Young People's Well-being" (No. 2021-2-LV02-KA220-YOU-000051464) is an innovative 24-month Erasmus+ cooperation partnership project implemented by five organisations from Latvia, Estonia, Bulgaria, and Spain from 2022 to 2024.

PROJECT AIMS

- ▶ Develop youth work responses to mental health and psychological well-being issues of young people.
- ▶ Improve the quality of youth work during and after the pandemic.
- ▶ Empower young people to be happy, autonomous, and resilient citizens capable of making informed choices and decisions.

THE PROJECT WAS IMPLEMENTED BY THE PARTNERSHIP CONSORTIUM

Association of Educational Games and Methods/  Latvia (project coordinator)

Child and Adolescent Resource Centre/  Latvia

AC Amics de la Biblioteca de la Fonteta/  Spain

TARTU NOORSOOTOO KESKUS/  Estonia

CVS BULGARIA/  Bulgaria

 ALL MATERIALS DEVELOPED IN THE PROJECT ESTEEM



TOOLKIT



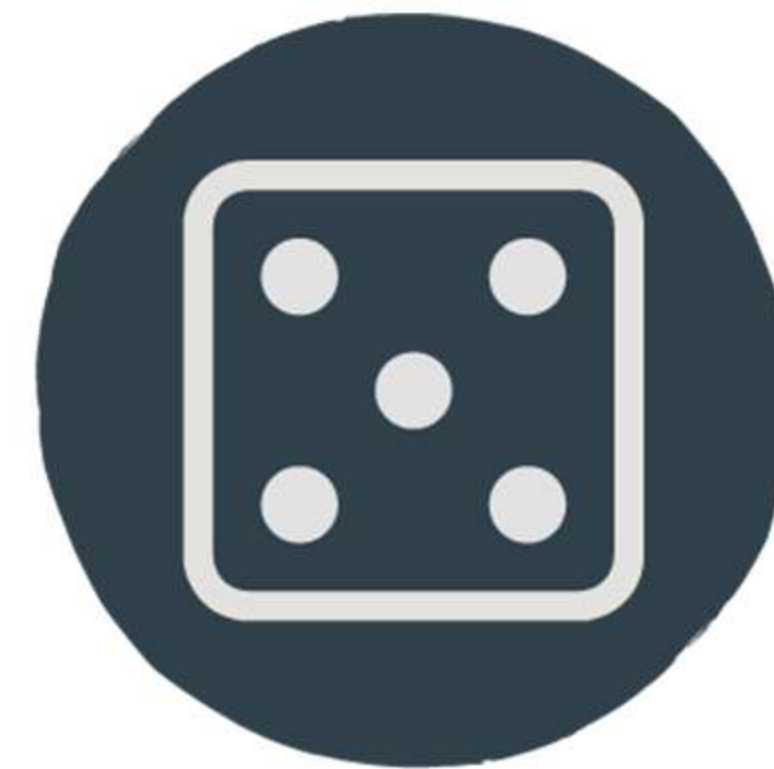
MAPPING



MANUAL



COLLECTION



GAME



APP

★ MORE ABOUT THE PROJECT AND RESULTS YOU CAN READ HERE

ENGLISH



LATVIAN



SPANISH



BULGARIAN



ESTONIAN

