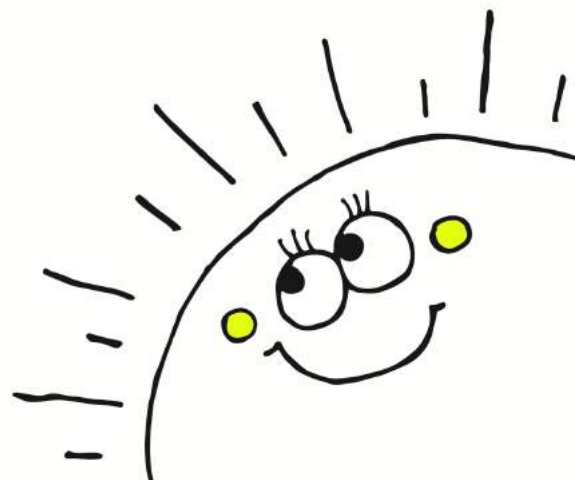
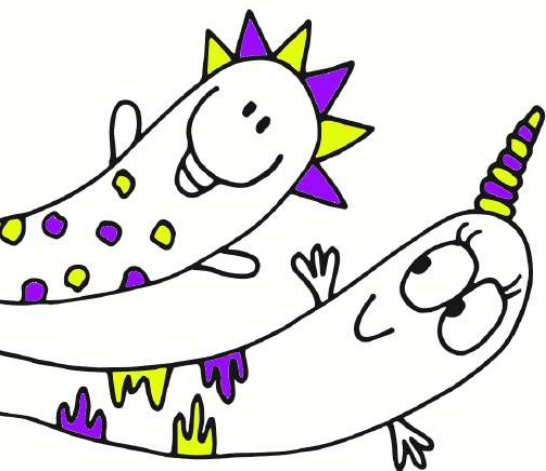


PUBLICATION



Erasmus+



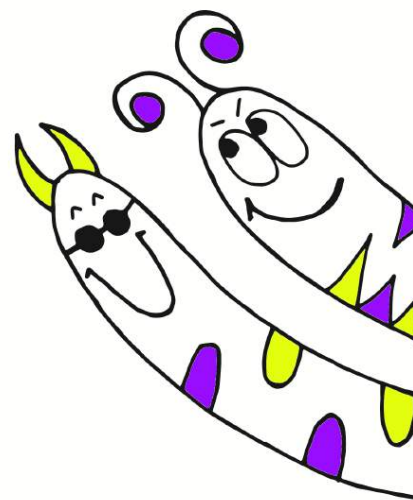
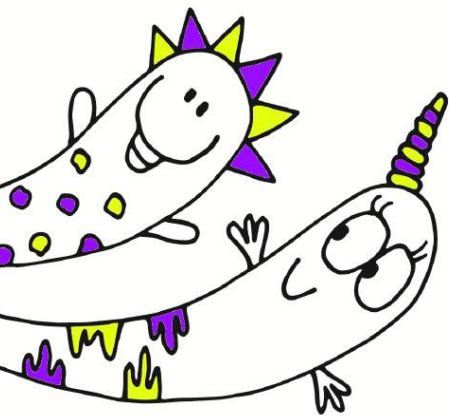
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Erasmus+

PROJECT PARTNERS: MACEDONIA



S F E R A
M A C E D O N I A

SFERA MACEDONIA – Bitola is a NGO from Bitola, Macedonia which was first formed in 2007 like a informal group and in July 2009 it was registered as a NGO.

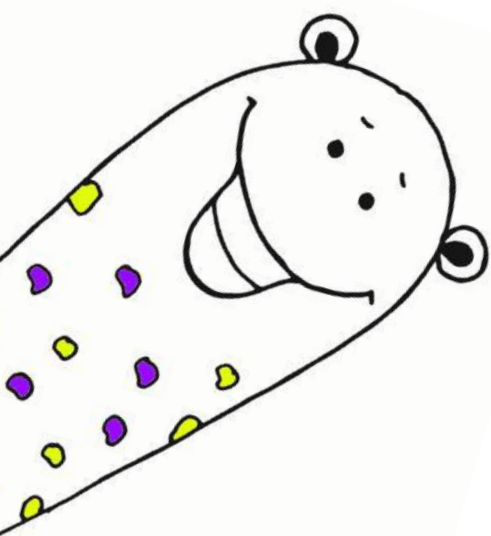
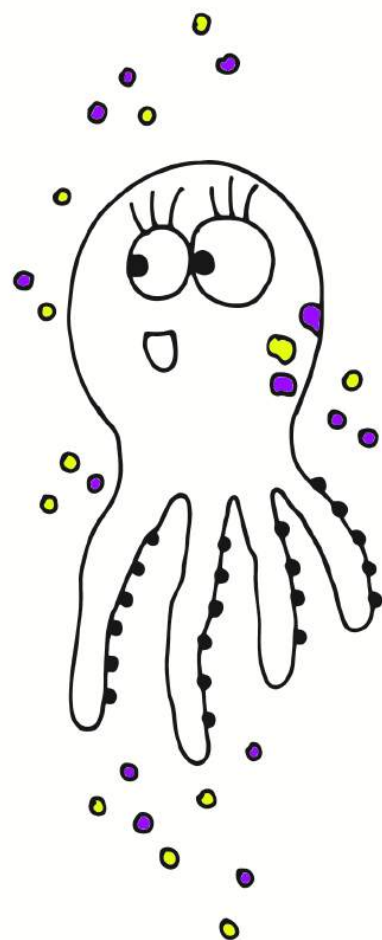
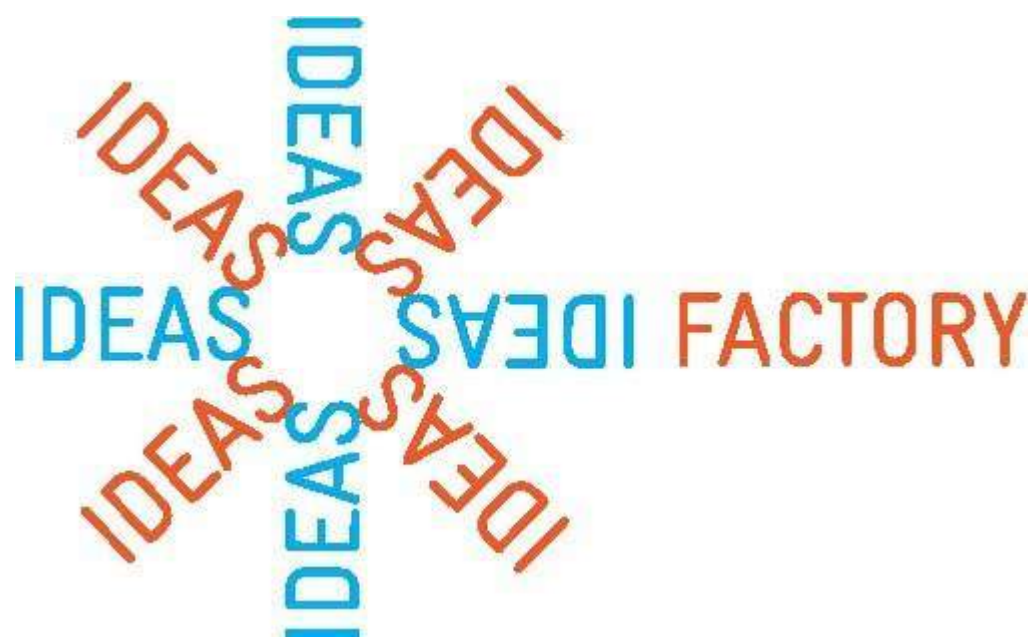
The general goal of SFERA MACEDONIA – Bitola is through non formal methods to educate the population in Macedonia about the protection of the environment, cultural and natural heritage, with the purpose to raise the awareness of all age groups about the importance of healthy lifestyle and the benefits that come with it.

Organization first started working in the program Youth in Action because it found some common project topics like environment and sport, art and culture, national heritage, health etc. Now NGO members work even harder in the Erasmus + program, because they feel it is a way to achieve their goals on an international level, and they feel that they will have a bigger impact on their community from these projects.

Organization counts 107 members in the organization with different profiles and ages, high-school youngsters, students from different universities, mostly from Economical Faculty, and graduated bachelor and master students in different areas.

PROJECT PARTNERS:

BULGARIA

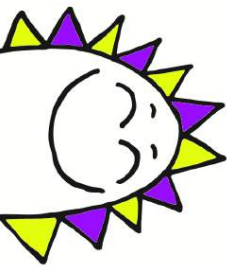
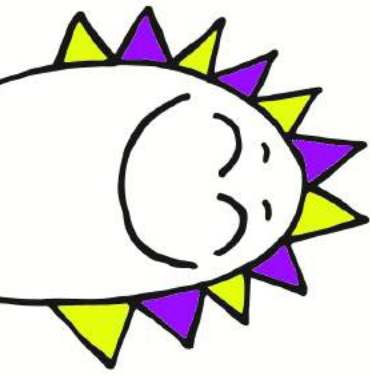


The Ideas Factory Association is a NGO whose focus is mainly the work with young adults who want to improve their environment. They actively explore how the game as a tool can catalyse positive change in attitudes towards the inclusion of young people in decisionmaking, social entrepreneurship, civic education, and others.

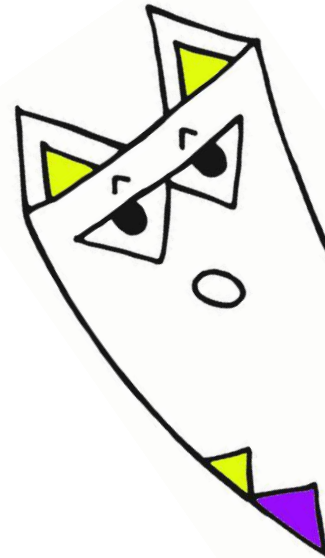
The Ideas Factory Association has experience in Youth programs since 2008. For the last two years Ideas Factory has sent more than 50 young people and youth leaders to take part in various youth exchanges and trainings under the Youth in action and Erasmus + programs. They work with young people through various programs trying to increase the level of youth participation in the decisionmaking process in the country. Their focus is on catalysing social change by spreading the concept and practical knowledge about social entrepreneurship, developing creative communication strategies and ideas in the field of sustainable development, human rights and culture.

PROJECT PARTNERS:

LITHUANIA

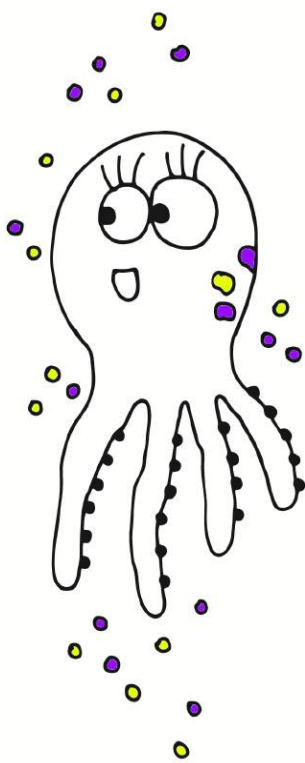


YOUTH TO YOUTH
INITIATIVE



Youth to Youth Initiative aims to construct an effective environment for youth participation in the decision making process and solving global challenges locally. Through dialogue and immediate action plans they try to solve the most critical questions in the sphere of education, employment, culture and faith, sport and recreation, gender equality, informal diplomacy, migration, environment, social entrepreneurship, sustainable development of communities, anticorruption, humanitarian actions.

Y2Y mission is to give an access to young people from all around the world to efficiently participate in community development as well as to provide a networking among opportunities for youth on a global scale. They created a unique structure which allows them to tackle all the above mentioned issues through three levels: first, the annual thematic International Summits create a starting point, inspire, open dialogue and overall create an environment that allow to produce joint projects, which are developed and implemented in our online incubator. In order to make sure that the projects are developed in a sustainable way, they established an additional monitoring body - Ambassadors, who are selected during the Summit among the most engaged young leaders for the period of one year.

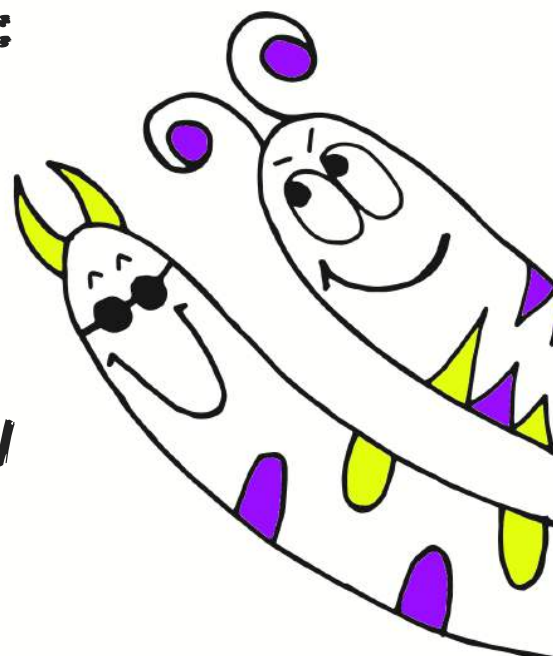


PROJECT PARTNERS:

LATVIA

THE ASSOCIATION

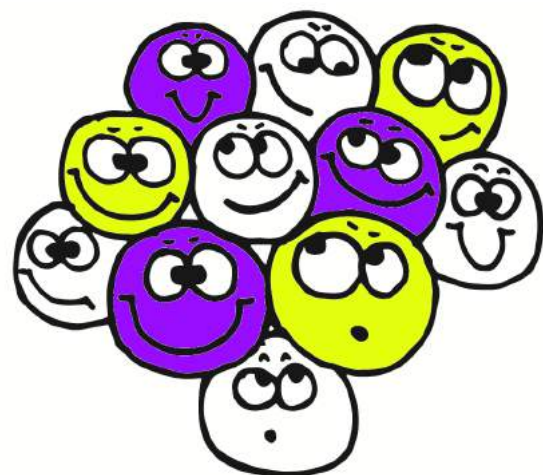
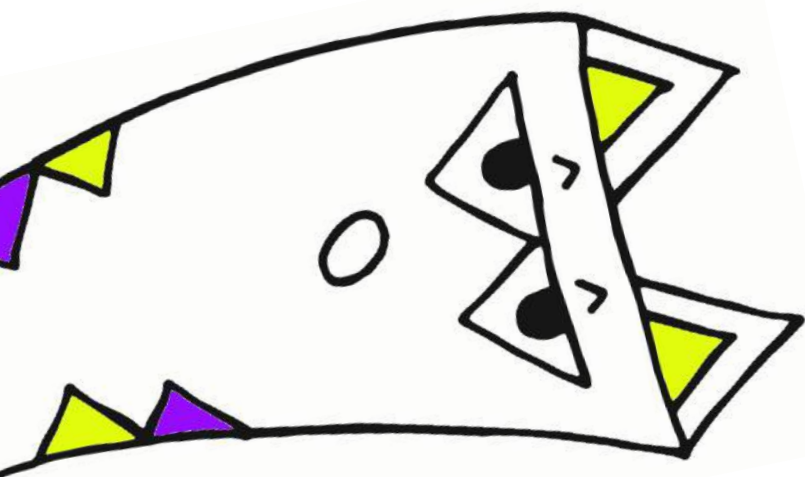
ALTUM



The Association ALTUM is a NGO, established in 2009. Since then ALTUM implements non-formal education and works with both young people and adults. It has established the Training center ALTUM. Association's Training center conducts classes and courses for young people at several places in Latvia, most at Carnikava parish. Together with the association Ozols in 2011 there was implemented project in Madona district where young people learned a variety of crafts manufacturing skills, motivation in the labor market, computer skills, attended fairs, theaters and other culture events. ALTUM performed training of integration activities for young people in Estonia in 2012. Association organized in 2014 procurement of equipment, which is used for training young people on Forest education course in Gulbene district. One important group of activities in non-formal educational field of history was the Association members participation in Grundtvig partnership 2-year project "Learning through Time Living History for Life Long Learning" (September 2013 - July 2015). The project was acquainted medieval history of 6 European countries, history's non-formal teaching methods are fastened to participants intercultural skills. In year 2015 the Association participated in the ERASMUS+ program "Youth worker's mobility" in project "Tape loom - a creative history", in which the coordinator was the Polish organization. In 2016 ALTUM youth workers participated in ERASMUS+ program Training course "Youthpass-your path", where learnt what is Youthpass, which are key competences and what are entrepreneurs looking in young people. During three-year period from 2016 till 2018 ALTUM is involved in unemployed youth and adults training for the following themes: computer, internet, website development.

PROJECT PARTNERS:

ROMANIA

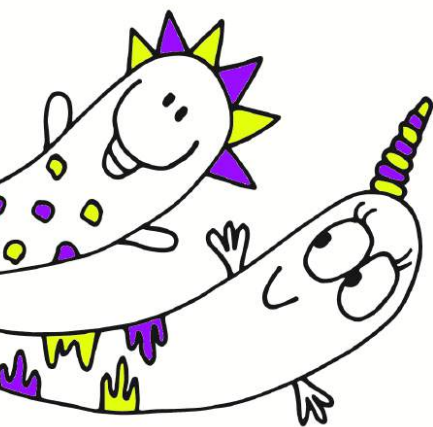


Youthopolis is based in a small city in the South-West of Romania, near the Danube's Gorges, a unique place with a high touristic potential. Its aim is to support and promote youth interests on local, national and international level for an efficient integration in the nowadays European dynamic society.

Organization focuses on cooperation with other non-profit organization, schools or other public institutions to exchange experience in the field of education, culture or youth issues in the framework of non-formal and informal education. Youthopolis' members are teachers, school counsellors, youth workers and youngsters who consider that school represents the main information provider, but it is not flexible enough to respond to each individual's needs. Therefore, organizes activities aiming: leadership, group dynamics, volunteering, career counselling, team work, active participation. Their target group are: students, teachers, parents, people in the community.

PROJECT PARTNERS:

ITALY



**YOUTH EUROPE AROUND
SUSTAINABILITY TABLES**

Y.E.A.S.T. (Youth Europe Around Sustainability Tables) was founded in 2012. Its main aim is to promote active citizenship as a tool for social, professional, personal development, especially for young people 18-25 years old.

Their main activities are:

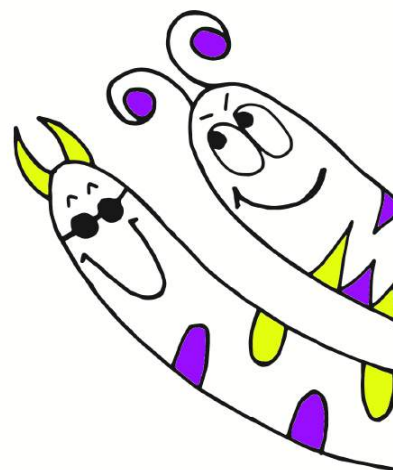
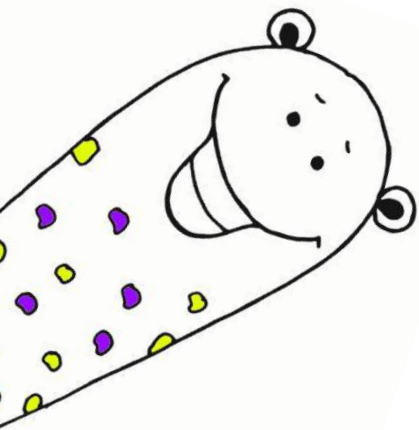
- international projects (youth exchanges, trainings, seminar, youth in democracy projects, grundtvig)
- we offer support with Come2England for job, accomodation,english courses, intership in London.
 - local actions (about multicultural events, sustainability mobility, european project, tourism)
- meetings at schools and workshops for students about voluntary work, soft skills
 - promote an European identity among young people and stimulate them to an active and responsible citizenship

As a sending NGO they have more than 3 year experience in Erasmus + program and already prepared and sent hundreds youth under EU youth programs.

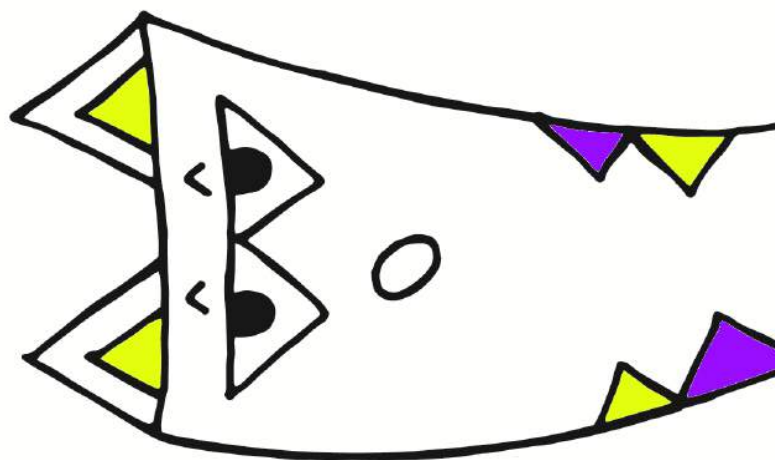
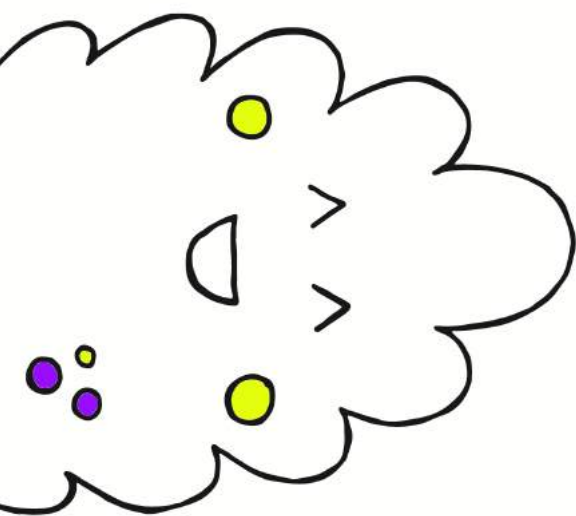
They always expect from the European projects to give strong social, networking and professional skills to their members which its their main expectation.

PROJECT PARTNERS:

GREECE



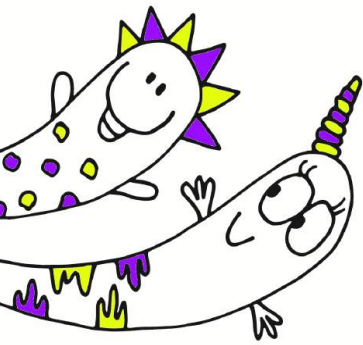
**Hellenic
Youth
Participation**



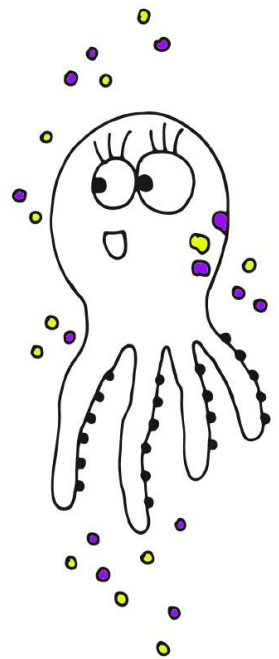
Hellenic Youth Participation (based in Athens, Greece) stands for intercultural dialogue, non-formal education, mutual understanding and solidarity. The main aim of the group is to inspire and stimulate European citizens to become active parts of their local and European community. They wish to motivate young people to become involved and to raise awareness about current values like equal opportunities, social inclusion and cultural diversity. Through their projects they aim at the promotion of non-formal differentiated learning and the importance of personal development. Hellenic Youth Participation is active on a local, national and European level.

PROJECT ORGANIZER:

POLAND



Fundacja
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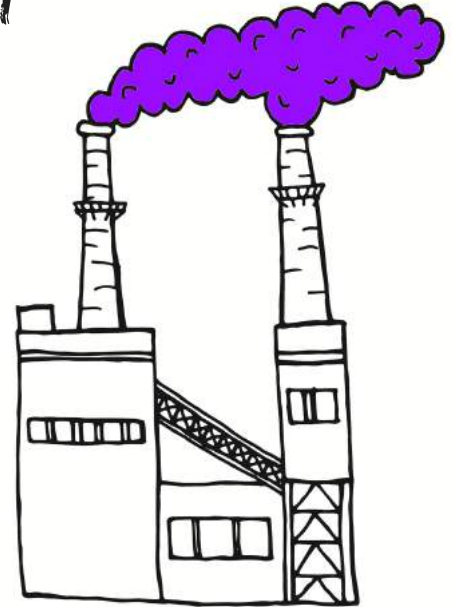


The aim of the foundation is to promote activation of young people, which shall comprise:

1. Developing and strengthening attitudes aimed at active contribution to the development of civil society, both at the local, regional, national and international level.
2. Initiating and supporting innovative solutions in various areas of social life, especially in the protection of the rights and freedoms of man and citizen, encouraging initiatives and entrepreneurial activities.
3. Promoting voluntary work as an effective tool for gaining experience.
4. Increasing international mobility.
5. Support for political and social issues related to the development of democracy and civil society in Poland and other European countries and participation in the creation of a common Europe.
6. Support measures for the development of education and culture.
7. Creating initiatives aimed at overcoming cultural barriers.
8. Assistance and support to marginalized children and young people with lower socio-economic opportunities.
9. Developing skills: sports, culture, environment-friendly attitudes, entrepreneurship, intergenerational health.
10. Activities for the organization, which is the statutory objectives: scientific activity, scientific and technical, educational, cultural, physical culture and sport, the environment, charity, health care and social assistance, professional and social rehabilitation of disabled. Help and support to marginalized children and young people with lower life opportunities; promoting the idea of a united Europe; promotion of cultural heritage, both local, state and European;

ABOUT THE PROJECT

Project „Peace Factory” was a common initiative of 8 international organizations from: Poland, Latvia, Lithuania, Macedonia, Italy, Greece, Bulgaria, Romania. Our project gathered 20 youth workers and 2 experienced trainers according to theirs’ work among stress management, mind-fullness, conflict resolutions, in Poronin (Poland) between 4th and 13th of September 2017.

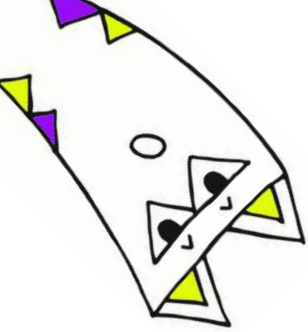


In an non formal environment we directly influenced participants with experiencing and reflecting on stress management activities. During 10 days participants developed habits based on the concept of mindfulness. We especially emphasized theirs’ experience among applied drama, theatre of oppressed, yoga activities and morning meditation sessions.

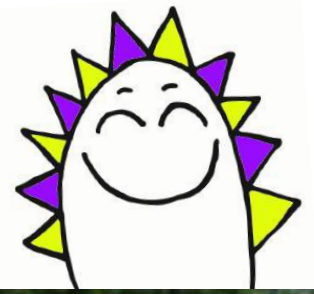
ABOUT THE PROJECT

Moreover we will encouraged them to use concepts of active listening and non violent communication in their free time activities, so they will not only get familiar with the concept and practical use and implementation of mentioned during sessions but also, which is even more desirable - experience its positive impact „here and now”, in non formal environment. The most important element according to our project is a common contribution. Participants were working in international groups among creation of new tools and activities, that after the main activities would be able to re-frame and use in theirs' local communities.





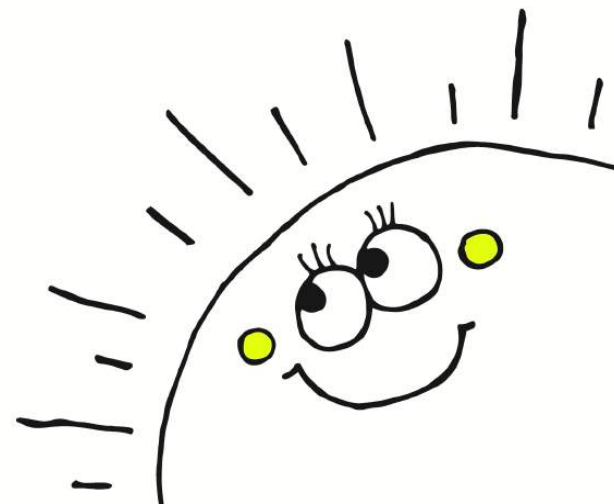
MORNING EXERCISES: WALKING MEDITATION



It is a very interesting and dynamic way of meditation, and it is applicable as well with adults as it is with children or youngsters to communicate the basic ideas of meditation, such as concentration, mindfulness and attention shift. Talking about why to do this kind of meditation - in can teach us shifting our attention better and so managing stress, distracting from overwhelming thoughts and rumination. Usually it is not an easy task, but we can learn how to do it with such practice.



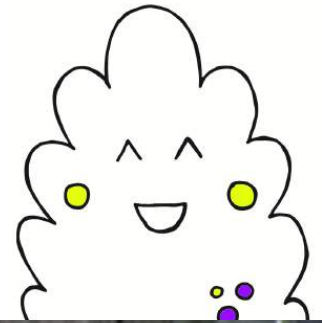
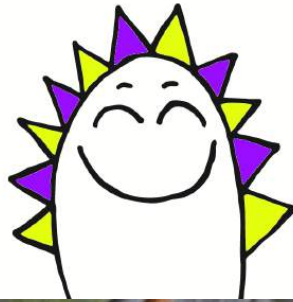
So, it can have an immediate effect whenever we feel stressed or anxious, and in the long run this practice strengthens our attention skills, so it is easier for us to manage our attention in everyday life. This kind of meditation is called water walking meditation. All we need is two containers of water. One half full, the other one almost full.



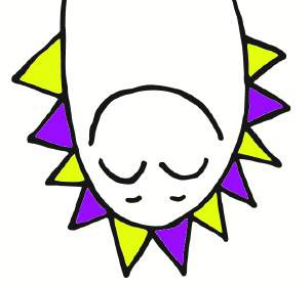


MORNING EXERCISES: WALKING MEDITATION

The idea is very simple - we are going to fill one container up to the top, and walk around with it. If you are not paying enough attention, and you don't notice what the water is telling you - you will spill it. It's not a big deal if you spill it. And you will spill it - everyone does. Just every time you spill - stop and fill your glass back to the top again. Water gives you an immediate feedback about whether or not you are paying attention. If you let your mind wonder, be impatient or try to rush through this exercise - there will be immediate feedback. You will spill the water. We will be walking for 10 minutes. There is no specific place we need to reach during this exercise. The task is just stay on the go for a certain period of time and come back to practice every time we spill the water.

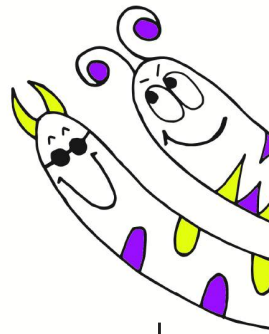
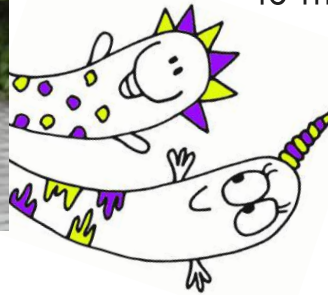


MORNING EXERCISES: WALKING MEDITATION



Observe your moves, your emotions during the meditation and how your ability to focus attention changes during this period of time. Also one helpful tip: take a pause and make a few deep breaths before filling your glass to the top - make sure that you are fully ready for the exercise. You can also take breaths every time you spill - it helps to bring the attention back.

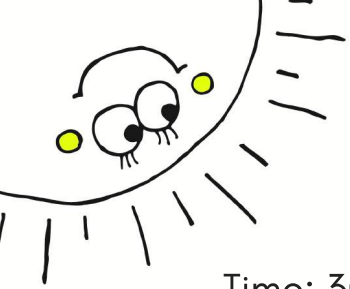
10 minute practice



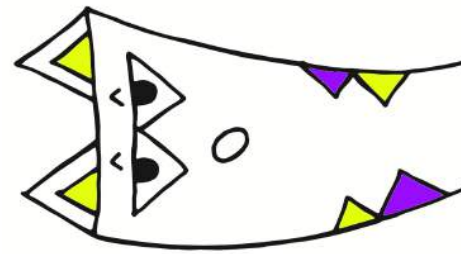
Homework suggestion:

Remember about this way of walking today before you go to bed. When you make your last 3-4 steps before reaching your bed, try to make it slowly and concentrate on every move you are making as if you were carrying a bowl of water in your hands or even on your head. And see if your falling asleep will feel different in any way.





MORNING EXERCISES: FITNESS



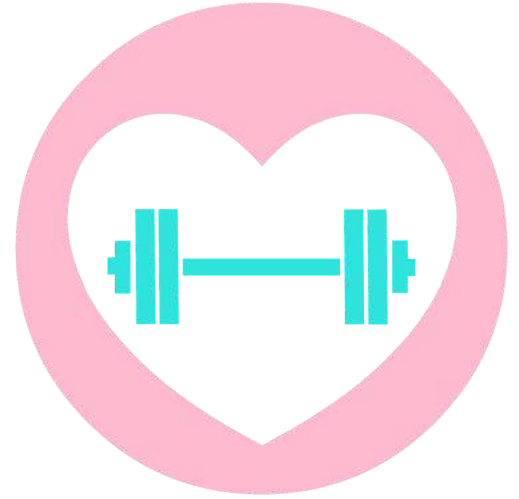
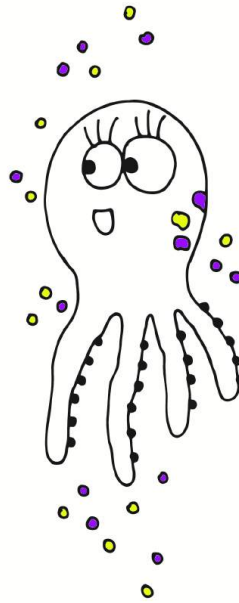
Time: 30 minutes

Level: elementary

Music: fast, rhythmic and energetic workout music

Warm up: Group copies instructor's moves in mirror way. After walk with 3 deep breaths, steps from side to side with different position of arms and body turnings.

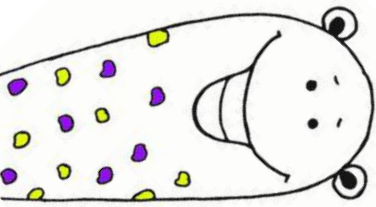
Time: 5 minutes



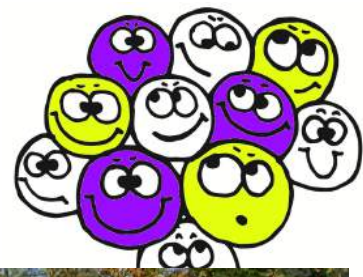
Fitness routine: Instructor shows the basic elements - walk, bending knees, mambo, lunges, swing. Elements are repeated with growing intensity and become a choreography. All elements are repeated with the same amount of sets to both sides- right and left side.

Time: 15 minutes





MORNING EXERCISES: WALKING MEDITATION



Reinforcing exercises: Exercises focused on legs, thighs, buttocks, back.

1. Squats

2. Lunges on both sides with bends

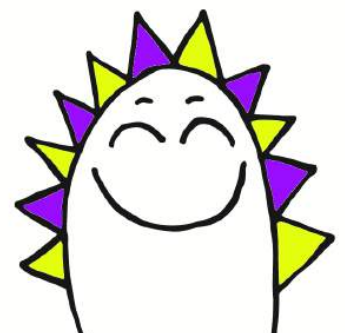
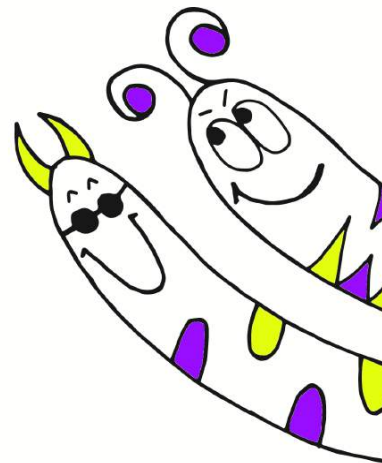
3. Legs in wide, standing position, with bend knees. Lifting heels with various weight arrangement.

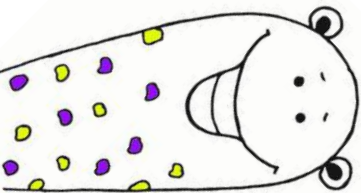
4. Lunge with bend knee - 45'. Second leg straight. Pumping with balance with changing sides.

Time: 5 minutes

Stretching: Basic stretching exercises that help to calm the body and stretch individual muscles of: arms, legs, back.

Time: 5 minutes

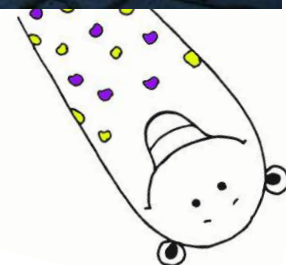
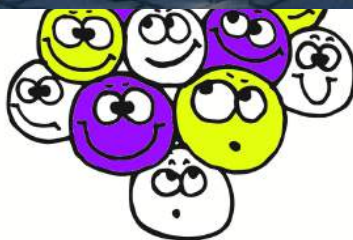
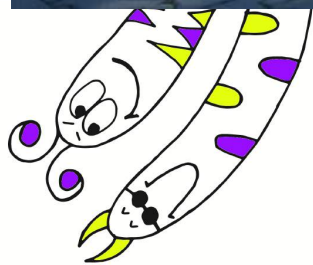
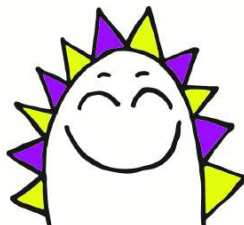
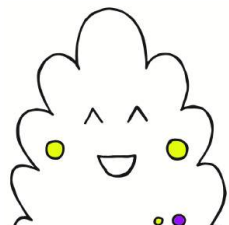




MORNING EXERCISES: WAKING UP AND YOGA

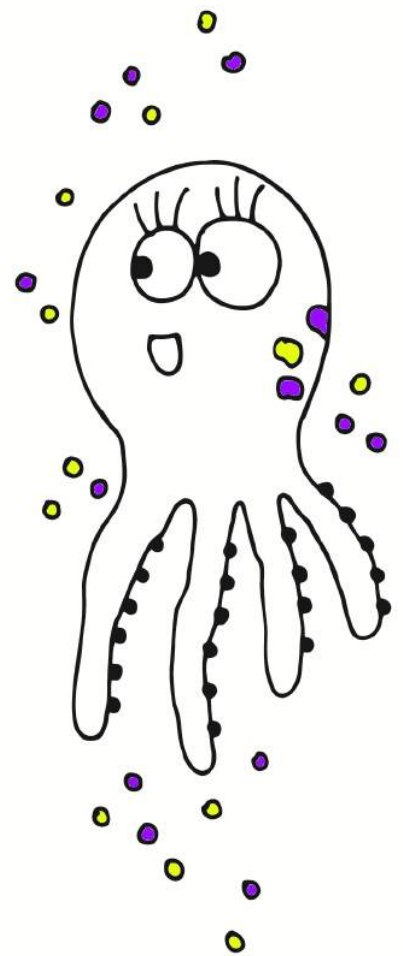
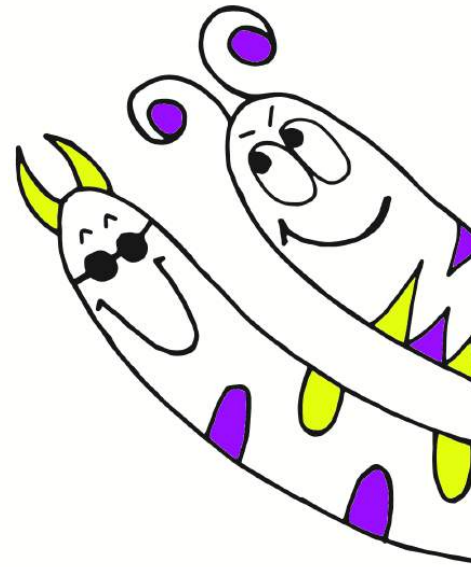


First - softly waking up while stretching all the body parts and muscles from head to toes. It takes around 10 minutes. Always stretching in coherence with breathing: inhale and exhale.



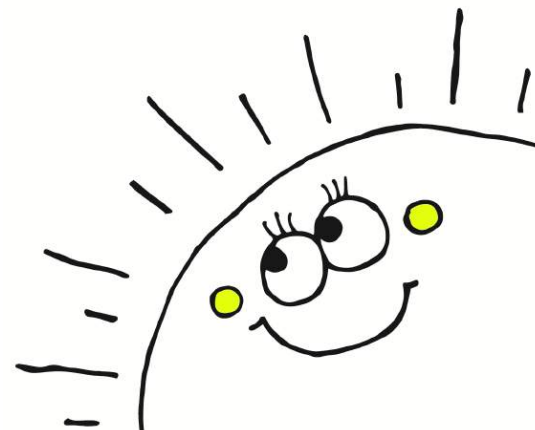
Second - slowly slowly doing the first cycle of sun salutation. It is possible to add an extra stretching exercises with arms and head. Then repeating the second cycle very slowly with another side of the body. In every pose you have to freeze and breathe in and out for at least 10-20 sec.

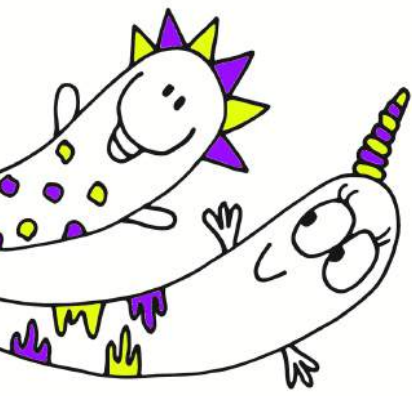
MORNING EXERCISES: WAKING UP AND YOGA



Third - continuing with sun salutation cycle on your own pace, it might be a bit faster, feeling whole your body as a moving wave. You can make as much cycles as you want or feeling able to do. At least - 4 full cycles (2 from right side and 2 from left side of the body).

Note: sun salutation practise is an excellent routine for waking up and charging your body and mind for the whole day with energy. Also, you start the routine facing the direction of the sun (i.e. if you do that at home - facing light that comes through your window).

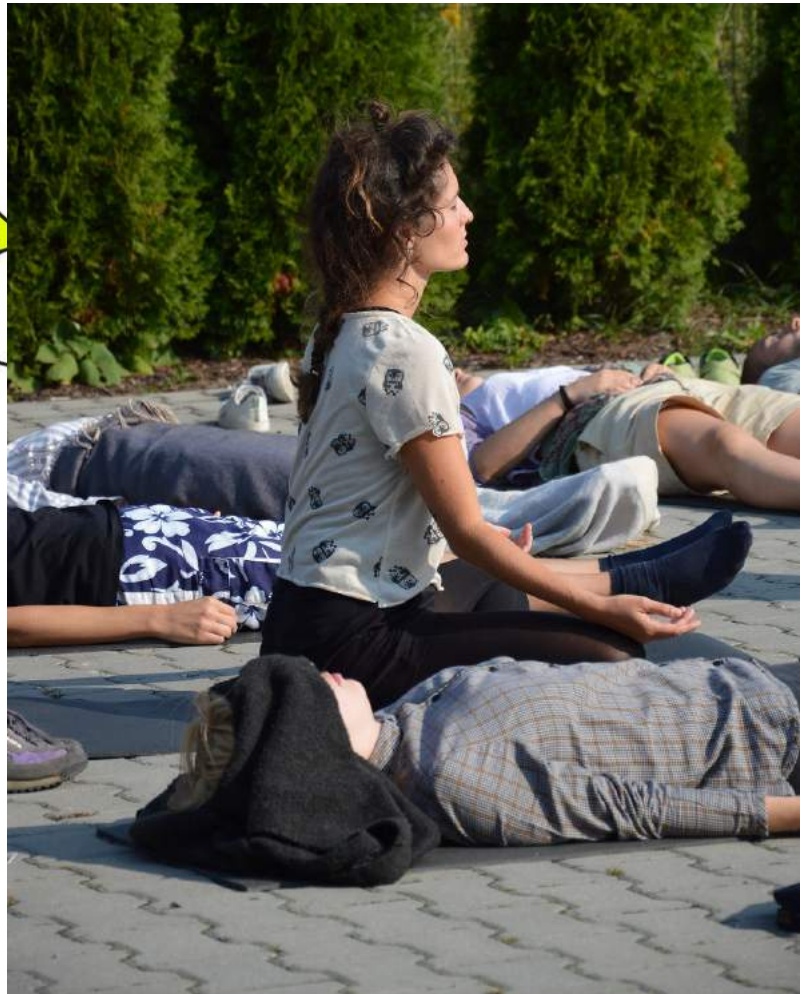




MORNING EXERCISES: THE 6 PHASE MEDITATION



The 6 phase meditation is a simple, yet profound practice that when done daily can focus every aspect of your existence. It helps you be in harmony, grateful and on track with your future dreams.



1. Connection

Focus on your consciousness. Picture it as a white light surrounding your entire body in a bubble of peaceful, gentle, loving energy. Imagine this light expanding to connect you to your entire neighbourhood, city, country, continent, planet. Feel that sense of oneness.

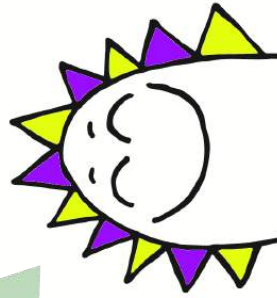
2. Gratitude

Bring to mind 5-10 things that you truly grateful for - big or small. Express gratitude for these things. Vividly recall how they made you feel - use all 5 senses: smell, touch, taste, sound, vision. Feel this gratitude vibrate all throughout your body.

MORNING EXERCISES: THE 6 PHASE MEDITATION

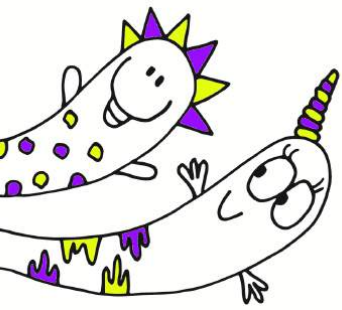
3. Forgiveness

Bring to mind anyone who you have had a conflict with. Imagine this person in front of you. Apologise for any wrong that you brought to them. Ask for their forgiveness. Forgive them for any wrong that they brought to you. Feel that feeling of forgiveness all throughout your body.

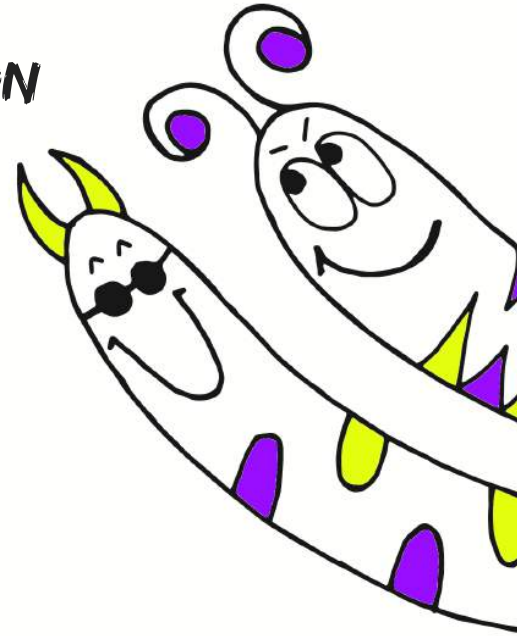


4. Visualizing

Visualize all the different aspects of your life as you want them to unfold in the next 3 years. Be as vivid as possible, incorporate all 5 senses: taste, touch, smell, sound, vision.



MORNING EXERCISES: THE 6 PHASE MEDITATION



5. Daily intention

Visualize yourself from the current moment, living the best version of this particular day. Make it as vivid as possible.

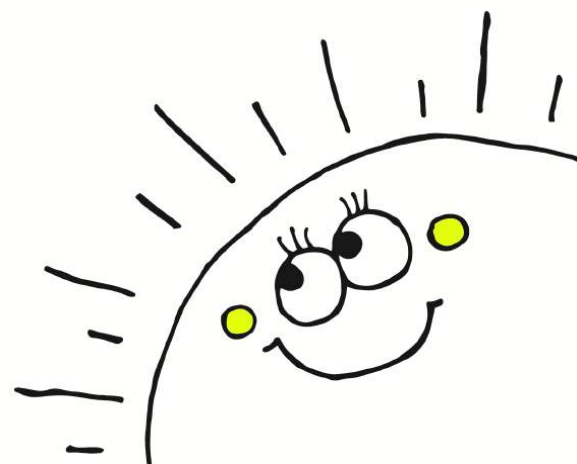
Bring in emotions of joy, excitement and gratitude.

Bring yourself to the end of your day, and see yourself going to bed and going into a deep, comfortable, rejuvenating sleep.

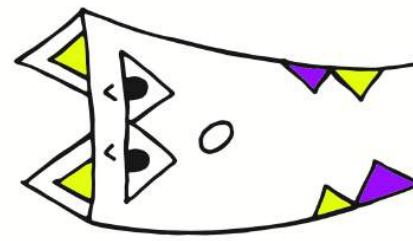


6. Blessing

Call on any higher power you believe in. Ask for luck, energy, support. Ask for help crafting your perfect day so that you can make your dreams for next 3 years unfold. Feel this support and energy all around you, a protective energy embracing you.



MORNING EXERCISES: SHIATSU MASSAGE

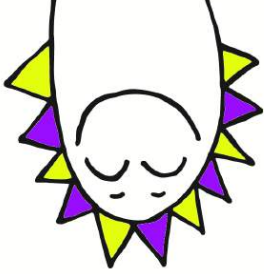


Shiatsu is a physical therapy that supports and strengthens the body's natural ability to heal and balance itself. It works on the whole person - not just with the physical body, but also with the psychological, emotional and spiritual aspects of being. Shiatsu originated in Japan from traditional Chinese medicine, with influences from more recent Western therapies.

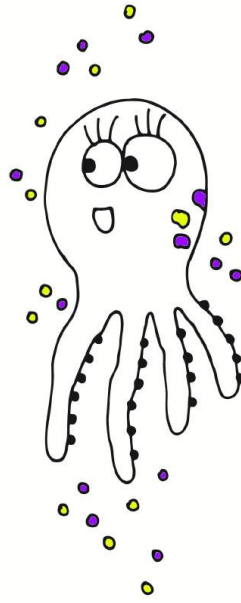
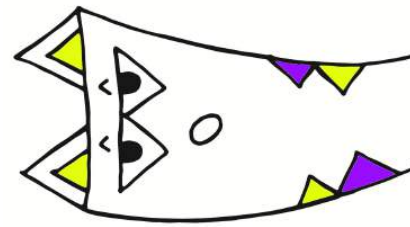


Although shiatsu means 'finger pressure' in Japanese, in practice a practitioner uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. It is a deeply relaxing experience and regular treatments can alleviate stress and illness and maintain health and well-being.

The benefits of shiatsu depend upon the reasons for the visit and the duration of the therapy. Shiatsu practitioners report that people who go for regular treatments reap the most benefits, but that even one session can help relax the client and begin to clear the blocks in the energy.



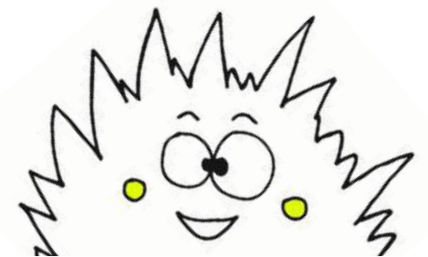
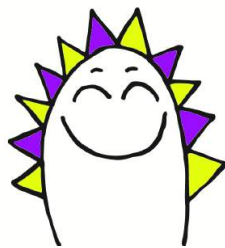
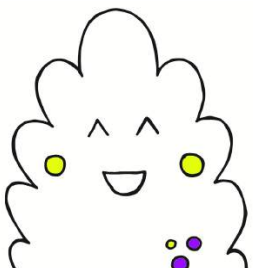
MORNING EXERCISES: SHIATSU MASSAGE



Shiatsu massage can work the tension and spasms out of muscles. In addition to the act of rubbing and pulling at the skin and muscles, shiatsu helps to release tension by pressing on acupuncture points that release tension.

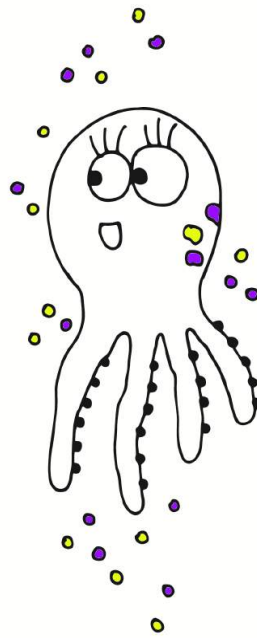
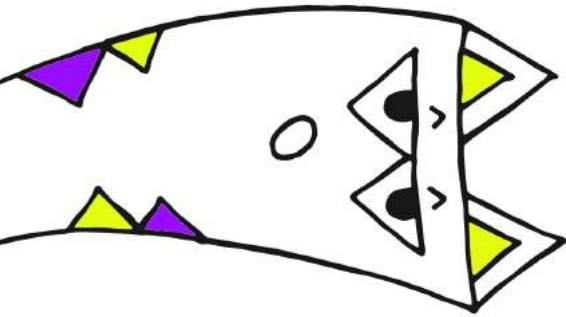


Shiatsu practitioners report that patients find relief from many different ailments thanks to shiatsu. Although these results have not been studied extensively, traditional medical practitioners report that shiatsu usually doesn't hurt when done in concert with traditional medicine. Some of the areas where shiatsu can help include PMS symptoms, chemotherapy side effects, migraines, digestive problems and skin problems.



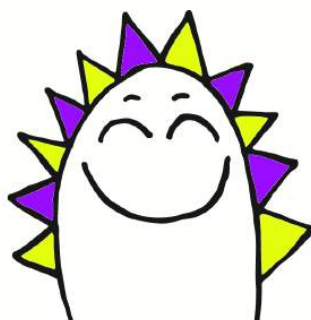
YOGA WORKSHOPS

Yoga is a popular way to increase flexibility, gain strength, and reduce stress. There are many different types of yoga that range from gentle to strenuous, but every form of yoga improves your health from head to toe, inside and out. The most common techniques practiced in yoga are poses ("asanas" in Sanskrit), breathing exercises ("pranayama" in Sanskrit), and meditation.



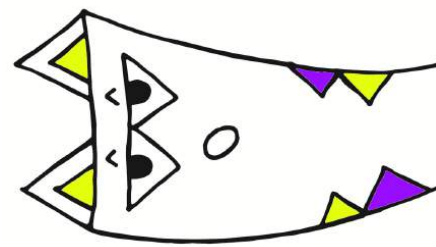
When done regularly, yoga can keep you healthy. It can aid in the recovery from illness and pain; and it can discourage disease. It can also provide greater mental clarity, emotional balance, and overall wellness. The only requirements to learn yoga are proper instruction from a qualified and knowledgeable teacher and a steady practice.

Below is a deeper exploration of the benefits of yoga for your body, mind, and spirit.

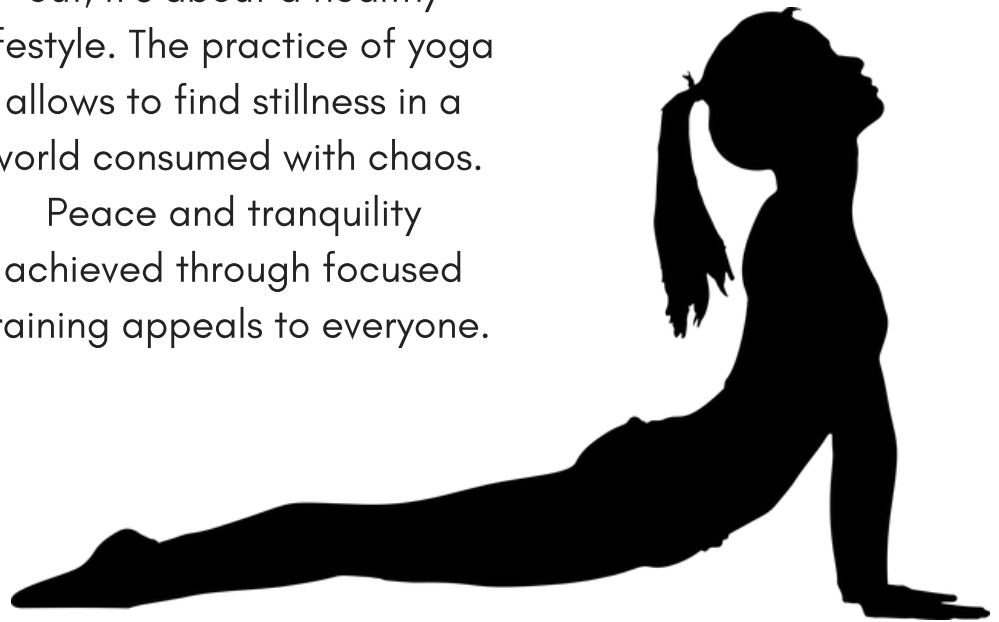
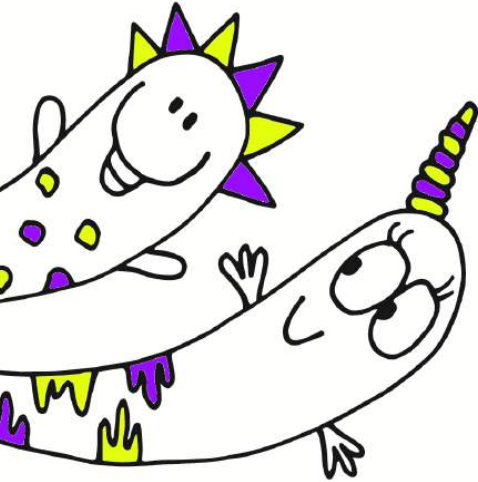




YOGA WORKSHOPS



Yoga is not just about working out, it's about a healthy lifestyle. The practice of yoga allows to find stillness in a world consumed with chaos. Peace and tranquility achieved through focused training appeals to everyone.



Yoga's deep breathing and meditation practices help foster an inner shift from to-do lists, kids and spouse's needs, financial concerns, and relationship struggles to something a little bit bigger than the issues you face. Yoga helps relieve stress and declutters the mind, helping you to become more focused.



YOGA WORKSHOPS: BENEFITS OF YOGA

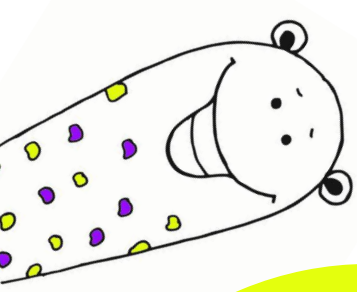
Improves your flexibility. Improved flexibility is one of the first and most obvious benefits of yoga.

Builds muscle strength. Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people.


Prevents cartilage and joint breakdown. Each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used.



YOGA WORKSHOPS: BENEFITS OF YOGA




Perfects your posture. Your head is like a bowling ball—big, round, and heavy. When it's balanced directly over an erect spine, it takes much less work for your neck and back muscles to support it.

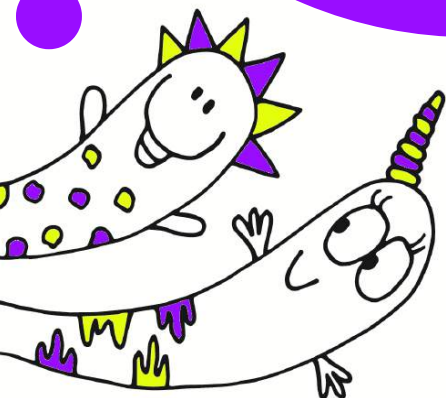


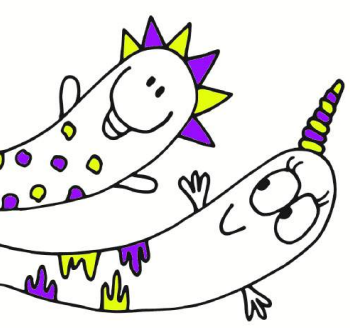
Increases your blood flow. Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result.

Betters your bone health. It's well documented that weight-bearing exercise strengthens bones and helps ward off osteoporosis. Many postures in yoga require that you lift your own weight. And some, like Downward- and Upward-Facing Dog, help strengthen the arm bones, which are particularly vulnerable to osteoporotic fractures.



Helps you focus. An important component of yoga is focusing on the present. Regular yoga practice improves coordination, reaction time, memory, and even IQ scores.





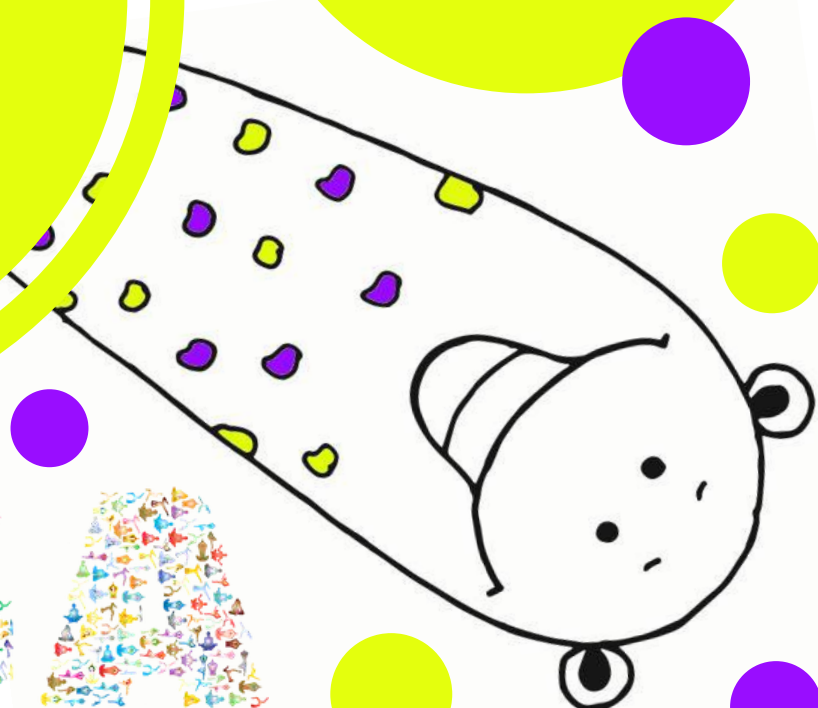
YOGA WORKSHOPS: BENEFITS OF YOGA

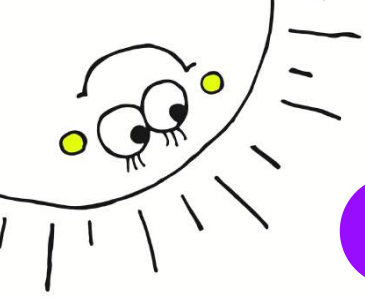


Ups your heart rate. Yoga practice lowers the resting heart rate, increases endurance, and can improve your maximum uptake of oxygen during exercise—all reflections of improved aerobic conditioning.

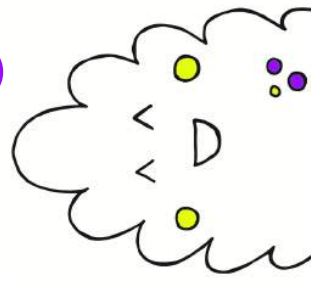
Makes you happier. Consistent yoga practice improved depression and led to a significant increase in serotonin levels and a decrease in the levels of monoamine oxidase (an enzyme that breaks down neurotransmitters) and cortisol.

Improves your balance. Regularly practicing yoga increases proprioception and improves balance.



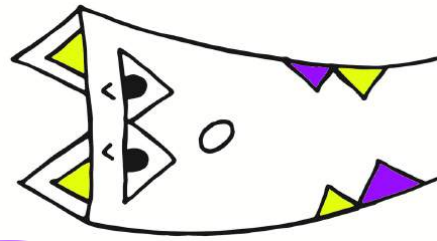
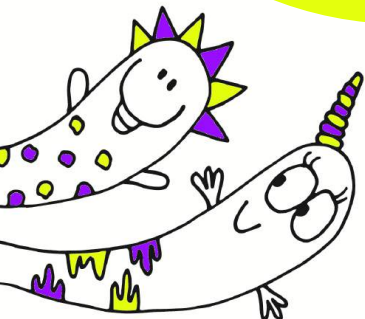


YOGA WORKSHOPS: BENEFITS OF YOGA




Relaxes your system. Yoga encourages you to relax, slow your breath, and focus on the present, shifting the balance from the sympathetic nervous system to the parasympathetic nervous system.

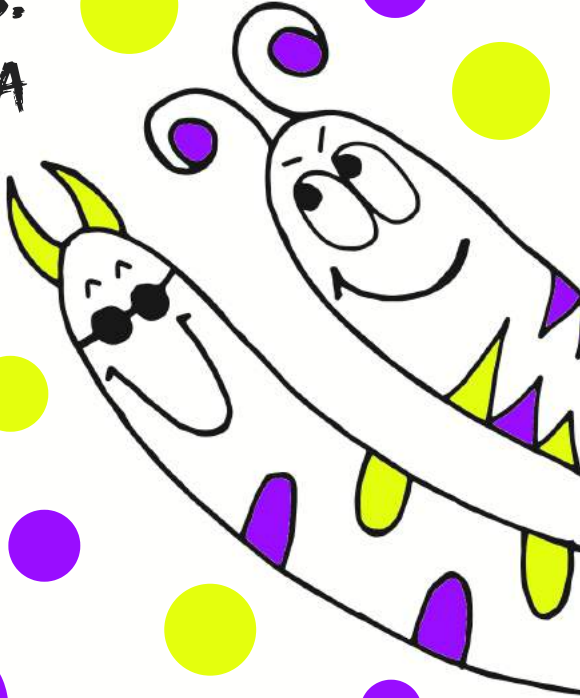
Finds a healthy lifestyle. A regular practice gets you moving and burns calories, and the spiritual and emotional dimensions of your practice may encourage you to address any eating and weight problems on a deeper level. Yoga may also inspire you to become a more conscious eater.



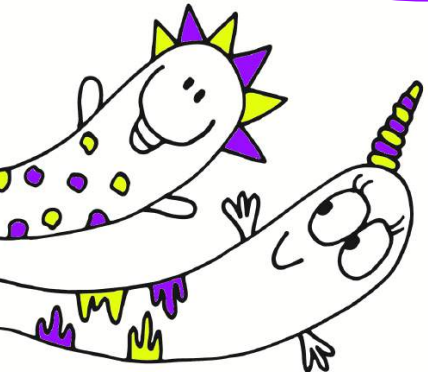
YOGA WORKSHOPS: BENEFITS OF YOGA



Drains your lymphs and boosts immunity. When you contract and stretch muscles, move organs around, and come in and out of yoga postures, you increase the drainage of lymph (a viscous fluid rich in immune cells). This helps the lymphatic system fight infection, destroy cancerous cells, and dispose of the toxic waste products of cellular functioning.



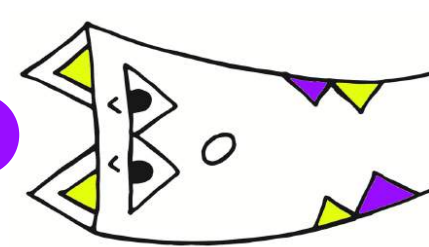
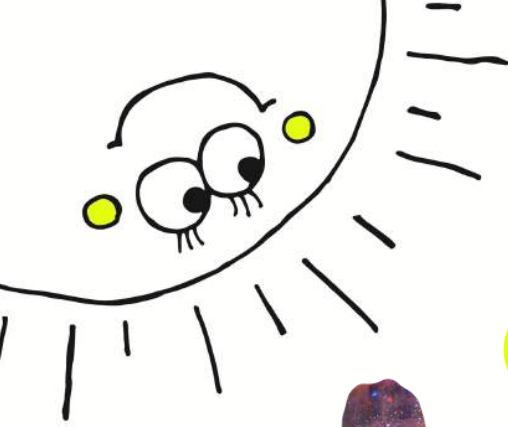
Gives you peace of mind. Yoga quiets the fluctuations of the mind. It slows down the mental loops of frustration, regret, anger, fear, and desire that can cause stress. And since stress is implicated in so many health problems - from migraines and insomnia, high blood pressure, and heart attacks - if you learn to quiet your mind, you'll be likely to live longer and healthier.



Helps you sleep deeper. Yoga can provide relief from the hustle and bustle of modern life. By-product of a regular yoga practice is better sleep - which means you'll be less tired and stressed and less likely to have accidents.

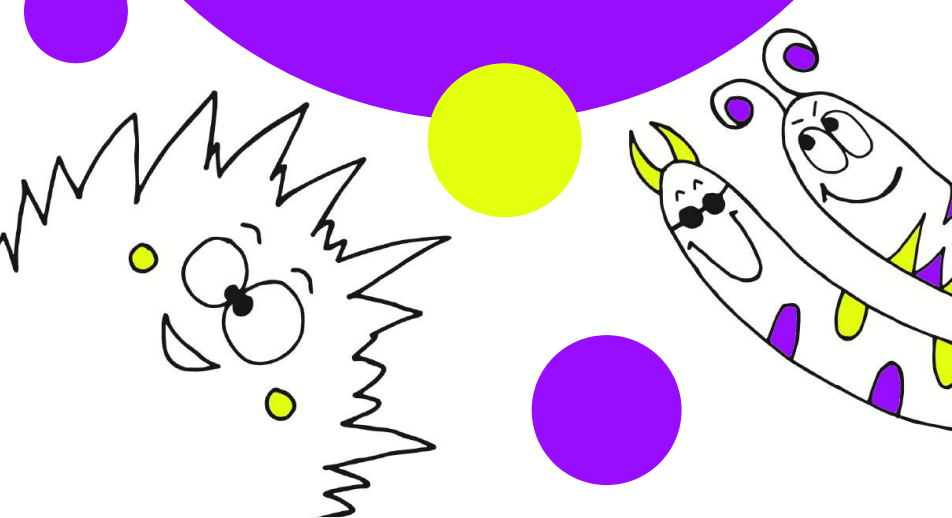
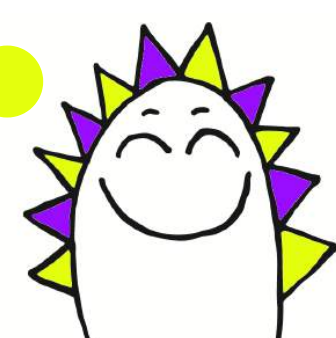


YOGA WORKSHOPS: BENEFITS OF YOGA



Eases your pain. Yoga can ease your pain. According to several studies, asana, meditation, or a combination of the two, reduced pain in people with arthritis, back pain, fibromyalgia, carpal tunnel syndrome, and other chronic conditions. When you relieve your pain, your mood improves, you're more inclined to be active, and you don't need as much medication.

Increases your self-esteem. Many of us suffer from chronic low self-esteem. If you practice regularly with an intention of self-examination and betterment - not just as a substitute for an aerobics class - you can access a different side of yourself. You'll experience feelings of gratitude, empathy, and forgiveness, as well as a sense that you're part of something bigger. While better health is not the goal of spirituality, it's often a by-product, as documented by repeated scientific studies.

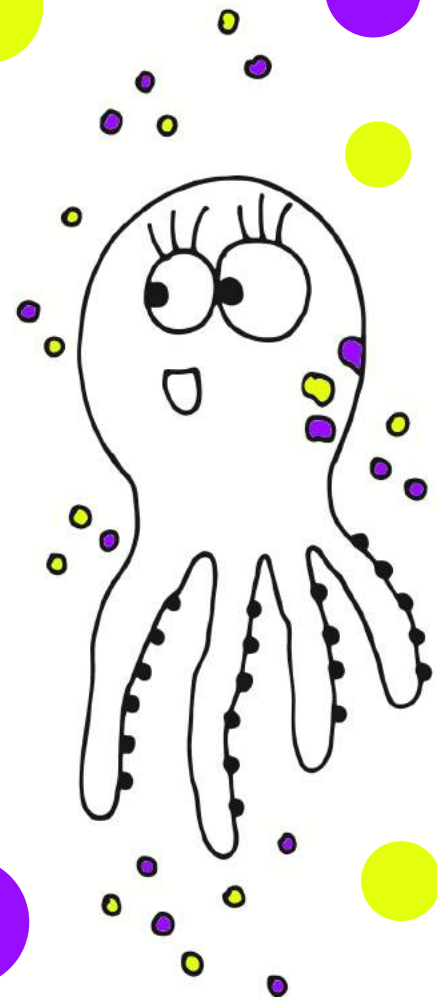


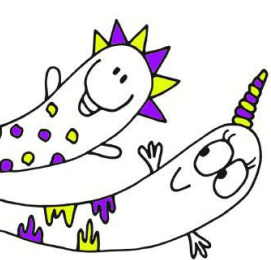
YOGA WORKSHOPS: BENEFITS OF YOGA

Builds awareness for transformation. Yoga and meditation build awareness. And the more aware you are, the easier it is to break free of destructive emotions like anger. Yoga appears to reduce anger by increasing feelings of compassion and interconnection and by calming the nervous system and the mind. It also increases your ability to step back from the drama of your own life, to remain steady in the face of bad news or unsettling events.

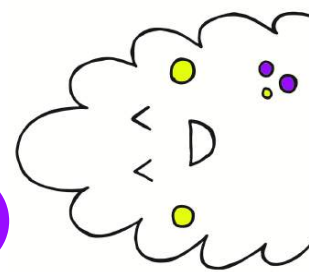


Encourages self care. In yoga, it's what you do for yourself that matters. Yoga gives you the tools to help you change, and you might start to feel better the first time you try practicing. You may also notice that the more you commit to practice, the more you benefit. This results in three things: You get involved in your own care, you discover that your involvement gives you the power to effect change, and seeing that you can effect change gives you hope. And hope itself can be healing.





LET'S WORK WITH YOUTH!

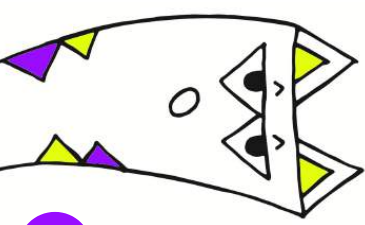


During the training course participants worked in mixed, international groups according to use all knowledge, skills and attitudes received during the project and also put additional value from their own experience. The aim of this session was to create workshops that first of all, they were able to use among work in the local school in Nowe Bystre, and second of all, after arrival to theirs' organizations they were able to make it more suitable for local needs, expectations, reality and use it during working with their target group - youngsters with a fewer opportunities.

Sessions prepared by participants were implemented by themselves in the local school in Nowe Bystre. Thanks to that they were able to include local youngsters, disseminate results of the project, raise the awareness of Erasmus + Programme and „test“ all workshops in practice. Local workshops were very interesting experience for both the participants and the students.







WORKSHOP DESCRIPTION 1

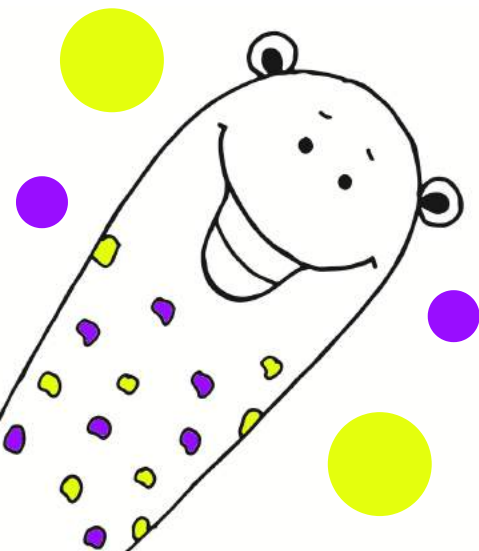
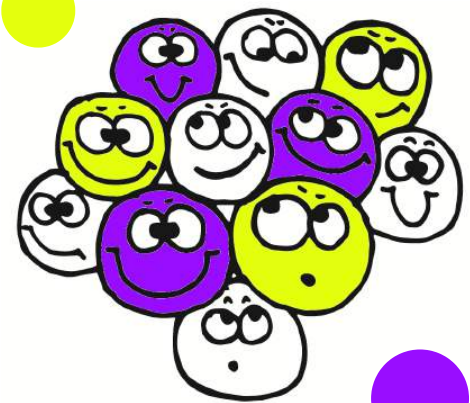
**Theme:
Self esteem**

**Time:
45 minutes**

**Materials:
Info cards,
ball, paper
application**

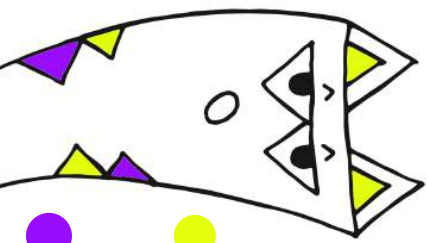
Objectives:

1. Verbalize an increased awareness of self-disparaging statements.
2. Decrease the frequency of negative self-descriptive statements.
3. Identify positive traits and talents about him/herself.
4. Develop the ability to identify and verbalize feelings.
5. Increase eye contact with others.
6. Identify accomplishments that can improve self-image.
7. Develop the ability to identify and express verbally his/her needs.
8. Take responsibility for daily self-care tasks that are developmentally age appropriate.
9. List specific things to do to build self-esteem and ways to implement each.
10. Positively acknowledge and verbally accept praise or compliments from others.
11. Develop positive self-talk messages to build self-esteem.

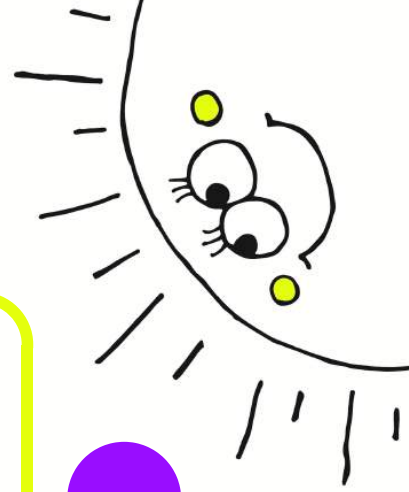


Instructions:

1. Warm-up game - introduction energetics game
2. Theory -self esteem points short description
3. Shield application filling (one value, one achievement - and total evaluation)
4. Ball in a circle - need to tell positive things (characteristics)



WORKSHOP DESCRIPTION 1

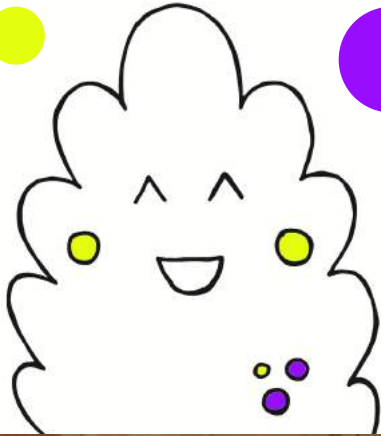


Debriefing and evaluation:

In totally: children was feeling free and was ready for involving on activity, and during in workshop all of them participate.

Some remarks:

-most of children didn't feel comfortable enough to share with the group, although they all completed the exercise to some extent.



Variations:

For those serious theme, next time need spend more time, because in one days to complicate process and understand so much information.



WORKSHOP DESCRIPTION 2

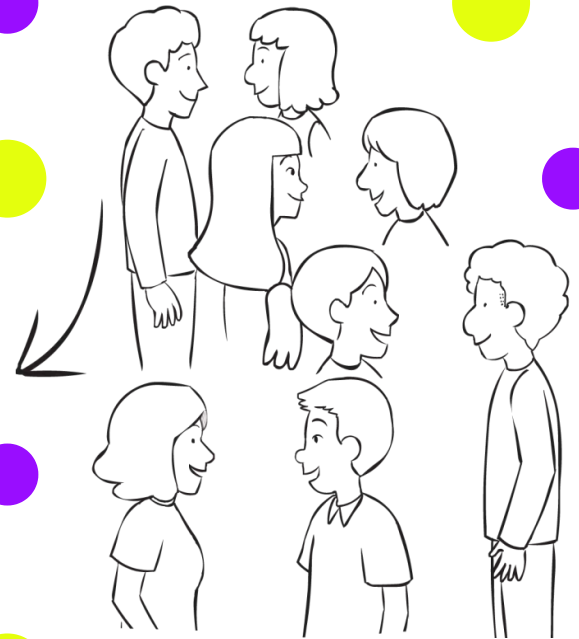
**Theme:
Ice Breaking
Games and
Meditation**

**Time:
45 minutes**



Ice Breaking Games :
Group Choreography Witch Doctor
An easy group choreography for kids special designed to be easy for everyone to follow, have fun by doing it and interact with other people!

Merlin Monroe Game:
Easy energizer in which one person stands in the middle and apoints somebody standing in the circle to do one of the previously explained formations with the people on his or her left and right. If somebody makes a mistake he or she has to switch with the person in the middle.



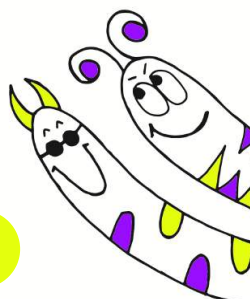
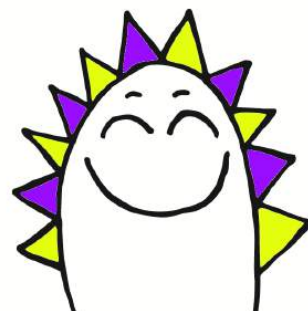
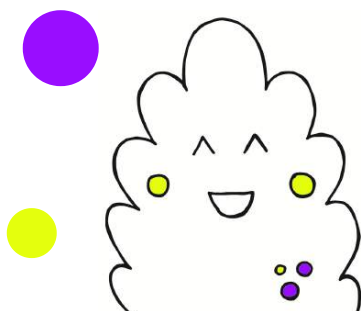
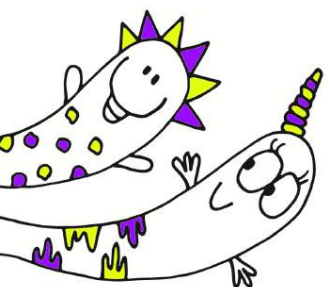
Meditation:

The Mountain Meditation

It's a meditation about stress relief , peace and calm. You visualize yourself as the mountain and all the thoughts, worries, anxiety represent the passing clouds that they come.

The Future Self Meditation

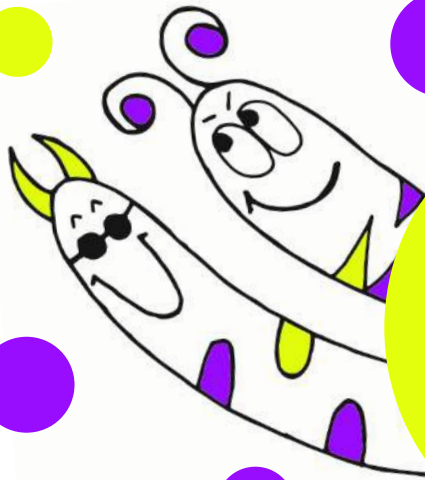
It's a guided imaginary meditation that you visualize meeting your future self giving you advices on how to achieve all the dreams you want in life and become successful.



WORKSHOP DESCRIPTION 3

Theme:

A popular and engaging game involving communication and trust. The task is very flexible, works for groups of various types and sizes, and can be adapted to youth, adults, corporate, etc.



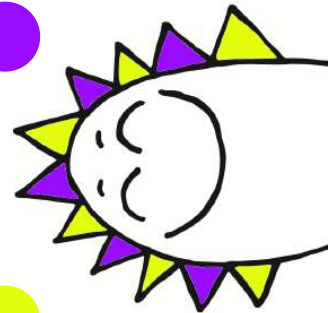
Group size:
2 to 30 is possible;
works well with
larger groups e.g.,
16 to 24.

Time:

- 20 minutes to set up
- 5 - 10 minutes to brief
 - 5 minutes
planning/discussion
- 15 - 30 minutes activity
- 5 - 30 minutes debrief

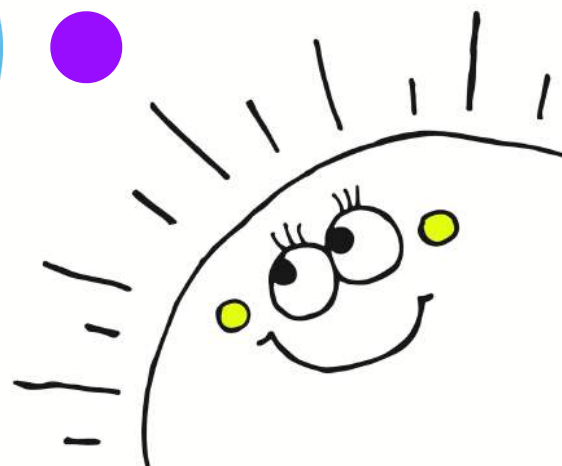
Objectives:

- Develop communication skills
- Create trust between team members
- Have fun



Materials:

- Markers or lengths of rope to indicate the boundaries (e.g., 50 yard rectangular field)
- Blind folds (can be optional)



WORKSHOP DESCRIPTION 3

Instructions:

The team have come to a battlefield that has been laid with mines. One person at a time must attempt to cross the battlefield without stepping on a mine. Once a team member steps on a mine, they must return back to the start position and the next person must try to navigate their way across the minefield.

There can only be one person in the minefield at any time. The team must take it in turns to cross, if unsuccessful in their attempt to cross, the team member must go to the back of the line. Once a team member steps into the minefield, the rest of the team cannot talk. A move can be in any direction but each move must be one square at a time.

Debriefing and evaluation:

- How much did you trust your partner (out of 10) at the start?
- How much did you trust your partner (out of 10) at the end?
 - What is the difference between going alone and being guided by another?
 - What ingredients are needed when trusting and working with someone else?
- What did your partner do to help you feel safe and secure?
- What could your partner have done to help make you feel more safe/secure?
 - What communication strategies worked best?



WORKSHOP DESCRIPTION 3



Variations:

- Minefield in a Circle: Blindfolded people start on the outside of a large rope circle, go into middle, get an item ("treasure", e.g., a small ball or bean bag), then return to the outside; continue to see who can get the most objects within a time period.
- Metaphorical Framing: Some set ups for minefield get very elaborate and metaphor-rich, e.g., hanging objects which metaphorically reflect the participants' background and/or issues. For example, items which represent drugs, peer pressure, talking with parents about the problem, etc. have been used in a family adventure therapy program (Gillis & Simpson, 1994).
 - Participants can begin by trying to cross the field by themselves. In a second round, participants can then ask someone else to help them traverse the field by "talking" them through the field.
 - To increase the difficulty, you can have other people calling out. The blindfolded person must concentrate on their partner's voice amidst all the other voices that could distract them from the task.
- Be aware that some participants may object to, or have previous traumatic experience around the metaphor of explosive mines which have caused and continue to cause much harm and suffering. It may be preferable to rename the activity, for example, as an "obstacle course" or "navigation course".

WORKSHOP DESCRIPTION 4

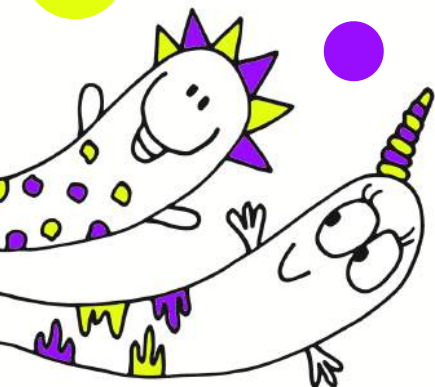
Theme:
Active Listening –
(listening,
understanding,
remembering,
respond)

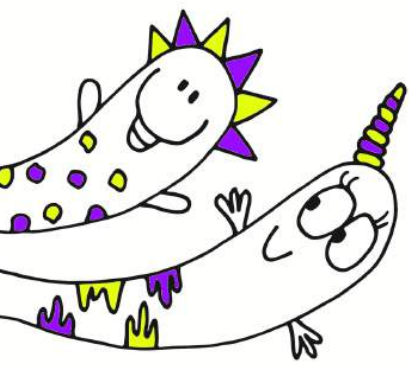
Materials:
Billboard, colors,
papers, add
materials, sound
speaker, our
body.

Time:
47 minutes

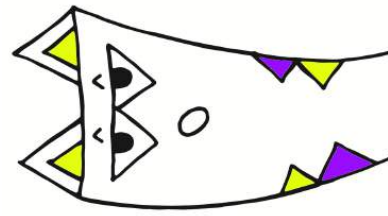
Our workshop was aimed to teach the crucial role that active-listening plays in a communication process. With four different games we wanted to outline the four main skills of an “effective” communication process: listening, understanding, remembering and responding.

1) Listening: this first skill was intended to be developed by a “noise game” (all blind folded participants had to ear carefully different sounds and then remember the right sequence);





WORKSHOP DESCRIPTION 4



3) Remembering: story-telling game (different pictures to be ordered in a logic sequence to create a story. Some pictures weren't necessary to the story, which was aimed to let children understand and check the essential information, referring to a communication process;

2) Understanding: developed with a matching-colors game (different objects on the floor, different colors. The task was to match each object with its matching colors/part, paying attention not only to the physical aspect but to its colors;

4) Responding: mirroring (two rows players, one in front of the other), row A starts talking for 30" while people in row B have to show no interest. After this row B starts talking for 30" while people in row B have to show their interest to the speaker (using body-language and sounds). Ask to participants a feedback after each game.



WORKSHOP DESCRIPTION 5

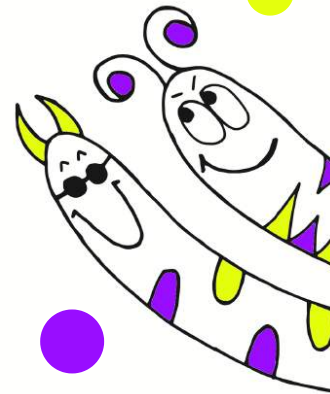
Theme:
Active listening

Objectives:
The understanding of
active listening and
communication via
nonverbal
communication, through
non-formal education.

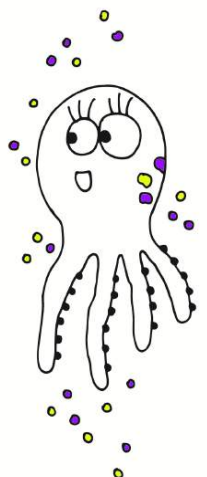
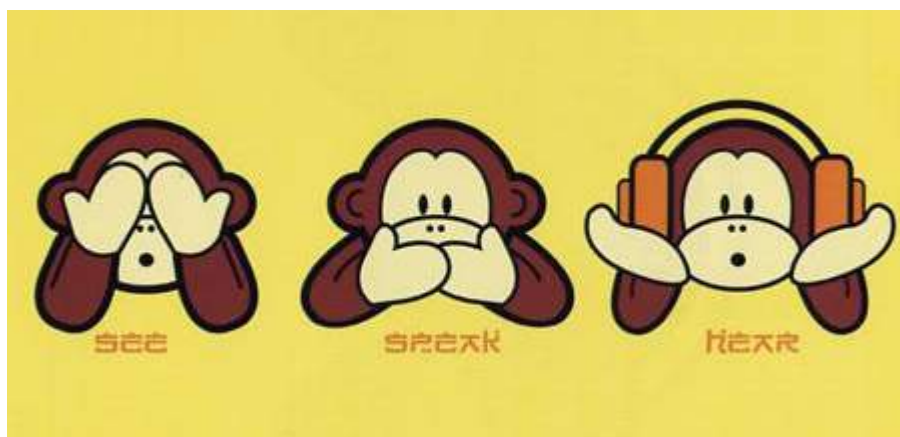
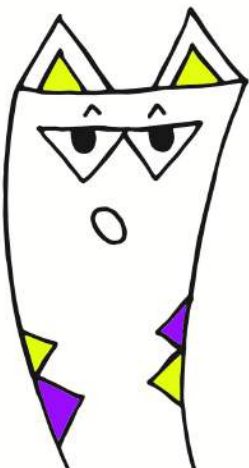
Time:
45 - 50
minutes

Materials:
Body, scarfs,
headphones,
monkey pictures,
story cubes

Introduction/ Warm up: Person presents briefly the topic and we start with exercises to stretch face and body. Then we develop a body language/sound dictionary to express feelings such as: angry (beating legs on the ground), uncomfortable (shaking of the hands), ok (raising shoulders), happy(horse sound with mouth), excited(raising punches)



Activity 1: Monkeys. The team is divided into small groups of 3. Each person gives a picture with a monkey, one cannot use his/her eyes, that are tied with the scarf, the other his/her mouth, which is tapered and the other cannot hear with the use of headphones. The purpose is that the mute monkey must explain to the deaf person and deaf person to the blind four simple paintings (house, tree, dog, sun) so the blind person design it.



WORKSHOP DESCRIPTION 5



Activity 2: Storytelling. The teams, as it were before, will be given cubes with illustrations and must make their own story using their creativity. After the preparation of the story, each group will present their story to the other team improvising, using mostly body language.

Debriefing and evaluation:

Emotional check-in with sounds and actions, a short verbal debriefing after each activity

Variations:

Activity 3: Mirror. The players pairs off. Each player decides who is player A and who is player B. They face each other at arm's distance. In phase I, A is the leader and he moves his body and face as he wishes and B tries to be his precise mirror. In phase II, B person have to freeze and in phase III the person B switches the move. After each phase run 3 to 4 minutes, the players trade roles and continue with motion and mirroring, trying to make eye-contact.

WORKSHOP DESCRIPTION 6

Time:
45 minutes

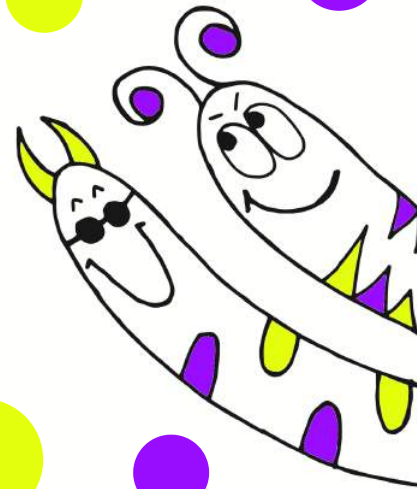
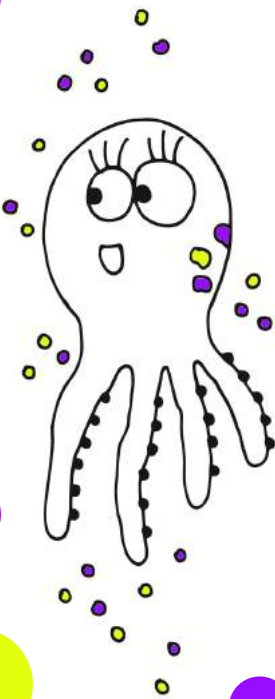
Theme:
Self-esteem

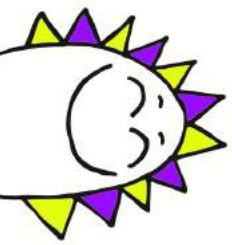
Objectives:

- In the form of game activities demonstrate underlying factors of high self-esteem (i.e. positive self-image, receiving and giving positive feedback to others, receiving and expressing gratitude).
- Facilitate positive relations in group for future self-esteem enhancement

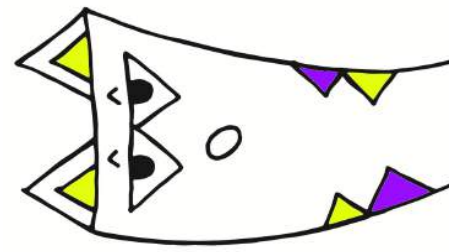
Materials:

Colour paper, ball of yarn, sheet of paper, box of markers/crayons and one paper clip per participant





WORKSHOP DESCRIPTION 6



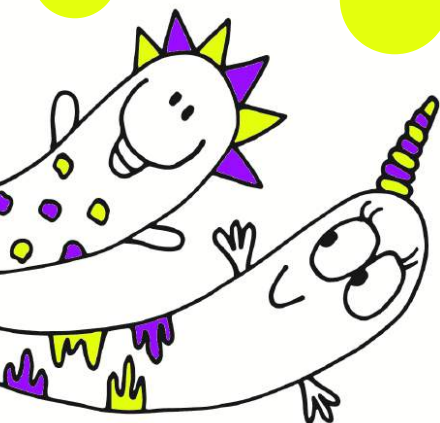
1. Step in front...

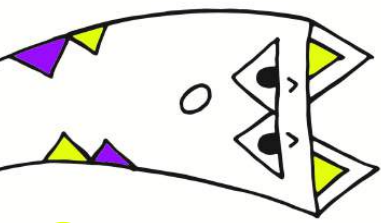
All participants are asked to form a circle. A facilitator names various categories (see attached documents) of personal qualities, abilities, likes and dislikes. All the participants, who fall into the named category have to make a step forward and clap their hands. The last category (...if you think you are amazing) helps to open a discussion about individual differences in self-esteem.

2. Spider's web

First of all you should form a circle. After that the instructions are given, they consist of: you get the ball from strings and you unfold a little bit of it and try to rap around your belly, your arm or around your legs. After that you pick a person who stands somewhere in front of you and you think about some kind words and thoughts that you could say to that person. It can be about physical thing you like about him or it can be about their character and their interaction with you. You pass/throw the stringy ball to that person and say those things. At the end of the game inside the circle is formed a web called "spider web" and it connects all the people together.

Expected outcome: To connect people together, to make them feel more comfortable with each other, to have a chance to express something personal to somebody, to boost self-esteem, to have fun but in a different way by going deeper in their emotions and thoughts.





WORKSHOP DESCRIPTION 6



3. Brochure about me

The objective of this activity is to increase participants' self-esteem and to encourage them to give and receive positive feedback.

Description: This self-esteem activity is ideal for groups of four to twenty-five. It would be best to have the participants sit in a circle.

Materials needed: sheet of paper, box of markers/crayons and one paper clip per participant

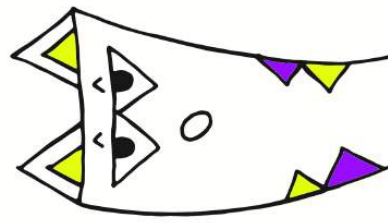
The paper is folded into three segments, just like a tri-fold brochure. On the front flap, ask the participants to write down their names. They can write it any way they want. Ask them to be creative. When they are done with this, on the inside of the brochure, ask them to write down specific categories which they are to fill up. The categories should be anything that would make them notice positive things about themselves. These questions can be, "Things I'm good at", or "My special talents", or "Things I like about myself", "My greatest achievement", "What makes me happy", and so on.

Encourage them to feel free to write anything they want and assure them that no one will read what is written inside the brochure but them. When they are done writing, have them fold the brochure and paper clip it shut.

Next, ask the participants to pass their brochure to the person beside them. The recipient would then write down positive things about the person who owns the brochure. Continue doing this until everyone has written on the brochures.

After this, give the participants five minutes to read their brochures. Then discuss how they felt about the activity. How they felt about receiving and giving compliments. The participants may keep their brochures so they can go over it again if they are having a bad day.

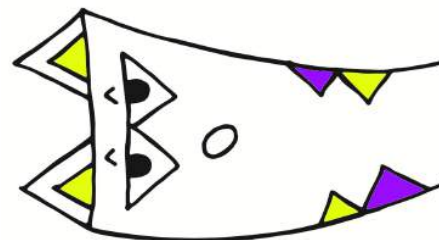
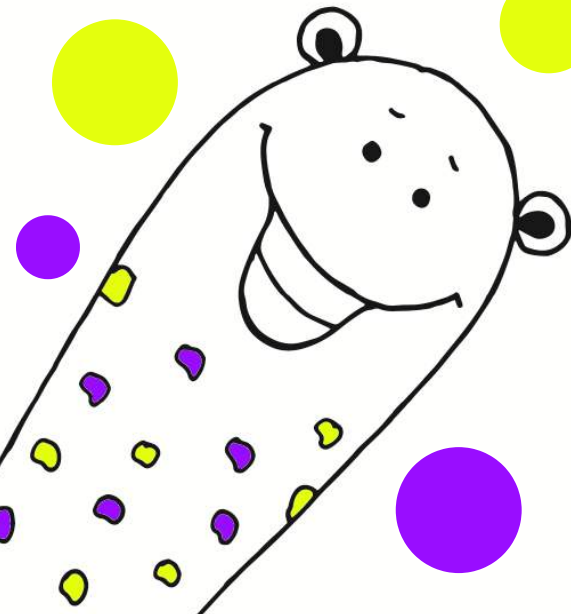
WORKSHOP DESCRIPTION 6

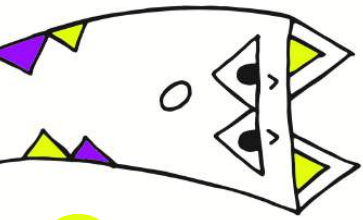


4. Gratitude line

All participants are invited to find a partner and form two parallel lines standing in front of their partner. The pair standing on the far right is invited to walk between these two lines of participants while people standing in lines are asked to express their gratitude to the walking pair. The gratitude can be expressed by saying "thank you for..", touching on a shoulder, giving high-five, etc. The first pair walks all the way between two lines of participants and stands in the end. The activity goes on until all participant pairs walk through the corridor of gratitude.

Debriefing and evaluation:
At various points of of the workshop debriefing can be made using "thumbs up/down" gesture. Participants are asked to evaluate how they feel about themselves by putting a thumb up, if they feel good, thumb down if they feel bad, and thumb to the side, if they feel moderate.



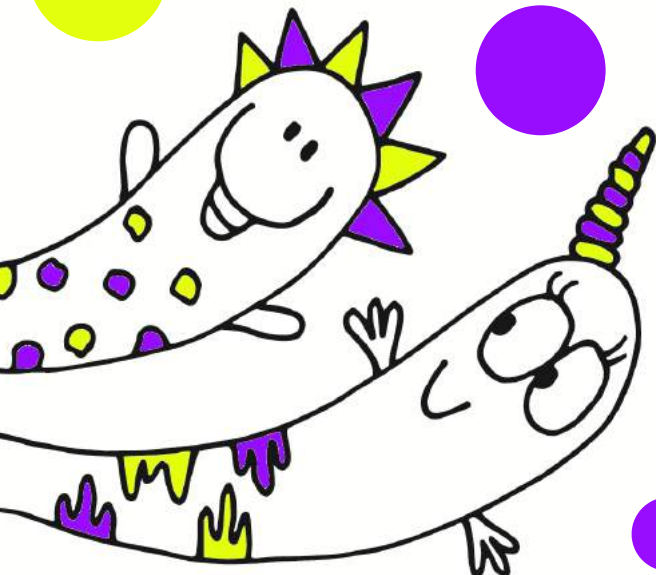


WORKSHOP DESCRIPTION 6

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WORKSHOP DESCRIPTION 7

Theme:
Relaxation

Time:
45 minutes

Materials:
colors, printed
mandala, sound
speaker, our
body, Burma bell,
"Thay" balm

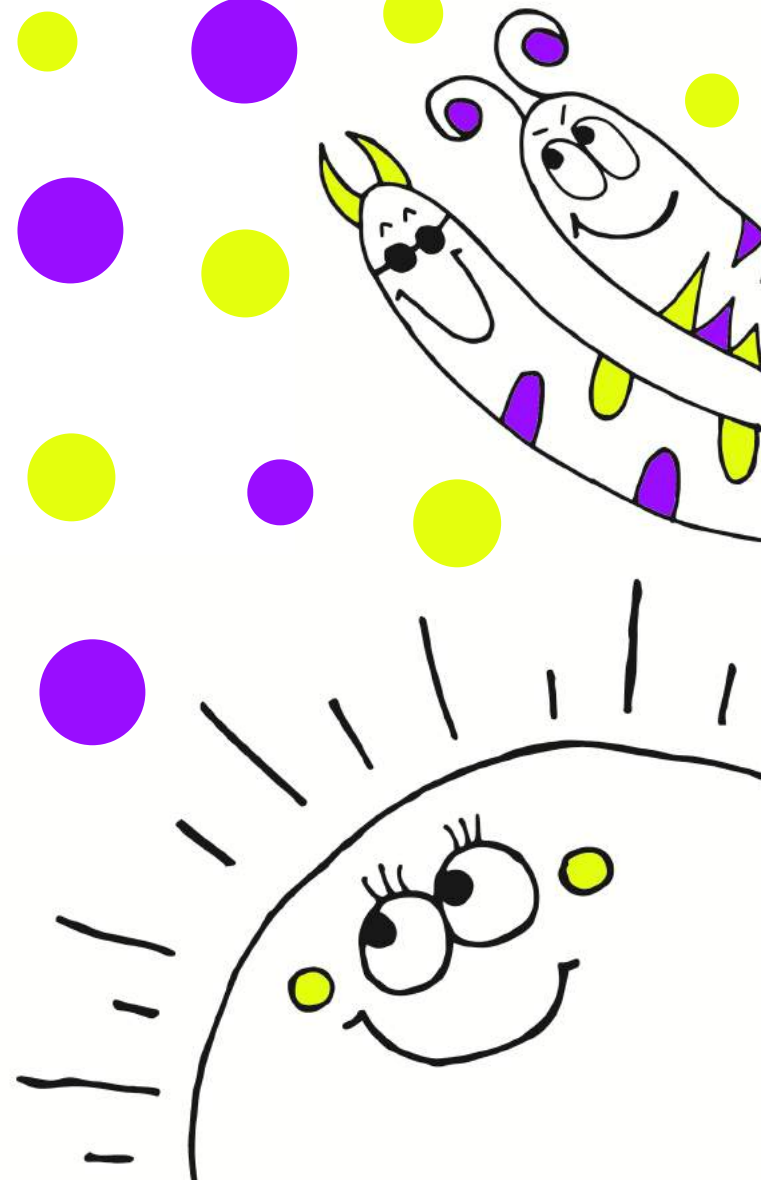
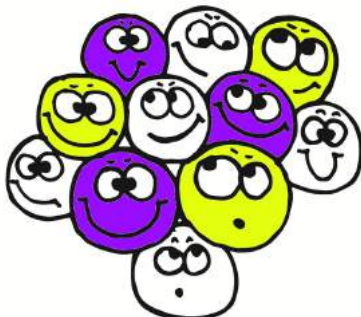
Objectives:

The goal of the workshop is to share with the participants the techniques for deep relaxation and energy recovery.

The aim is to show easy methods that everyone can reproduce in every day routine while feeling stressed. The workshop explores massage, progressive relaxation techniques, music and art therapy using four of the five senses.

Quick introduction to three phases of the workshop orally and illustrated by points. Introductory game to say your own name and your favorite color in a language different from your mother tongue.

Participants are invited to sit in circle. The first exercise involves the participants in a performing a progressive massage on the partner's back and receive the same massage on their back (chain massage). This exercise intends to help the relaxation of the near companion and be guided to do it properly.



WORKSHOP DESCRIPTION 7

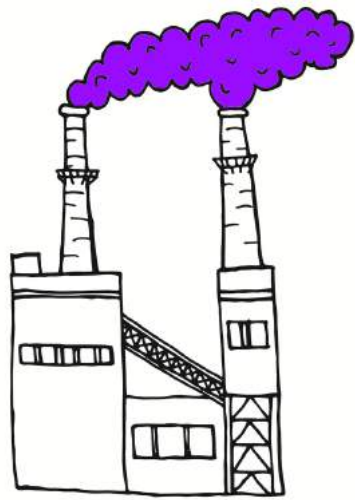
The second part of the workshop provides a guided progressive relaxation of the muscles of the whole body. Tension and subsequent relaxation of the legs, back, arms, hands, shoulders, chest, facial and eye muscles. It follows a stage of deep breathing, relaxing light music and vibrational sound of the bell-burst next to the ear of each participant. At the same time, close to each participant's nose, is placed Thai balm which has the quality to relax deeply. At the end of the session, slowly, participants are invited to come aware of the place they are and of their surroundings.

The third part of the workshop is to give participants a printed mandala and colors. Art therapy combined with music allows focusing on a simple, color-like, and relaxed activity.

At the end of this activity, the colors used in personal mandala are analyzed and associated with feelings thanks to an art therapy table.

Final feedback papers with emotions.





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