



PRACTICES DESCRIPTION HANDBOOK

A LIST OF PRACTICES FOR INDIVIDUAL AND GROUP SUPPORT OF
YOUNG PEOPLE

**SMILE! - POSITIVE PSYCHOLOGY FOR INCLUSION OF
MARGINALIZED YOUTH**

GUDEVICA, BULGARIA 26.09 - 04.10.2019

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LEARNING FOR CHANGE

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Anna Prokopová

WHITE CAVE

Category: Nature based / Self-development / Movement

Time: 25 min.

Players: Individual / Group

Materials: Your senses

Aim: Sort out energies and listen to the truth you are

Instructions:

1. Notice fractals* all around you (veins on a leaf, tree, stone, water streams etc., and on cracks in a wall, a street you like). Notice fractals on a body (skin, wounds, hair, etc.) - on your own body and on a body of other people wherever you are;
2. Feel inspired to sense fractals on the skin of your hands, face, sense your skin all over your body;
3. Now use your hands to map your own body through touch (soft tissues - muscles and organs, not so soft tissues - bones. Notice the difference!). Use your fingers to dig under your ribs, follow the curve of your ribs all the way to your spine, use pressure and release, breathe;
4. You are invited to 'write' *your name* with your own fingers all over your body. Write it on as many places as you want;
5. Make a bond with a natural being of your choice and thank your own body;
6. Give yourself a hug! Be healthy!

Variations/Tips/Hints: Points 3 and 4 can be done alone and/or with a partner

***Fractals** are patterns found in rough nature. They have also been found in Art - for example in Jackson Pollocks' paintings.

CRAZY JEWELLERY

Category: Movement / Interconnection

Time: 35 - 60 min.

Players: Pair / Group

Materials: Music optional

Aim: Experience the Sense of kinesphere*

Instructions:

1. Start rolling on the ground, use your hands to push yourself away into sitting position, go back and forth from rolling on the ground to sitting, make the transition fluent, roll continuously until you eventually lift up your pelvis up into the air. Do that a couple of times until you find your way to stand on both feet.
2. Stand on one leg and swing the other leg front and back a few times, than change the leg. You can open your arms to the sides and keep them alive or swing them while you're swinging the legs (Tip: try to coordinate your arms and legs crosslaterally - left leg front, right arm front and right leg front, left arm front :) ... keep smiling!).
3. Compose a movement sequence where you combine five following actions: roll, push away from the ground, swing your limbs, your favourite movement of today (take it easy) and a moment of stillness. You can choose the order of the actions as you wish. Make your sequence as wild as you want :).
4. Take a moment to think of elements used for decoration (You might imagine flowers, pine cones, pearls, for example). Ask a partner to choose a position in which they'd like to be decorated in (lying, sitting, standing or anything in between), let them choose a position that is easy to keep :)
5. Decorate your partner, be specific with your idea, include parts of your movement sequence in order to change from one decorative idea to another, don't judge yourself, have fun.
6. Change roles with your partner.
7. Start to freely blend the boundary between the two roles, begin to engage in a dynamic way, enjoy the dance and space. Keep it improvised.

*The concept of a "**kinesphere**" was defined by Rudolf Laban as the "space which can be reached by easily extended limbs". This concept has been used widely and variously described such as "gestural space" and "zone of reach", also "work space" or "body space".

HARMONY OF A SEA

Category: Movement / Art and creativity

Time: 15 min.

Players: Individual / Group

Materials: Paper and pen, curious mind

Aim: Purify and raise awareness

Instructions:

1. Stand with legs slightly open, ready to greet the new day, Sun, Moon or whatever you're in connection with :). Form your mouth into a shape of an "O" and start blowing the air silently, you can imagine blowing candle burning on your birthday cake, make a wish :).
2. Let the tissues of your body be affected by your silent blowing practice. Don't concentrate too much, stop sounding eventually and pay attention to micro-movements appearing in your body.
3. Drop your pelvis so that you create your own reversed window between your knees, a window that you will look through with your own eyes - how you arrive in that position is up to you -
4. Enjoy your upside-down view as long as it feels comfortable, without stress (Tip: roll up your spine back to standing in a way so that your head comes up last).
5. Take pen, paper and write down words - combine them with words from songs of your childhood, keep the process sensual, experiment, leave it, come back to it ..., in the end you will have some 'petit' poetry to share :)
6. Share it!

TREE UNTITLED

Category: Movement / Interconnection

Time: 30 - 50 min.

Players: Group

Materials: Imagination, adventurous attitude

Aim: Spread trust and invite healing in cooperation with others

Instructions:

1. Picture a tree in your mind (A real tree that you have actually seen, not in a TV or on computer).
2. Embody that tree, take time to find the essence of that particular tree, in the end you need to find still sculptural character.
3. Figure out how you go into this 'tree embodying action' and also how you go out if it. Memorize it.
4. There will be two roles (the actor and the spectator). Split the group in two. Each actor will approach one spectator.
5. Actor talks and asks these questions: *Hello, my name is (name). Can I show you my tree?*
6. In this moment actor performs.
7. Actor finishes performance and continues by asking spectator: *How is your time today?* (Tip: Wait for the answer, listen, let them speak as much as they want).
8. The actor closes the conversation by saying: *This is part of 'Tree Untitled' with (actor's name) and (ask spectator - spectator's name).*
9. Change the roles within the group, practice! Later on each one of us can address a person in public space and perform for them :)))))))).

FINE ARTS for INNER JOURNEY

Category: Nature based / Movement / Self-development

Time: 25 - 30 min.

Players: Individual

Materials: your senses, energy

Aim: Experience the sense of kinesphere*,

Instructions:

1. Turn 90 degrees to the left and drift (walk) in that direction for 30 steps.
2. Re-create in your thoughts formation of clouds and start to explore the space that you have just arrived in. Collect sensory information about that place. Move.
3. Crawl like an animal.
4. Jump.
5. Re-create Moonlight in your thoughts and draw with your own body using colour, involve balancing one one leg (Tip: push, shift your weight, reach).
6. Find something small to drink and/or eat.
7. Express gratitude towards the nature and the unknown :)

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LITTLE TRACES

Category: Drawing

Time: 10 min.

Players: Individual

Materials: Paper and pencil (colours), creative mind

Aim: Keep open within responsive boundaries

Instructions:

1. Choose a body part of yours in detail. (big toe, ankle joint, nose, ear, belly button, ...)
2. Take paper and pencil. Draw a simple sketch of that body part, please, keep some space left around your sketch.
3. Pick a cosmic being of your choice (Sun, Star, Asteroid belt, Planets of the Solar System, ...)
4. Draw shapes of that cosmic being around your first sketch, pay attention to proportions.
5. In the end you might have a simple drawing with sun rays shining through your knuckles, for example.
6. Be simple. Do more than one drawing if you feel like.

PLANETARY QUESTIONS 4 DANCE

Category: Nature based / Movement / Interconnection

Time: 45 min.

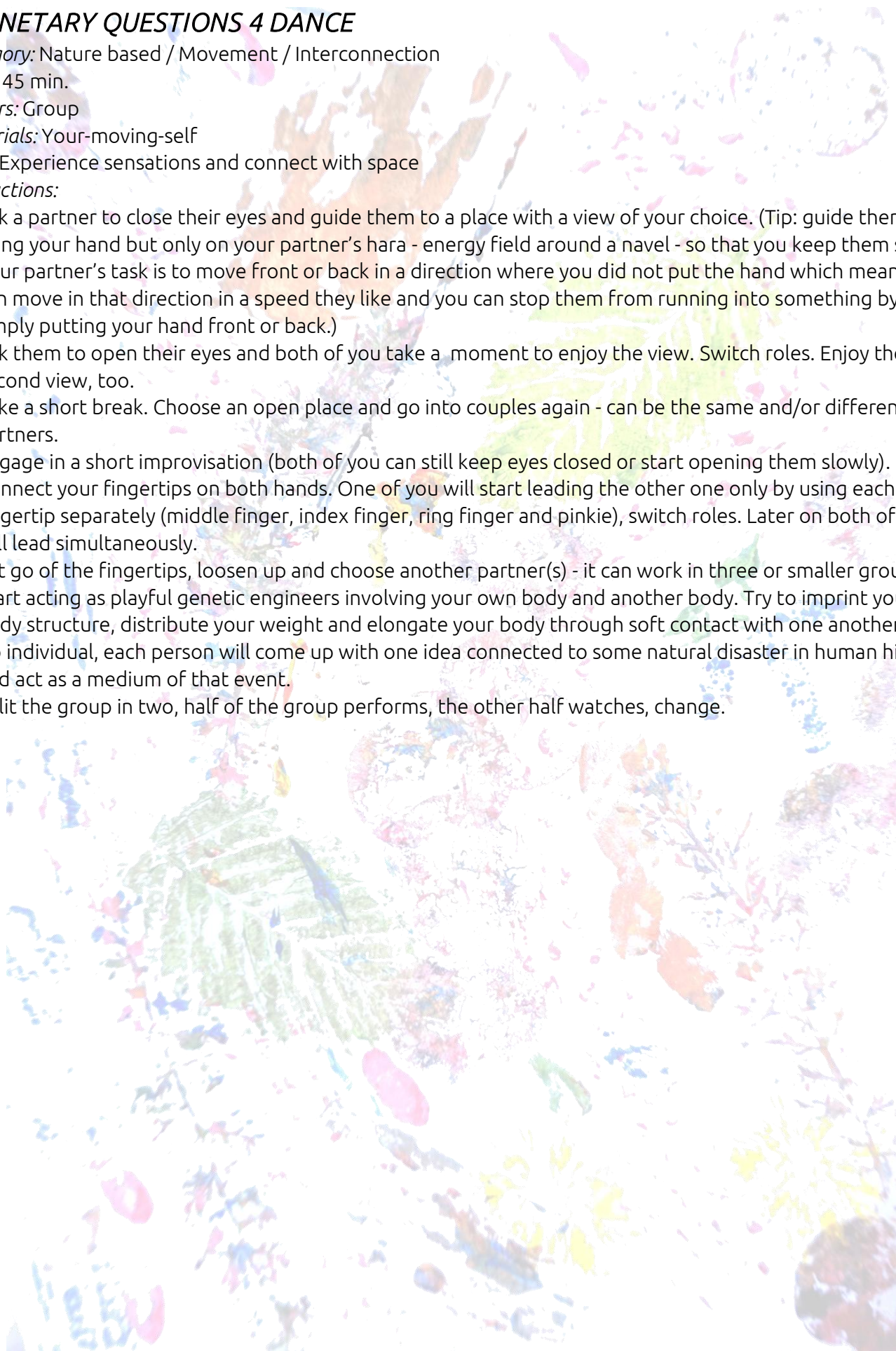
Players: Group

Materials: Your-moving-self

Aim: Experience sensations and connect with space

Instructions:

1. Ask a partner to close their eyes and guide them to a place with a view of your choice. (Tip: guide them by using your hand but only on your partner's hara - energy field around a navel - so that you keep them safe. Your partner's task is to move front or back in a direction where you did not put the hand which means they can move in that direction in a speed they like and you can stop them from running into something by simply putting your hand front or back.)
2. Ask them to open their eyes and both of you take a moment to enjoy the view. Switch roles. Enjoy the second view, too.
3. Take a short break. Choose an open place and go into couples again - can be the same and/or different partners.
4. Engage in a short improvisation (both of you can still keep eyes closed or start opening them slowly). Connect your fingertips on both hands. One of you will start leading the other one only by using each fingertip separately (middle finger, index finger, ring finger and pinkie), switch roles. Later on both of you will lead simultaneously.
5. Let go of the fingertips, loosen up and choose another partner(s) - it can work in three or smaller group. Start acting as playful genetic engineers involving your own body and another body. Try to imprint your own body structure, distribute your weight and elongate your body through soft contact with one another.
6. Go individual, each person will come up with one idea connected to some natural disaster in human history and act as a medium of that event.
7. Split the group in two, half of the group performs, the other half watches, change.



Susana Duende

PLAYGROUND IN NATURE

Category: Nature based / Movement

Time: 30 - 60 min.

Players: Group (+3)

Materials: none

Aim: Enjoy to play in nature

Instructions:

1. Go to a place in nature with potential for this playground activity;
2. Check out the chosen place - walk around and check out what seems appealing to you;
3. Imagine you are a child and this is your playground and play in it together, look for enjoyment and copy other good ideas;\
4. Reflection: "How was it?", "Share the experience.", "Why to play is important?"

Variations/Tips/Hints: To support playground exploration in nature:

#BOUNCE #SLIDE #CLIMB #ROLL #PASS UNDER/OVER/THROUGH #BALANCE #HUG #INHABIT #LAY ON
#TRY TO FIT IN NARROW PLACE

THE CHANGING PICTURE

Category: Art & Creativity / Nature based

Time: 30 - 60 min.

Players: +2

Materials: blank A3 paper

Aim: Appreciation of each one's creativity & beauty of nature; To play.

Instructions:

1. Collect elements from nature surroundings
2. Put together the same elements
3. 1st player chose from the elements and create picture by disposing them in the A3 paper
4. 1st player contemplate the moves of the 2nd player that will change the picture by: Rearranging what's present; Adding into it; Taking out elements;
5. The next player change the picture and so on

Variations/Tips/Hints: You can have already the elements of nature and play it from there.

You can photograph different picture made with the same elements rearranged and create portfolio

BECOMING NATURE

Category: Movement - embody / Nature based

Time: 30 - 45 min.

Players: Individual or group (+3)

Materials: blank A3 paper

Aim: Connect with nature & with the body; Slow down rhythm.

Instructions:

1. Go to a nature place
2. Look around & notice the present nature elements
3. Choose 1 + make a body posture (or movement) that describes it + stay in it 1 min
4. Repeat with other 4 (or 7 if alone) elements
5. Practice the sequence between postures (or movement)
6. Present & teach your sequence in groups of 4 by saying the name of nature element while making the posture (or movement) and stay until everyone is in it
7. Present your group sequence to the big group

THE TREE RITUAL

Category: Nature based / Self development

Time: 60 min.

Players: Individual / pair / group

Materials: musical instruments, body paint, pieces of textile, candles in safe containers

Aim: Connect with nature; Practice "let go".

Instructions:

1. Find a tree for you/ your partner and go there
2. Close your eyes, get to know the tree and interact with it - while your partner observe
3. If with partner - change roles
4. If with partner - give each other feedback about what you felt, what you saw, key words that came into mind
5. Each one goes to their own tree with 4 tasks:
 - a. Let go of something that is weighting them (tree can take it)
 - b. Make a wish (put in words what you would like to attract with visualization and feeling)
 - c. Offer a gift to the tree
 - d. Make a gratitude ritual to the tree

THE DREAM

Category: Art & creativity / Drawing / Movement

Time: 60 min.

Players: Individual or group

Materials: A4 paper, pencil, color marker, different selection of music (it can be nature based music)

Aim: Develop creativity

Instructions:

1. Let the pencil flow on the paper without looking while you listen to music/ while looking at nature movements (in nature place)
2. Look at your draw full of lines and outline with color marker the shapes that call your attention (like when you see something in the clouds)
3. Write the first ideas that come to mind to connect the shapes you found in a story (dream - like, doesn't have to make perfect sense)
4. Read your stories to others
5. Put your story/dream in a sequence of movements
6. Present your dream/dance
7. (optional) Teach others your dance and dance it together | in groups of 3 rearrange the moves of your stories in a new sequence & let audience individually or in groups, write a story from what they saw in the dance

COLLECTIVE PAINT JOURNEY

Category: Art & creativity

Time: 60 min.

Players: Group (+ 6)

Materials: different colors of paint prepared with water putted in small plastic bottles with a small hole done in the bottle cap, 1 or 2 (depending on the size of the group) white bed sheet, bucket with water and towel to wash paint out of feet

Aim:

Instructions:

1. Free squeeze bottles with paint it the white bed sheet displayed on the floor placed on grass or on protected floor, and play with the paint on it by walking or using hands
2. Together look at the final result and share words that come into mind
3. In small groups, look for characters (creatures) in the shapes of the collective painting, create a story of an adventure journey with them and prepare a performance
4. Present the performance to the big group

Lavender Rockson

YOUR NAME IN NATURE

Category:

Time: 1 - 2 hours

Players: Individual

Materials: Pencil, paper, paint, brushes, pots and water

Aim: To explore nature to find materials and create a piece of art that shows that nature live in you. We are connected.

Instructions:

1. Draw your **NAME** (Write name in bubble writing on the actual card as an example) in GIANT bubble writing.
2. Now go out in nature and collect materials to print with paint to decorate your name with (e.g collect leaves).
3. Paint leaf, place inside your name, print leaf, repeat. Use a variety of colours and outdoor materials.

DANCE AND CONNECT

Category:

Time: 3 - 5 min.

Players: Individual or group

Materials: A phone or stereo with music, facilitator to play and pause music

Aim: To let go, move the body and feel connection.

Instructions:

1. Play music, free dance and move in nature as you wish.
2. When music is paused you can choose to:
 - Hug yourself and visualize giving and receiving love from yourself or a special or person
 - Hug another player (ask first)
 - High 5 another player.

Variations/Tips/Hints: If you wish, close your eyes while dancing/ moving

FINDING 'YOU' IN NATURE

Category:

Time: 20 - 30 min.

Players: Individual

Materials: Pen and paper

Aim: Exploring what it means to be authentically you.

Instructions:

Explore... Find an object in nature which represents 'you' as a person, now describe its qualities and write them down.

EXPRESS YOUR TALENT

Category:

Time: (solo) 10 - 15 min.; (group) 30 - 60 min.

Players: Individual or group

Materials: Pen and paper

Aim: Identify and feel self esteem for your gifts.

Instructions:

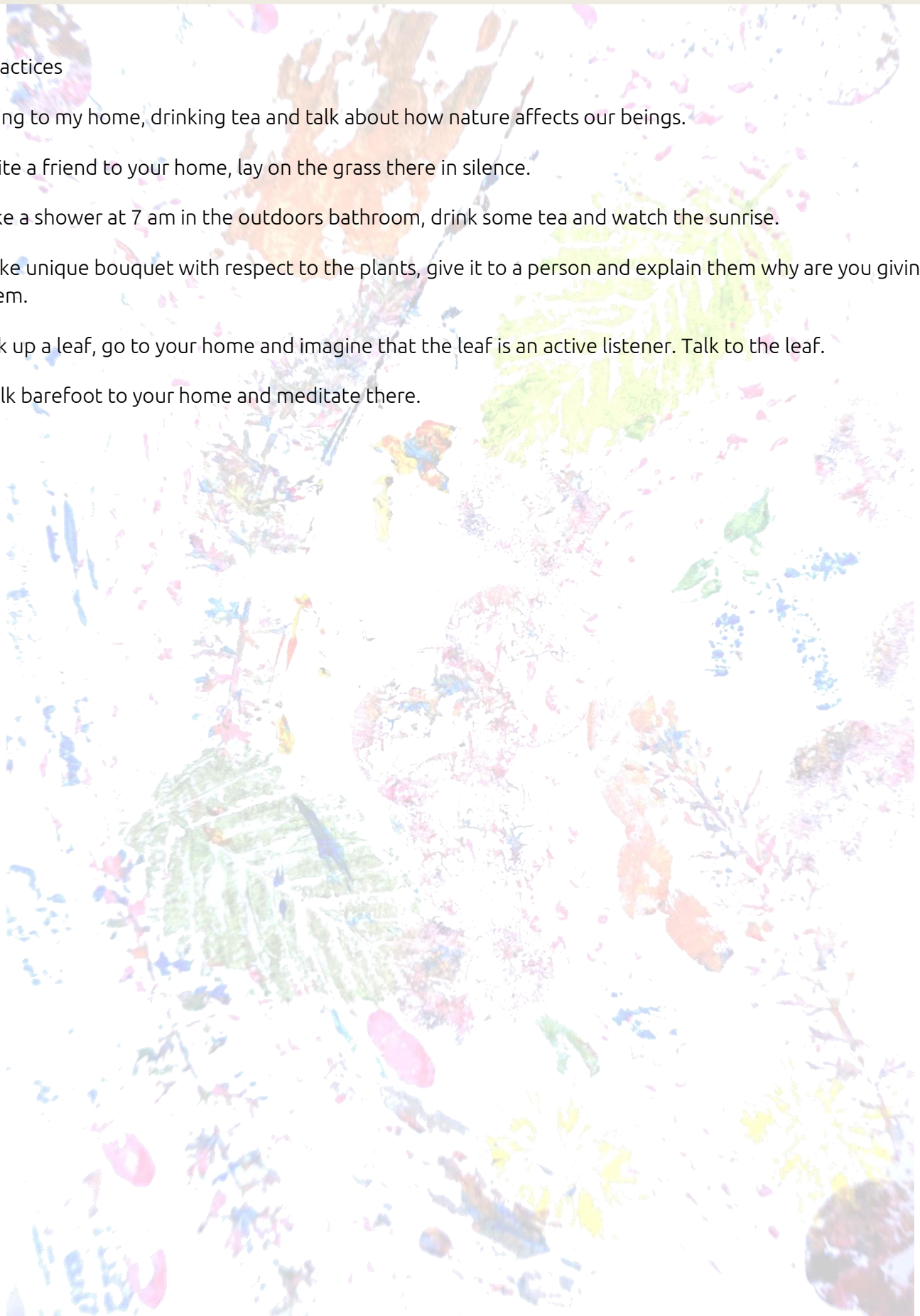
1. Find a high up place in nature.
2. Now act out your talent, as an offering to the universe. Your talent is valuable!
3. Now close your eyes for a few minutes and feel gratitude and pride for your amazing talent.

Variations/Tips/Hints: If played in a group, take turns to act and guess each others' talents. After this all close your eyes together for the gratitude activity; For step 2. also dancing, drawing can be used.

Anastasija Georgievska

Six Practices

1. Going to my home, drinking tea and talk about how nature affects our beings.
2. Invite a friend to your home, lay on the grass there in silence.
3. Take a shower at 7 am in the outdoors bathroom, drink some tea and watch the sunrise.
4. Make unique bouquet with respect to the plants, give it to a person and explain them why are you giving it to them.
5. Pick up a leaf, go to your home and imagine that the leaf is an active listener. Talk to the leaf.
6. Walk barefoot to your home and meditate there.



Simona Leban

TASTE OF NATURE

Category: Nature based

Time: 23 min.

Players: Individual or group

Materials:

Aim:

Instructions:

1. Go for a short walk (~10min). Connect with the plants. Use your senses.
2. Choose 3 of them that call you the most.
3. Gather with the group again and share your discoveries.
4. Exchange your knowledge about edible plants.
5. Feel free to taste the plants you know.

Variations/Tips/Hints: Some of the edible plants that might be around you now: mint, dandelion, yarrows, clover, plantago, cornelian cherry, apples, walnuts, blackberries.

WE ARE ONE

Category: Nature based / Interconnection

Time: 23 min.

Players: Individual

Materials:

Aim:

Instructions:

1. Free your feet..
2. Open your senses. Feel the life around you.
3. Connect with the plants and animals.. Earth and water. Take your time to observe them. Touch them (if you feel that touch will not harm them). Feel the textures. Smell them. Listen. Hear what they wish to tell you.
4. Express your gratitude and unconditional love to them for being there with you.
5. Feel how you are all one.

Variations/Tips/Hints: Try to cuddle the leaves, branches, maybe hug a tree and breath together. Feel free to dive inside the leaves, grass, water.

LINE CONNECTIONS

Category: Drawing / Interconnection

Time: (time depending on the size of the group) 7 min. + 3 min./person + 5 min.

Players: Individual or group

Materials: paper (A4+) + pen/person

Aim:

Instructions:

1. Sit in a circular form. Enjoy the silence. Observe each other. Think of what is connecting you. Feel grateful for what you share. (~5 min)
2. Each one of you gets a pen and a sheet of paper. Please, write your name on it.
3. Pass the paper to the next person on your right.
4. When you receive a paper, try to find an object/memory/feeling or anything that connects you with the person whose paper you are holding - and draw it. (~3 min/person)
5. When you finish, pass the paper with your drawing on. Keep going until each one of you gets his own one back.
6. While getting your own piece of paper back, try to make a short reflection of what you see and share it with others if you feel like. (Popcorn style ~5 min)

Variations/Tips/Hints: Silence during the practice will contribute to concentration and reflection.

ENTERING ANOTHER UNIVERSE

Category: Interconnection

Time: 17 min.

Players: Pairs

Materials:

Aim:

Instructions:

1. Choose a person you did not have a chance to connect with much yet.
2. Find a comfortable place and sit close in front of each other.
3. Now, it is time to get to know your partner better by looking into each others eyes.
4. Keep the eye contact. Open yourself. (~9min)
5. At the end, feel free to hold hands, hug or express your feelings and gratitude in any way you like. (~3 min)
6. Reflection. Share your experience with the group, if you feel like. (Popcorn style ~4min)

TOUCH OF THE SUN

Category: Nature based / Self development

Time: 15 min.

Players: Individual

Materials:

Aim:

Instructions:

1. Find a sunny spot in the nature.
2. Choose any position you feel comfortable with - you can sit, stand, lay down...
3. Free your feet, take off any clothes you feel that should not be there right now.
4. Relax. Close your eyes.
5. Start by observing your senses - feel the surface underneath yourself, the wind, smells around you, sounds...
6. Now, focus on your connection with the sun. Even though it might feels very bright or hot at first, accept it. Enjoy it. Relax your face, your body, feel how sun rays are touching your skin, giving you warmth and charging you with energy. Feel loved by the sun and be thankful for these moments of connection with something so big and powerful. Share your love and gratitude.

MELT TOGETHER

Category: Interconnection

Time: 16 min. (time is flexible: 5min/pair)

Players: Pairs or group

Materials:

Aim:

Instructions:

1. Walk randomly, close to each other, with your look focused on your feet.
2. While hearing a sign, put your head up and find a partner - first person you look into each others eyes with.
3. Take a moment to look into each other's eyes, then melt into a deep long hug. (~4 min/hug). Close your eyes. Relax. Enjoy. Feel the energy flow. Breath together. Feel as one.
4. When you hear the sign again, slowly separate and continue walking the way you started... And again...

Variations/Tips/Hints: If you feel uncomfortable hugging in one position, feel free to move together, just keep in contact by touch at least.

Simone Feriti

MIME

Category: Art and creativity / Movement

Time: 5 minutes for prepare the mime, the time of the representation depends on the abilities of the group to recognize what the person is miming

Players: Group

Materials:

Aim: Have fun and improve the connection with the nature. It could be also a game that help the group to generate better relationship between the members

Instructions:

The group is divided into small group (2-3 for group). Every group takes 5 minutes to think about what they would represent by the mime, without talking. If the participants want, they could make some sounds, but no word are admitted. The only rule is that: the thing that they are going to mime it must be something that you could find in nature (plants, animals etc). It could be a word (the name of one animal), but also an action (an animal that is eating). Before starting, every group has to say to the others how many words they have to guess.

DRAWINGS FLOWS

Category: Drawing / Self-development

Time: 15 min.

Players: Individual

Materials: computer, audio speakers, paper, colour pencils, markers

Aim: Connect your memory to the emotions felt, help to clear your mind. Understand in a better way the emotions. The draw represent the complexity of the emotions, it could be helpful explain that

Instructions:

In this game every person needs to stay in a comfortable position, in a room, but also in nature. The conductor of the game starts to play the music and invite the participants to enter in a meditation state. After that, the conductor invites the others to find a memory of their own childhood (but it could be also a memory less far). When the participants are ready, they will draw the emotion related to that memory. The draw it could be abstract or not, the participants for that game is free, they have just to follow the feelings. After the drawing the participants can share the experience, if they want to.

DRAWING SOUNDS

Category: Drawing / Self-development

Time: 15 min.

Players: Pair

Materials: paper, colour pencils, markers

Aim: Discover another sense, less used than sight, have fun

Instructions:

In this game one person has to stay sit in a room, or in a open space in the nature with his eyes closed. The other person has to make sounds with object, or natural elements. The blind person, when he hears the sounds, he draws it on a paper (in this moment he can open the eyes). The draw is like a map, and the person that is drawing has to identify what is the object and also the position of it in the space.

SHARING KNOWLEDGE

Category: Self-development / Interconnection

Time: 25 min.

Players: Small group (3-4)

Materials: paper, pens

Aim: Grow up the knowledge about nature

Instructions:

We create small group of 3 or 4 people each. Every group has to write a list of knowledge about a specific topic, that the conductor tell to all the groups before starting. The topic could be general or more specific, but it must been related to nature (for example: spiders). The time for the activities in small group is 15 minutes. After that every group tell to the other their knowledge, the winner will be the group that have more knowledge that the other groups don't have in their list. It could be possible make some reflection after the finish of the game.

NATURAL ARTISTIC SCULPTURE

Category: Nature-based / Art and creativity

Time: 20 min.

Players: Pair

Materials:

Aim: Generate a better connection with nature, improve our creativity skills.

Instructions:

In this game the first person has to think about a natural element, like a tree or something else. It could be better if this natural object is around him. The other person has to make a draw it on the ground with natural object, without using the natural object chose. For example if thee chose element is a tree, he cannot use wood and leaf. When the draw is finished, the two people will change the role.

TITLE FINDING

Category: Art and creativity

Time: 10 min. for preparation, 3 min. for the representation, 10 min. for some reflection

Players: Small group (4)

Materials: creativity, whatever the participants found interesting

Aim: To think about a lot of habits that are unhealthy and that normally we do. Have fun. The reflection moment could be helpful for express what we can do differently for changing these habits.

Instructions:

Every group has to represent some wrong habits that usually we do without thinking on the consequences on nature, our and other health

After the preparation, every group represent, like in a theatre the scenes, without tell to the other what they are going to represent. The other groups they have to guess which wrong habits they are representing. After all the groups have finished, we leave a space for making some reflections.

Lauren Bishopp

WEB OF CONNECTION

Category: Interconnection

Time: 15-30 min.

Players: Group

Materials: Ball of string

Aim:

Instructions:

1. Stand in a circle.
2. Say something you are thankful for, something you appreciate about another person, or something you appreciate about yourself.
3. Pass the ball and connect each-other with the string.

Variations/Tips/Hints: If solo, use a pen and paper to write your thoughts and connect them;

Place the web on the ground, and fill the web with objects collected from nature by each individual. The creation is therefore part of nature, part of the group and part of the individual, all connected together.

BAREFOOT WALKING WITH SENSES

Category: Nature Based / Movement

Time: 20-30 min.

Players: Individual or group

Materials:

Aim:

Instructions:

1. Take yourself out into nature, somewhere you feel comfortable - a forest, beach, park etc. - with a soft trail.
2. Take off your socks and shoes.
3. Walk barefoot across the terrain.
4. As you are walking, connect with the 5 senses and nature one by one:
 - Sight - Observe the natural colours, textures and shapes.
 - Sound - Find a place to sit for a moment, close your eyes and listen to all the sounds - wind in the trees, bird's song, water flowing.
 - Touch - Feel the nature around you - grass, leaves, trees.
 - Taste - Try edible apples, berries and leaves you find.
 - Smell - Flowers, herbs, earth.
5. Take deep breaths.

CREATING WITH NATURE

Category: Nature Based / Art & Creativity

Time: 45 - 60 min.

Players: Individual or group

Materials: Brushes, paint, paper

Aim:

Instructions:

1. Collect objects in nature - flowers, rocks, leaves etc. - with a nice pattern, colours or texture.
2. Use the objects to paint nice monotype prints, experiment with patterns, using the objects as pens/brushes or make a collage.

Variations/Tips/Hints: If no access to paints, collect objects to create a mandala.

MEDITATION

Category: Self Development

Time: 10 - 20 min.

Players: Individual

Materials: Brushes, paint, paper

Aim:

Instructions:

1. Find a comfortable and quiet place to sit or lie down.
2. Close your eyes.
3. Concentrate on your breathing - deep breathes in and out.
4. Focus on your body - from your toes to your head - how does it feel?
5. Bring focus inside yourself - how do you feel?
6. Focus again on your breathing.
7. Slowly open your eyes when ready.

FREEDOM DANCING

Category: Movement

Time: 10 - 30 min.

Players: Individual or group

Materials: Speakers, music player

Aim:

Instructions:

1. Find a space enough to move in.
2. Put on music that makes you happy.
3. Free your mind and allow your body to move how it wants.

FLOW OF HAPPINESS

Category: Self Development

Time: 20 - 60 min.

Players: Individual

Materials: Pen, paper, timer

Aim:

Instructions:

1. Write a list of everything which makes you happy (minimum 10 things).
2. Identify which activities you are passionate about and give you 'flow' while doing them.
3. Chose one flow activity.
4. Spend 20 minutes (or more) doing this activity.
5. After you finish, write down how you feel.

Tea Žagar

HEARTFUL HUGS

Category:

Time: 5 min. / throughout the day

Players:

Materials:

Aim:

Instructions:

Hug at least 3 persons who you feel like hugging; each hug should last a minimum of 20 seconds - that's how much it's needed to get oxytocin, the hormone of closeness, released! Psychotherapist Virginia Satir said: "We need 4 hugs a day for survival and 8 hugs a day for maintenance." Keep that in mind!

THE BARE WALK OF SOUNDS

Category:

Time: 15 min.

Players:

Materials:

Aim:

Instructions:

Go for a walk - barefoot, alone, in silence. Focus on each step you take. Try to feel every single step - feel the temperature and the texture of the ground, feel everything you step on; the pleasant, but also the unpleasant things and feelings. At the same time - listen. Focus on the sounds around you. How many different sounds do you hear? Where do they come from? How close are they? Imagine what or who makes them. Be silent, feel, listen.

BEFRIEND A TREE

Category:

Time: 15 - 20 min.

Players:

Materials: a paper, a pen/pencil, oil crayons

Aim:

Instructions:

Find a tree. Observe it. Explore it - look at it, slowly. Try to notice details. Find fractals, symmetry, asymmetry. Smell it. Listen - what do you hear? What sounds does it make? Touch it - feel the different textures it has. Taste it.

Think about the tree's story. How old is it? Give the tree a name. Hug it. Do whatever you feel like doing. Thank it.

You've made a new friend. Now, take your paper and draw the tree. Take a leaf from it and make a drawing of the leaf as well (oil crayons can be used to make a rubbing drawing of it) - the tree's fingerprint.

THE STARRY NIGHT

Category:

Time: 20 min.

Players:

Materials: a mat/pillow/blanket (optional)

Aim:

Instructions:

This practice needs to be done on a night when the sky is clear and starry. Lay on the ground and make yourself comfortable. Observe the stars. Breathe. For 20 minutes, in your own pace, focus on different stars which catch your attention - one star at a time. While you're looking at a star, think of one thing you're grateful for right now, at this special moment of your life. Express it the way you feel like. Breathe in. Breathe out. Proceed. After you've finished, thank the stars.

I SEE YOU

Category:

Time: 5 min.

Players:

Materials: a mat/pillow/blanket (optional)

Aim:

Instructions:

Find a person. You can sit facing each other. Look into each other's eyes for 5 minutes, in silence. What is the person thinking about? What/how does the person feel? Let yourself sink in the person's eyes.

After you've finished, express how do you feel now, why are you grateful for that person or what do you admire about that person. What are your current thoughts? Or if you feel like staying in silence, stay. Do what you feel like doing.

NATURE JAM

Category:

Time: 20 min.

Players:

Materials: things from nature

Aim:

Instructions:

Make a group of 5 people (it can be bigger, too). This is your band, and nature is your conductor. First, find your instruments which can be anything you can find in nature! Use them to produce sounds. Pick your instrument and make rhythm with it. Now it's time to meet with the rest of the band and to find the common 'language' and harmony. Try different sounds, share ideas, play, sing. Let nature inspire you in making music together.

Monia De Paoli

BE BUDDA

Category: Self development

Time: 5 min.

Players: Individual or group

Materials:

Aim:

Instructions:

Invent a prayer – invocation of max 10 words that can be used in a meditation setting.

BE WISE

Category: Interconnection

Time: 5 min.

Players: Group

Materials:

Aim:

Instructions:

Tell to the group what you have learned in this year about life

BE BLIND AND DEAF

Category: Interconnection

Time: 5 min.

Players: Group

Materials:

Aim:

Instructions:

Understand the word your friend says only touching his/her lips

BE A WONDERFUL MIRROR

Category: Interconnection

Time: 3 min.

Players: Group

Materials:

Aim:

Instructions:

Tell the person in front of you why he/she is a special – unique person for you.

BE A WITCH

Category: Self development / Nature based

Time: 5 min.

Players: Group

Materials:

Aim:

Instructions:

Invent a name of a plant and tell his power and how you can prepare potions.

BE A TEACHER

Category: Self development

Time: 10 min.

Players: Group

Materials:

Aim:

Instructions:

Teach at the group something you are able to do, you know and verify they can do.

Judith Breuer

BE ONE - BREATH

Category: Nature based / Interconnection / Self development / Spirituality

Time: 10 min.

Players: Individual or group

Materials: A tree per person

Aim:

Instructions:

1. Go outside into nature and find your tree.
2. Put your both hands in front of you and touch the tree, that your hands are completely in contact with the tree bark.
3. Close your eyes and feel the tree. How does it feel like?
4. Feel the connection between you and the tree. Are you recognizing something? What are your feelings? Do you feel a special energy floating through you?
5. Keep your eyes closed and move even closer to the tree.
6. Become aware that the air you are breathing comes from the tree and that the air the tree is breathing comes from you. Be one <3
7. If you feel like: Give a hug to your new "friend". Feel the gratitude inside of you. Without the tree, you would not be able to breathe fresh air.

Variations/Tips/Hints: When you are close to the tree, having both hands completely in contact with the tree bark and your eyes closed:

Imagine a circle of light energy floating through you and the tree. The circle is connecting you and the tree.

Try to imagine the circle of light energy:

- **in the horizontal**, floating for example from your right hand through your body to your left hand, where the light energy enters into the tree, crosses the tree and enters again through your right hand into your body and so on
 - **Direction of the light:** Just feel which direction feels more comfortable for you
- **in the vertical**, floating for example from your head, through your body to your feet. Feel how the energy goes through your feet and enters into the ground under you before it goes up and enters into the tree, crosses the tree upwards and closes the circle going toward you entering by your head again and so on.
 - **Direction of the light:** Feel in which direction it feels more comfortable: Starting by the head going downwards or starting by your feet going upwards to your head before the circle enters into the tree.

BE ONE - CONNECT

Category: Interconnection / Self development / Spirituality

Time: 10 – 20 min.

Players: Individual or small group

Materials: Something to sit/be comfortable

Aim:

Instructions:

1. Go to a place where you feel comfortable. Sit or lay down or stay standing. Do it in the way you feel the most comfortable.
2. Put your right hand on your heart. (Position of the left hand: You can put your left hand where you want, for example on the top of your right hand on your heart, on your belly, your feet...The most important is that you feel good.)
3. Close your eyes.
4. Observe your breath. Observe how you inhale and how you exhale.
5. Imagine now, you would inhale and exhale through your heart.
6. When you inhale, white golden light and energy are entering inside of you. This light and energy is enlightening your entire body. It enters through your heart goes up to your head, into your arms, hands and fingers. It enlightens your entire body, your legs and feet.
7. When you exhale all the energies, thoughts and aspects you wish to liberate yourself from, are going out. (You can imagine this energy as something dark going out of you that at the end you just have the bright white-golden light inside of you.)
8. Repeat this visualization as often as you feel good with.
9. Observe your feelings and sensations. Is something changing inside of you?

Variations/Tips/Hints: When you inhale, imagine that you inhale three aspects, which you wish to have more into your life, like for example: Love, easiness, compassion.

- During your inhalation you think: Love, easiness, compassion
- When you exhale, you just exhale and let everything out. (Pay attention that the exhalation is a bit longer than the inhalation. ;-)

BE ONE

Category: Interconnection / Self development / Spirituality

Time: 10 min.

Players: Pair

Materials: Something to sit comfortable on the ground

Aim:

Instructions:

1. Find a partner you feel comfortable with.
2. Sit in front of each other.
3. Connect you with your hands and look to each other's' eyes.
4. When you feel that the eye-contact is enough (that you can not hold it longer), change your focus to the point above the nose between the eyes of your partner.
5. Observe your breath and feel inside of you. Feel the connection.
6. How do you feel like? What do you observe inside of you?

Whatever is happening or whatever you are seeing: Be aware that there is much more in this world than our senses are able to transmit to us consciously. Just enjoy the moment ;-)

Variations/Tips/Hints: **Before you start to look in each other's eyes:** Connect with each other by holding your hands and close your eyes. Feel the connection. Do you feel the energy floating? You can also try to feel in which direction energy is floating. (Exchange afterwards with your partner about this experience) Open your eyes after a while and live the experience as it is written above.

BE ONE - FEEL

Category: Movement / Interconnection / Self development / Spirituality

Time: 20 min. or more

Players: Individual or in a silent group

Materials: Different surfaces, possibility to have this experience in- and outside home

Aim:

Instructions:

1. Go out and take off your shoes and socks.
2. How does it feel to be with naked feet on the ground?
3. Let's go to have a nice walk together.
4. What kind of surfaces do you feel under your feet? How does it feel like?
5. How is the temperature?
6. How is the sensation to go barefoot? How does it feel in your body? What does it do to your thoughts, your feelings and emotions?
7. With which part of your body are you actually thinking?
8. Are you thinking with your mind/head or with your feet?
9. Does something change, when you change your focus from your head to your feet?

Variations/Tips/Hints:

- Go out and take comfortable shoes on. (flat ones)
- Become aware how your feet like in the shoes.
- Which parts of your feet are you actually using, when you are walking? Are you using your entire foot or just parts of it? Which parts of your feet are touching through the shoe the ground?
- Become aware which parts of your feet are touching the ground first.
- With which part of your body are you actually thinking?
- Are you thinking with your mind/head or with your feet?
- Does something change, when you change your focus from your head to your feet?
- Focus your feet, walk with hands free and let your arms just swing comfortable on your sides

BE ONE - TASTE

Category: Interconnection / Self development / Spirituality

Time: 5 - 10 min.

Players: Individual or in pair

Materials: Food (for example: fruits)

Aim:

Instructions:

1. Person A closes its eyes.
2. Person B bless the food, which is on a plate and thanks for the fact that Person A and Person B are allowed to eat it.
3. Person B takes a piece of food and put it into the mouth of person A.
4. Person A:
 - How does this food feel on your tongue?
 - Discover its surface with your tongue. How does it feel like?
 - What is this discovery doing with you, your emotions, feelings and thoughts?
 - Become aware that this being will give its existence to your life to become part of you to allow you to continue living.
 - Suck it a while before you start chewing it piece by piece
 - Observe this process inside of you.
 - Does the taste of the food changes in a moment in your mouth? When?
 - How do you feel?
 - Open your eyes and change the position with Person B
 - Do the same the other way round (Person A takes now the part of person B)

Variations/Tips/Hints: Bless your food and do all the steps on your own. Have you already thought to integrate conscious eating in your everyday life? Are you aware of what kind of food you are giving everyday to your body to become part of you? What does this awareness do with you? How do you feel?

BE ONE - LISTEN

Category: Interconnection / Self development / Spirituality

Time: 10 - 15 min.

Players: Individual or in a silent group

Materials: Paper and pencil; possibility to have this experience in- and outside home

Aim:

Instructions:

1. Find a place where you feel comfortable
2. Close your eyes and stay in silence
3. Become aware about what is going on around you
4. What are you able to hear and to feel? Listen carefully! ;-)
5. Imagine you as a middle point in a big circle or quader
6. Where do the sounds are coming from?
7. Now take the paper and pencil and create a map of sounds with you in the middle
8. How do you feel?
9. Do you know all the sources the sounds are coming from?
10. Are you wondering about something?

Variations/Tips/Hints: A person sits in the middle of the room (or outside in a fix playground)

The other group members are doing one after each other sounds. The person in the middle has to show with its arm the direction the sound came from. The speed of making the sounds can accelerate during the process adopted to the target group.

BE ONE - BODY

Category: Interconnection

Time: 30 min.

Players: Pairs

Materials: Paper table-cloth and pencils in different colours

Aim:

Instructions:

1. Please lie down on the paper on the ground
2. Your partner takes now a pencil in your favourite colour and draws around your body (like in the movies where the police marks the places, where they found the killed person. ;-))
3. Change your roles and draw around the body of your partner
4. Draw your face and other aspects which are remarkable for you (e.g earrings, necklace, dress)
5. Mark the part(s) you like the most on yourself in one color you love
6. Please mark now in another color the part(s) you don't like yet so much on yourself
7. **Questions:** Why do I like/ do not like these parts so much on myself? What could I do to love more the parts of my body I am not yet in love with?
8. Come together in the playgroup and share your experience about this exercise and your ideas how to love more the parts of your body you are not yet in love with

Variations/Tips/Hints: After each participant marked everything on its personal body on the ground and did its self-reflection, they are coming together in groups of 4 to 6 persons to share their ideas about falling more in love with the parts they are not yet in love yet. Afterwards each group presents the ideas in the main playgroup.

Katarzyna Mruszczuk

STILLNESS MEDITATION

Category: Spirituality / Self-development / Nature-based

Time: 15 min.

Players: Individual

Materials: suitable outdoors clothes, you may want to bring a yoga mat if the ground is rough

Aim: To connect with nature, slow down, heal and self-reflect

Instructions:

Find a special place in nature that invites you to be still and silent. If you are lucky, you should find a spot with no man-made noise. Once you settle down and get really comfortable, begin your meditation by relaxing your muscles and sinking into your position. Challenge yourself to move as little as possible, not to move at all... Close your eyes, give importance to your other senses, listen, smell, feel... Spend some time like this until you become a part of the nature that surrounds you. Then, spend some more time and detach yourself from your surroundings, become the immobile observer of nature. What will you discover?

Variations/Tips/Hints:

- If you're having trouble staying still, imagine your body growing roots deep into the ground like a tree, or that you're a wildlife photographer waiting hours without moving to shoot a photo of a rare species of an animal.
- Welcome and explore the sensation of flies and other insects on your skin instead of flinching. They will do you no harm.

EYE CONTACT TREASURE HUNT

Category: Interconnection / (can be Nature-based)

Time: 15+ min.

Players: Group (2+)

Materials: one or more object/s from your surroundings indoor or outdoor

Aim: To improve maintaining eye contact and non-verbal communication with others

Instructions:

Begin by separating into two teams. Team A leaves the room or, if playing outdoors, walks away for a few minutes. In the meantime, team B can set up the game by choosing one or more object/s in the playing space. It can be anything, visible or hidden to make it more challenging. Once team B is ready, team A can return. The aim is for team A to find the object/s by communicating with team B through eye contact only. Team B cannot point, whisper, make any noise, nod or shake their head, or move to indicate the position of the object. They should stay in the middle of the room and only *follow* team A if necessary.

Variations/Tips/Hints: Take the game to the next level by agreeing on a special code of indication within your team, for example, instead of using eye contact, agree to use special body movements to say "yes, you're closer" or "no, you're far away". Don't tell the other team what your code is, let them figure it out.

Nanette Archer

FINGER FOOD

Category: Nature-based

Time: 20 min.

Players: Pairs

Materials: Nature

Aim:

Instructions:

1. Decide who is person 'A' and person 'B'
2. 'A' is experience first. 'B's role is to guide
3. 'A' close eyes and present index finger of non - writing hand to the guide (B)
4. B guide person A around the landscape carefully offering different textures and touch experiences to A's finger for 10 min.
5. Swap roles.
6. Reflect on your journeys if you wish.

BUTOH

Category: Nature-based / Movement

Time: 15 min.

Players: Individual

Materials: Nature

Aim:

Instructions:

1. Find a (comfortable) place in nature to lay down on your side.
2. Take 2 minutes to settle the mind and body
3. Extremely slowly over the course of 10 min. roll over on to your other side. 'Slowly' means so slowly that someone watching wouldn't be able to perceive you moving.
4. Listen to your body, contact with the ground and nature around you.

BIOMOVES

Category: Interconnection / Movement

Time: 30 min.

Players: 5 - 10

Materials: Nature

Aim:

Instructions:

1. Individually take 3 min. to collect an object in nature.
2. Observe it, touch it, smell it
3. Create 3 separate movements inspired by this object. REMEMBER THEM.
4. Come back into a group. Make a circle.
5. One by one around the circle share and teach your 1st movement to the group until the group has a learned sequence of movements.
6. Repeat the process with 2nd and 3rd movements. Remember and try to perform all 3 sequences together (if you can).

HIDDEN GEM POEMS

Category: Art and creativity / Interconnection

Time: 30 min.

Players: 5 - 10

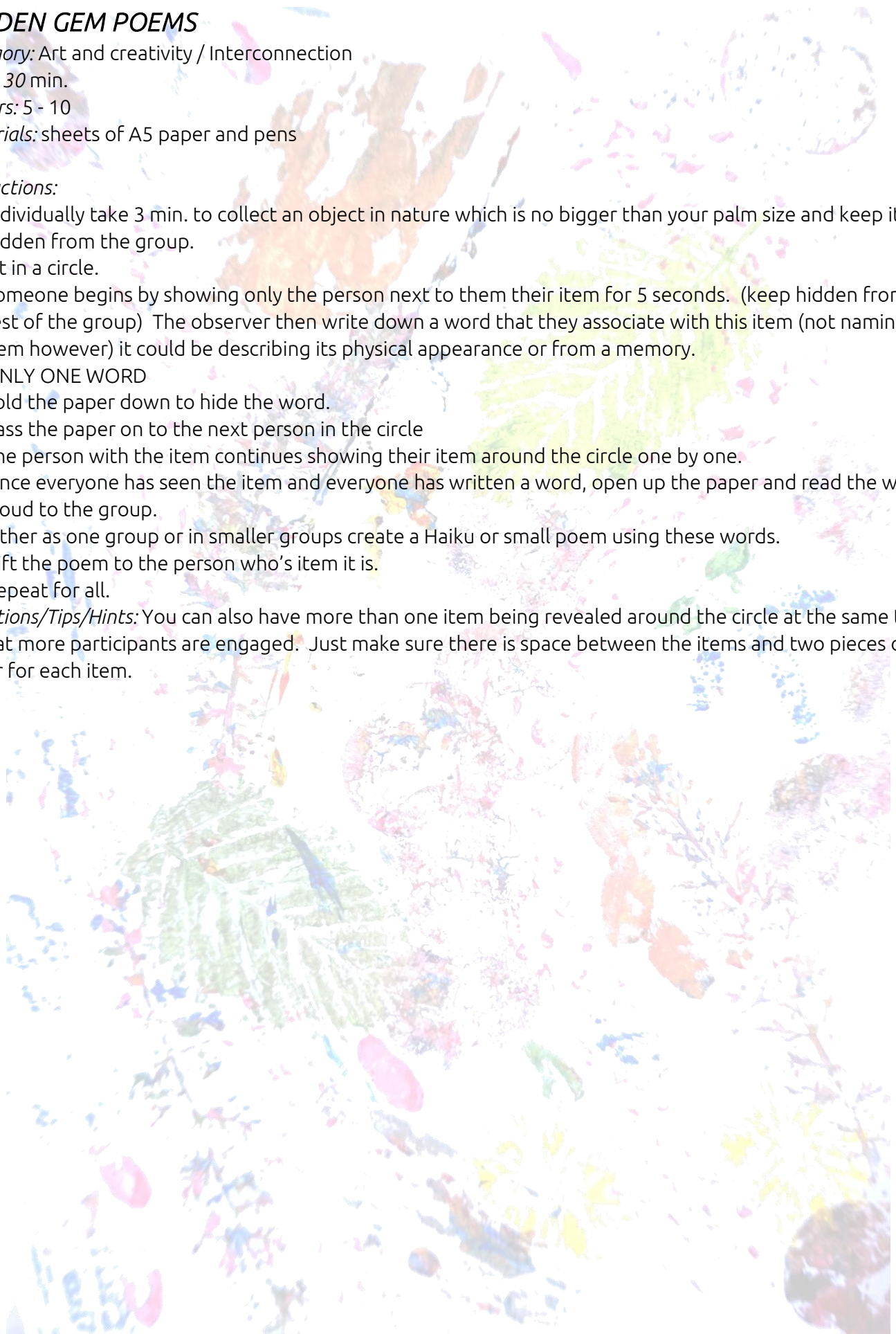
Materials: sheets of A5 paper and pens

Aim:

Instructions:

1. Individually take 3 min. to collect an object in nature which is no bigger than your palm size and keep it hidden from the group.
2. Sit in a circle.
3. Someone begins by showing only the person next to them their item for 5 seconds. (keep hidden from the rest of the group) The observer then write down a word that they associate with this item (not naming the item however) it could be describing its physical appearance or from a memory.
4. ONLY ONE WORD
5. Fold the paper down to hide the word.
6. Pass the paper on to the next person in the circle
7. The person with the item continues showing their item around the circle one by one.
8. Once everyone has seen the item and everyone has written a word, open up the paper and read the words aloud to the group.
9. Either as one group or in smaller groups create a Haiku or small poem using these words.
10. Gift the poem to the person who's item it is.
11. Repeat for all.

Variations/Tips/Hints: You can also have more than one item being revealed around the circle at the same time so that more participants are engaged. Just make sure there is space between the items and two pieces of paper for each item.



Daniel Aleksandrov

ANAPANA MEDITATION

Category: Spirituality / Self-development / Nature-based

Time: 15+ min.

Players: Individual

Materials: Quiet place

Aim:

Instructions:

This meditation is one of the most popular and effective meditations. The goal of this technique is to become master of your mind, to sharpen your mind and to make it clean and tidy. It will help you to gain the ability to concentrate better in everything what you are doing, to preserve and cultivate your mental energy and many, many more benefits.

Posture - Sit comfortably in any posture that suits you, keep your back and neck straight. Your eyes gently close and remove your glasses during meditation period also keep the mouth gently close.

How it works? - Focus your entire attention at the entrance of the nostrils, the area of the entrance of the nostrils and below the nostrils above the upper lip and remain aware of every breath coming in, every breath going out, natural breath, normal breath, as it is! If it long – it is, long if it short it is short, if it is passing through right, left, or both the nostrils. Feel the touch of the air over this area on the face.

Keep your attention steadfastly fixed on this area the entrance of the nostrils, like a gatekeeper, aware of every breath entering the nostrils, moving out and moving in the nostrils. Remain alert, attentive, and vigilant.

Conclusion - you have to be mindful of the breath - only pure observation - do not try to control the breath. You should only inhale and exhale only through the nose.

Constantly aware! Do not miss even a single breath to go without your awareness! Just remain aware!

Variations/Tips/Hints: If you are overwhelmed by, thoughts or it is very hard to concentrate than you have several options:

Breath harder - Sometimes it is hard to concentrate because the breathing is too subtle. You can make intentional harder breathings but just several because it is important to stay with the natural, normal breathing. Your task is to observe without controlling, just remain aware and do nothing!

Stop breathing - Sometimes it is possible that person is very agitated and you are not able to concentrate at all. In this situation, you can stop breathing for several seconds but do not harm yourself.

Both -You can also try to combine the intensive breathing with no breathing but always return to the observation of the natural breathing.

Lay down for no more than 5 minutes! Be careful not to fall asleep because then you will miss the training. Lay only when you have an overwhelming pain and while you are in this position continue to work according to the instructions.

Change posture - always the posture will remain with straight and relaxed back, so if it is necessary try to sit on a chair or stand up for some time.

WALKING ANAPANA MEDITATION

Category: Spirituality / Self-development / Nature-based

Time: 15+ min.

Players: Individual

Materials: Quiet place

Aim:

Instructions:

The instructions remain the same as in **ANAPANA MEDITATION!** The only difference is that you are going to move.

How it works? - Go indoor or outdoor and make imaginary straight lines, which you are going to follow. Start meditating while you are walking on those lines. While you are walking slowly, stay attentive and always remember that the main idea is to be aware of the breathing. This will help you to apply the meditation in to day-to-day life.

MINDFULNESS MEDITATION

Category: Spirituality / Self-development / Nature-based

Time: 25+ min.

Players: Individual

Materials: Quiet place

Aim:

Instructions:

Today is common to hear “stay in the present” but many people do not understand it because it is so abstract. Now you will understand it from your personal experience what does it mean!

Position - Sit comfortably in any posture that suits you, keep your back and neck straight. Your eyes gently close and remove your glasses during meditation period also keep the mouth gently close.

How it works? - We are going to observe (which means to feel) physical body sensations in particular order starting from the top of the head to the tip of fingertips of toes.

What kind of sensations? A physical feeling or perception resulting from something that happens to or comes into contact with the body such as: pain, drain, cold, heat, pulsing, vibrating, numbness, strain, something like ant scrolling, pain, itching, tickling, pulsating, throbbing, expansion, contraction and many more. Sometimes you may feel sensations, which you cannot name or label, and do not worry, you do not need to name or label them just remain aware of the sensations. Even **do not** verbalize and **do not** intellectualize what are the sensations. When you feel sensations in to the particular area move to the next until you cover all your body with your attention.

Order that you can follow:

1. Top of the head. (The area where in case of newborn baby the head remains soft)
 2. From the top of the head move to the entire scalp area and the area where hairs are growing than move on the face (forehead, nose, eyes, years, chicks, mouth, chin).
 3. Than move to the neck area.
 4. Keep moving down to chest area, abdomen area to the lower parts of the body.
 5. Move to the back area and move through the whole back till the lower parts of the body.
 6. Than start from the left shoulder and move down until you reach the tip of the fingers moving through every single part of the hand like biceps, triceps, elbow, wrist, palm and fingers.
 7. After that start with next shoulder and move, in the same order.
 8. Move to the left leg and start from the thigh moving down to knee to the ankle to the feet to finger tips.
 9. Follow the same order with right leg.
- Do not miss any particle of the body.
10. Similarly start from the feet to the top and continue to work like this – From top to bottom and bottom to top. Every moment alert, every moment aware, every moment equanimous!

Why move the attention through the body in order, and why in this order? Any order may be followed, but an order is necessary. Otherwise, there is the danger of neglecting some parts of the body, and those parts will remain blind, blank. Sensations exist throughout the body, and in this technique, it is very important to develop the ability to experience them everywhere. For this purpose, moving in order is very helpful. If in a part of the body there is no sensation, you may keep your attention there for a minute. In reality, there is sensation there, as in every particle of the body, but it is of such a subtle nature that your mind is not aware of it consciously, and therefore this area seems blind. Stay for a minute, observing calmly, quietly and equanimously. Do not develop craving for a sensation, or aversion towards the blindness. If you do so, you have lost the balance of your mind, and an unbalanced mind is very dull; it certainly cannot experience the more subtle sensations. But if the mind remains balanced, it becomes sharper and more sensitive, capable of detecting subtle sensations. Observe the area equanimously for about a minute, not more. If within a minute no sensation appears, then smilingly move further. Next round, again stay for a minute; sooner or later you will begin to experience sensations there and throughout the body. If you have stayed for a minute and still cannot feel a sensation, then try to feel the touch of your clothing if it is a covered area, or the touch of the atmosphere if it is uncovered. Begin with these superficial sensations, and gradually you will start to feel other ones as well.

If the attention is fixed in one part of the body and a sensation starts in another, should one jump back or forward to observe this other sensation? No, continue moving in order. Do not try to stop the sensations in other parts of the body -you cannot do so -but do not give them any importance. Observe each sensation only when you come to it, moving in order. Otherwise, you will jump from one place to another, missing many parts of the body, observing only gross sensations. You have to train yourself to observe all the different sensations in every part of the body, gross or subtle, pleasant or unpleasant, distinct or feeble. Therefore, never allow the attention to jump from, place to place.

How much time should one take to pass the attention from head to feet? This will vary according to the situation one faces. The instruction is to fix your attention in a certain area, and as soon as you feel a sensation, to move ahead. If the mind is sharp enough, it will be aware of sensation as soon as it comes to an area, and you can move ahead at once. If this situation occurs throughout the body, it may be possible to move from head to feet in about ten minutes, but it is not advisable to move more quickly at this stage. If the mind is dull, there may be many areas in where it is necessary to wait a minute for a sensation to appear. In that case, it may take thirty minutes or an hour to move from head to feet. The time needed to make a round is not important. Just keep working patiently, persistently; you will certainly be successful.

How big should the area be in which to fix the attention? Take a section of the body about two or three inches wide; then move ahead another two or three inches, and so on. If the mind is dull, take larger areas, for example, the entire face, or the entire right upper arm; then gradually try to reduce the area of attention. Eventually you will be able to feel sensations in every particle of the body, but for now, an area of two or three inches is good enough.

Should one feel sensations only on the surface of the body or also in the interior? Sometimes a meditator feels sensations inside; sometimes at first, he feels sensations only on the surface. Either way is perfectly all right. If sensations appear only on the surface, observe them repeatedly until you feel sensation on every part of the surface of the body. Having experienced sensations everywhere on the surface, you will later start penetrating into the interior. Gradually the mind will develop the ability to feel sensations everywhere, both outside and inside, in every part of the physical structure. To begin with superficial sensations is good enough.

What is a sensation? Anything that one feels at the physical level is a sensation--any natural, normal, ordinary bodily sensation, whether pleasant or unpleasant, whether gross or subtle, whether intense or feeble. Never ignore a sensation because it is caused by atmospheric conditions, or by sitting for long hours, or by an old disease. Whatever the reason, the fact is that you feel a sensation. Previously you tried to push out the unpleasant sensations, to pull in the pleasant ones. Now you simply observe objectively, without identifying with the sensations.

It is a choiceless observation. Never try to select sensations. Instead, accept whatever arises naturally. If you start looking for something in particular, something extraordinary, you will create difficulties for yourself, and will not be able to progress. The technique is not to experience something special, but rather to remain equanimous in the face of any sensation. In the past, you had similar sensations in your body, but you were not aware of them consciously, and you reacted to them. Now you are learning to be aware and not to react, to feel whatever is happening at the physical level and to maintain equanimity.

There are two aspects of the technique: awareness and equanimity. One must develop awareness of all the sensations that occur within the framework of the body, and at the same time, one must remain equanimous towards them. By remaining equanimous, naturally one will find, sooner or later, that sensations start to appear in areas that were blind, and that the gross, solidified, unpleasant sensations begin to dissolve into subtle vibrations. One starts to experience a very pleasant flow of energy throughout the body.

The first is breaking the barrier between the conscious and unconscious levels of the mind. Usually the conscious mind knows nothing of what is being experienced by the unconscious. Hidden by this ignorance, reactions keep occurring at the unconscious level; by the time they reach the conscious level, they have become so intense that they easily overpower the mind. By this technique, the entire mass of the mind becomes conscious, aware.

The second aspect of the technique is equanimity. One is aware of all that one experiences, of every sensation, but does not react, does not tie new knots of craving or aversion.

To begin, while you sit for meditation, most of the time you will react to the sensations, but a few moments will come when you remain equanimous, despite severe pain. Such moments are very powerful in changing the habit pattern of the mind.

The danger when this situation arises is that one takes this pleasurable sensory experience as the goal towards which one was working. In fact, the purpose of practicing this meditation is not to experience a certain type of sensation, but rather to develop equanimity towards all sensations. Sensations keep changing, whether gross or subtle. One's progress on the path can be measured only by the equanimity one develops towards every sensation.

Every sensation, whether gross or subtle has the same characteristic of **impermanence**. A gross sensation arises, seems to stay for some time, but sooner or later passes away. A subtle sensation arises and passes away with great rapidity, but still it has the same characteristics. No sensation is eternal. Therefore, one should not have preferences or prejudices towards any sensation. When a gross, unpleasant sensation arises, one observes it without becoming depressed. When a subtle, pleasant sensation arises, one accepts it, even enjoys it, without becoming attached to it. In every case, one understands the impermanent nature of all sensations. Equanimity must be practiced at the level of bodily sensation. Every moment sensations are arising within the body. Usually the conscious mind is unaware of them, but the unconscious mind feels the sensations and reacts to them with craving or aversion. If the mind is trained to become fully conscious of all that occurs within the physical structure and at the same time to maintain equanimity, then the old habit of blind reaction is broken.

We are trying to observe without reacting to the sensation. Just accept the moment as it is. You might feel pain somewhere in the body and naturally want to stop hurting. Dwelling on the ache to stop actually can screw up the things in your mind. It focus your attention to the future instead of the present. Instead of this pattern try to observe with curiosity the ache! What are the sensations like, where it begins and ends, where the epicenter of the pain is, how it is changing. Rather than resisting try to cultivate an attitude of accepting it. Accepting this moment.

FREE FLOW

Category: Spirituality / Self-development / Nature-based

Time: 15+ min.

Players: Individual

Materials: Quiet place

Aim:

Instructions:

Posture: Here you will have two options!

1. Sitting - Sit comfortably in any position that suits you, keep your back and neck straight. Your eyes gently close and remove your glasses during meditation period also keep the mouth gently close.

2. Laying - Lay down on the floor or on the bed but be sure that it is enough comfortable and warm.

How it works? - You will start observation of sensations in order from top of the head to the tips of the toe. You can learn more in about this in previous section – “3.Mindfulness meditation”. The difference here is that you will observe sensations faster. You can use the same order as in Chapter 3 or yours but do not forget to cover all body. Try to feel the sensations simultaneously like the two hands or two legs or front part with back parts; try to go simultaneously with as much possible areas. Later you can try to feel, as much parts as possible. In addition, you can try to observe it faster like there is a bucket over your head with water which somebody spill over your head and the water goes fast to the feet (like this speed) Your attention should go for 1 – 2 seconds from top to bottom. Next time like a honey spilled out from top to bottom. Move into two directions from top to bottom and bottom to top. Then again part by part as mentioned in Chapter 3.

Conclusion this chapter is the sequel of chapter 3 and it is a very nice tool for “upgrading” the practice but also it can be used as a tool for relaxation.

SENSATION OBSERVATION WHILE MOVING

Category: Spirituality / Self-development / Nature-based

Time: 15+ min.

Players: Individual

Materials: Quiet place

Aim:

Instructions:

The instructions remain the same as in Chapter 3; the only difference is that you are going to move.

How it works? - Go indoor or outdoor and make imaginary straight lines, which you are going to follow. Start meditating while you are walking on those lines. While you are walking slowly, stay attentive and always remember that the main idea is to be aware of the sensations and to stay equanimous. This will help you to apply the meditation in to day-to-day life.

COMPASSIONATE - LOVING KINDNESS MEDITATION

Category: Spirituality / Self-development / Nature-based

Time: 15+ min.

Players: Individual

Materials: Quiet place

Aim:

Instructions:

Important - This technique cannot be practiced in cases when you are overwhelmed by unpleasant sensations, emotions, or thoughts. In this case, do the exercise in Chapter 1!

This meditation is little different from the other above! Here you can use imagination and again we will focus on the pleasant sensations (check more in chapter 3). We will cultivate loving kindness for ourselves first and then we will spread through all beings. This could be used as a closing part to every meditation period and you can do it for several minutes. We all know that most of the time we live in a very negative atmosphere and this meditation is important because we will move our attention from the negative thoughts to positive.

Scientists have made a research over people who are meditating and they discovered that they have 338% more activeness in the brain center, which is responsible for compassion. So let us together change the habit pattern of the mind so that we could live in a healthier environment.

Posture: Here you will have two options!

1. Sitting - Sit comfortably in any position that suits you, keep your back and neck straight. Your eyes gently close and remove your glasses during meditation period also keep the mouth gently close.

2. Laying - Lay down on the floor or on the bed but be sure that it is enough comfortable and warm.

How it works! - We are going to focus on things such as gratefulness, pardon, forgiveness, acceptance and sharing good wishes to all beings.

Sit or lay down comfortably, close your eyes and relax.

Ask for forgiveness – imagine that in front of you is the person, which because of your actions deeds or thoughts is unhappy and say:

I seek pardon from “this and this” person or from everyone whom I might hurt or harm knowingly or unknowingly, intentionally or not intentionally by my actions, deeds or speech.

Forgive – Try forgive to everyone who have hurt or harm you in the past. Accept the things which have happened, you cannot change the past. You deserve to live free from all this boundaries, which take away your happiness and keep you suffering. Do not suppress anything.

I forgive to “this and this” person or to everyone whom hurt or harm me, knowingly or unknowingly, intentionally or not intentionally by their actions, deeds or speech.

Even sometimes you have to forgive yourself, accept what happened or what you have done, regret will not give you any beneficial fruits in future.

I forgive myself for this and this....

Gratefulness - Remember all things, which you are grateful for and do not miss the small things. You cannot be unhappy if you are truly grateful.

I am grateful for this and that ... I am so thankful for

Here you can use your words, no need to follow exact this pattern!

With the base of the good sensations try to imagine how you distribute your good vibrations to the whole world. Imagine that you want to give to every single being the good vibrations which you are experiencing.

This is why this technique is not okay to be practiced if one is not in a good mood – because it will be superficial.

May I be free from all the anger, hatred, ill will, animosity!

May I develop love and goodwill, peace and harmony!

May I generate love, compassionate love, pure love!

May all beings share my peace, my harmony, and my ease!

May all beings be happy, be peaceful be at ease!

And remember the real love do not contain even a trace of passion, it is one way traffic – you only give without expecting anything in return!

Adriana Ivanova

I SEE NATURE IN YOUR EYES

Category: Interconnection / Nature-based

Time: 15 min.

Players: Group (even number)

Materials: Practice to be performed in or near Nature

Aim: To evoke appreciation for Nature and the Other

Instructions:

1. Everybody stands in a circle, closing their eyes and walking slowly towards the center of the circle until they "catch" and or are fought by someone else. (3 mins)
2. After pairs are formed, partners gaze in each other's eyes. (2 mins)
3. Then, everyone walks around until they find a natural object that "represents", or somehow "describes", their partner. the (5 mins)
4. Upon coming back from their solo walks, partners pair up again and discuss which natural object represents their partner and why. (10 mins)

IN YOUR ARMS

Category: Movement / Body / Interconnection

Time: 15 min.

Players: Group

Materials:

Aim: Trust building, letting go

Instructions:

1. The group splits in teams of 8-9.
2. Within each team, one by one team members stand in the middle surrounded by the rest of their team and, with arms crossed on the chest and eyes closed, relax their body so that the others can catch, and support and gently push the person's body around.
3. If there is time, the teams can mix a few times, so that in the end everyone was "held" by everyone else.

PIT & PEAK

Category: Movement / Body / Interconnection

Time: flexible

Players: Group of 5

Materials:

Aim: Practicing the art of sharing and embodiment

Instructions:

1. The group sits or stands in a circle.
2. A volunteer opens the circle by sharing a "pit" they had today (their worst moment). The person on their left does a small silent movement to describe this "pit".
3. The volunteer then shares their "peak" - their best moment of the day. Now, the person on the right describes the "peak" and through a shirt body movement.
4. The sharing continues in this way through the rest of the group, counter clockwise or popcorn style.
5. Each person can choose to share their "pit&peak" with of the day, week, month, season, or year.

OVERTALK

Category: Interconnection / Self-development

Time: flexible

Players: minimum 6

Materials:

Aim: Practicing creative storytelling and active listening

Instructions:

1. The group sits in "theatre mode".
2. Two volunteers go in front of the group. The group gives them two random words (f. ex. "eggs" and "philosophy"). Each of the two volunteers has a minute to think of the beginning of their own invented story related to their word.
3. Then, both of them simultaneously start telling their stories.
4. While telling the stories at the same time, each one of them has to use from time to time words from the other volunteer's story. Like this they have to both develop their story but also actively listen to that the other is saying.
5. After 2-3 minutes they finish their "overtalk" and two other volunteers go on stage, receiving 2 new words etc.

ECO PUPPET THEATRE

Category: Nature-based / Art & Creativity

Time: 35 min.

Players: 16

Materials: rope, strings, paper, scissors, pens, tape

Aim: To wake up the child within with playfulness and creativity

Instructions:

1. The group splits in 4 teams (1 min).
2. Without talking, half of each team ("the collectors") collects natural materials. (4 mins).
3. The other half of the team ("the creators") creates a puppet using the materials. Meanwhile, "the collectors" have to invent the story, the biography, of the puppet, while it is being created. The group of "the creators" cannot talk to the group of "the collectors". (15 minutes).
4. Then, each of the 4 teams presents their puppet and its biography. (12 minutes, 3 minutes per team).
5. Finally, the 4 puppets meet for the first time and they have their first conversation! (5-10 mins).

PASS ME THAT (EMPTY) BOTTLE!

Category: Movement / Body

Time: 15 - 20 min.

Players: 12

Materials: big empty plastic bottle (if you want it to be easy), small empty plastic bottle (if you want it to be difficult)

Aim: To have fun while team building

Instructions:

1. The group stands in a circle.
2. Without using hands, people pass an empty bottle until it goes all the way around in the circle.
3. Every other part of the body can be used except for hands and arms. Should the bottle touch the ground, it has to be returned to the first person who started passing the bottle.

Eleni Verrou

TRAIN'S MASSAGE

Category: Interconnection / Movement

Time: 15 - 30 min.

Players:

Materials:

Aim:

Instructions:

You just sit one behind the other in a row and create a line or a circle. You start doing massage each other. At the end you make a group hug!

APPLE EXPERIMENT

Category: Art & creativity

Time: 30 min.

Players: 4 - 5

Materials: apples and whatever else you think that is gonna suit to it

Aim:

Instructions:

All together you collect a lot of apples (wild ones) and put your imagination in order to create a recipe for the others. Enjoy! (Of course you share your creation!)

SUNSET MEDITATION

Category: Self development / Nature based

Time: 15 min.

Players: 4 - 5

Materials: apples and whatever else you think that is going to suit to it

Aim:

Instructions:

You just sit and lie down on the grass. You glare at the sunset, without speaking. You try to use all of you senses at the same time. At the end you make a group hug.

FOREST MEDITATION

Category: Self development / Nature based

Time: 15 min.

Players: 10 - 20

Materials: apples and whatever else you think that is going to suit to it

Aim:

Instructions:

You walk through the forest, in a row, one behind the other. You don't speak at all and you are trying to feel connected with thw nature throughout all your senses.

CRAZY PHOTO ALBUM

Category: Art & creativity

Time: 20 min.

Players: 2 - 3

Materials: 1 or 2 good cameras

Aim:

Instructions:

You take photos of everyone alone or with company, at a crazy pose. Later, you create en electronic photo album/collection.

BABEL SONG

Category: Art & creativity

Time: 30 min.

Players: Group

Materials: pens, paper, plain musical instruments (or innovative natural objects that create interesting sounds) & imagination

Aim:

Instructions:

Each group creates its own song, that contains words of each and every different language of the participants, without making sense (15 minutes). Later, all groups sing their songs at the same time, playing the "instruments" and dancing like crazy.

Ivona Dundović

MINDFUL EATING

Category: Self development

Time: 20 min.

Players: Group or individual

Materials: raisin

Aim: Become more aware while we eat

Instructions:

1. each person takes raisin
2. in the first round they eat the raisin immediately
3. in the second round there are five steps - watch the raisin, smell the raisin, listen to the raisin, put the raisin between lips and chew and swallow the raisin
4. after swallowing, each person share how they felt during steps and what they tasted

BODY SCAN

Category: Self development

Time: 20 min.

Players: Group

Materials: yoga matt

Aim: Become more aware of our body

Instructions:

1. lay down on the matt, spread your feet in line with your hips, and move your hands from your body
2. focus on your breath and take 10 deep breaths
3. then focus on each part of your body starting from your toes
4. focus on breathing again and bring back into space you are

LOOK AT ME

Category: Art & creativity / Interconnection

Time: 10 min.

Players: Group / in pairs

Materials: A4 paper, pencil

Aim:

Instructions:

1. sit in circle
2. each person takes A4 paper and pencil
3. draw person in front of you
4. change four persons
5. share with others

DANCE WITH ME

Category: Art & creativity / Interconnection / Movement

Time: 10 min.

Players: Group

Materials:

Aim: Practice nonverbal communication

Instructions:

1. pick a partner you feel comfortable with
2. one person is a speaker and the other one is listener
3. first round - the speaker starts to communicate with his moves
4. when other song starts change the roles
5. after the dance whole group discuss in circle

CONNECTION WITH NATURE

Category: Nature based / Movement

Time: 60 min.

Players: Group or individual

Materials:

Aim: To feel connection with nature

Instructions:

1. take off the shoes before going to the woods
2. walk in silence
3. feel each step you take
4. try not to avoid obstacles on the way
5. share your experience in circle

WHO AM I?

Category: Self development / Interconnection

Time: 20 min.

Players: Group

Materials:

Aim: Self representation

Instructions:

1. go outside and look for the symbol that represents you
2. present yourself in the circle with symbol you took outside
3. share the similarities you have with symbol