

BOOKLET

STREAMLINE

Teatro Invisible



*Erasmus+ Project
Valpore 2023*

ABOUT THE PROJECT

"Streamline" project aims to introduce nature-based as innovation for education and enhance youth workers skills in utilizing this approach. The project revolved around a training course for 24 youth workers from 9 European countries.

Numerous studies support nature's positive impact on mental health and disadvantaged youth, indicating reduced stress, increased patience, self-discipline, attention, and recovery from mental fatigue, crises, or psychophysiological imbalances.

What's on our to-do list? Understanding the ins and outs of disadvantaged youth, using nature to spark up learning and empowerment, leveling up on specific professional skills, and getting everyone pumped to work with those who need it most.

"Streamline" is our way of rolling up our sleeves and diving headfirst into the real deal of youth mental well-being.

This booklet contains some of the invitations from the training course.

NATURE WANDERING

Discovering Oneself through Immersion in Nature:

To gain a better understanding of oneself, it is essential to explore both the outer nature (land) and the inner nature (psyche). One way to achieve this is by taking a wander in nature, which involves exploring both outer landscapes and inner thoughts.

A wander is not a hike or a walk. It is not a defined path from point A to point B, nor is it an opportunity to exercise or take photos. Additionally, it should not involve the use of a phone, and is not meant to be a group activity. A wander is a personal journey of discovery, allowing for the exploration of the land and deep conversations with oneself, other beings, and the unknown. Prioritize being present in the moment and maintaining a sense of curiosity and openness as you wander.





Taking time to slow down and observe the surroundings. Engaging the senses to fully immerse yourself in the experience.

Allowing oneself to be vulnerable and open to the mystery of the journey.

After the wandering upon return, each participant is invited to create a large drawing symbolizing their response to the following questions: "What can I offer to the world? What are my core values? What legacy do I want to leave? What is the ideal world? What is my superpower?"

After 45 minutes, participants gather in groups of 4 and share their drawings along with their answers to the questions. Subsequently, the group has a debriefing moment and form a circle where each participant will state: "My mission is... and my superpower is..."



WAY OF COUNCIL

The Way of Council is a participatory communication and decision-making process that has its roots in ancient indigenous traditions. The practice involves gathering participants in a circle, where they engage in open and heartfelt dialogue facilitated by a "talking piece" that is passed around the circle. The emphasis on respect, equality, and shared wisdom makes it a powerful practice for building meaningful relationships and understanding within a group.

Key elements:

1. Circle Format: Participants sit in a circle, symbolizing equality and inclusivity. This format fosters a sense of community and shared responsibility.
2. Talking Piece: A physical object, often with symbolic significance, often a wooden stick. Only the person holding the talking piece is allowed to speak. This encourages active listening and ensures that each participant has an opportunity to express themselves.



“I’ve learn much more about my inner parent and about nature connection than I expected. I had time and space to practice movement that helped me found my flow and motivation to be in connection with our group and really good space and many time to individual work. I’m really grateful for storytelling during this TC and poetry as inspirations.”
EF

3. **Guiding Agreements:** Participants agree to specific guidelines or agreements that create a safe and respectful space for communication. Common agreements include confidentiality, speaking from the heart, and refraining from interrupting others.
4. **Speaking and Listening:** The process emphasizes deep listening and authentic, honest expression. Participants are encouraged to speak from their personal experiences and feelings, fostering empathy and understanding.
5. **Council Prompts:** Sessions may be guided by specific prompts or themes, encouraging participants to explore particular topics, share stories, or address challenges.
6. **Decision-Making:** While the Way of Council is often used for sharing and reflection, it can also be employed for decision-making within a group. The inclusive nature of the process aims to ensure that all voices are considered.
7. **Reflection:** After the council, there is often a period of reflection, allowing participants to consider the shared experiences and insights.

“It was like being on a cloud, that sometimes was soft and sometimes solid. The sense of community was key. This feeling of being part of something much bigger than one self, but of still making everything of that small sense that our own life experience is. I learned how to listen to my needs, how to connect to them, to my body, to others, and to the world. I think I come back with some good practices to apply to my everyday life.”

BB



AUTHENTIC MOVEMENT



Exploring the Inner World Through Authentic Movement

Authentic Movement is a free-form, improvisational movement technique that provides a deep connection to the reality of the body, enabling participants to move emotions and states of being as authentically and freely as possible. The practice is performed with closed eyes and without music, allowing the only stimuli to come from within the individual's inner world. In the process of Authentic Movement, both movers and witnesses experience intense feelings and deep insights provoked by their bodies' wisdom.

It is important to have enough and safe space when engaging in this practice, which can be facilitated indoors or in nature. Authentic Movement is a pair practice, with each participant having a partner to work with. It is essential to note that this is not necessarily a dance and does not have to look good or be pleasant to the witness's eye. Instead, the only invitation is to be authentic and real.

Individuals move through space entirely free from any direction or expectation, allowing them to explore psychological processes as they turn into kinesthetic responses to movement or sound. Movement becomes 'authentic' when intuitive impulses are allowed to freely express themselves without intellectual directive, as opposed to movement initiated by conscious decision-making, which can be a challenge to some. Participants simply pay attention to what they feel at a sensory level, as the core of the movement experience is the sensation of moving and being moved.

STORYTELLING

Engage in Nature Stories: A Creative Pursuit

Embark on a journey of listening and sharing with this activity. Begin by wandering and listening to the stories of nature. Allow a place to select you and reveal its story. Listen attentively and take note of the plot, intensity, and details. Express gratitude for the opportunity and perhaps leave a gift in return. Then, pen down the story and share it in a small group. Finally, contemplate the characteristics of the being that trusted you with its tale and what it says about you.





“This experience has been very world opening. Everything was very well organized. The food, the program, the training and the free time. I connected with all of the participants in my own way.

I learned how to be more patient. To communicate better with myself and others. To be more aware of myself, my body and my gifts. To connect with the nature more often. To be less on my phone. To express my feelings, whenever I need to. To focus on myself even more. To be the childish kid I want to be sometimes. To hear my inner child and my inner parent. To listen to myself, to see myself. The somatic activities were very useful and I am going to use that in my volunteer work.”

EH

MIRRORING



A Unique Activity for Self-Reflection:

The Meditative Session: get started with an 8–10 minute meditation session led by the facilitator. This session includes activities such as breath control, grounding, and reflection. This step is crucial to set the right mood and prepare the participants for what's to come.

Writing Qualities

Each participant is given a piece of paper and a pencil to write down five qualities about their best friend or an important person in their life. They are encouraged to pay attention to the language and the way they express these qualities. Once they've written them down, they put the notes in a box.

Self-Reflection

The facilitator then hands out the box to the participants, who randomly choose a paper (preferably not their own). Each participant takes a mirror, looks straight into their eyes, and reads the note out loud to themselves.

Group Discussion

The group discuss on how it felt to write the note to their loved one and reading it to themselves in the mirror. They also reflect on where they felt a change in their body, which part of their body felt warmth, pressure, and/or tension. Does this reveal something about their self-image? What do they want to do with this information?

This unique activity allows participants to reflect on their self-image, improve their relationship with themselves and others, and gain deeper insights into their personality.

INNER WILDERNESS

Preparing for a Wild Rhythm Experience

Getting into the right mindset is essential before diving into the activity. Consider wearing clothing that awakens the wild Indigenous one inside, or experiment with different styles to find what works best for you. To shift your consciousness, try painting face, body, or hair. Others in the group can also help with decorations.

If you're near a natural area, gather flowers, leaves, or branches to add to your ensemble.

Once everyone is ready, stand in a circle and prepare to let loose. Keep in mind that a wild rhythm isn't about singing a familiar tune or following a set dance. It's about exploring your inner Wild Indigenous One with curiosity and an open mind. There's no need to strive for perfection or hold back - this is a safe space for expression and discovery.



“Amazing. I feel absolutely grateful for being part of this precious moment. This was a week of deep connection with my inner self, nature and people. I resonated a lot with the model introduced and the deeply grounded way to present it by image, stories.. A life change experience to open myself to my new cycle of being. The wanders were amazing time to ground and the body activities were a nourishment for me. Gratitude..”

EB



KINETIC RESONANCE

Exploring the connection between body movement and response to stimuli, creating an improvised composition in real-time.

Participants start with a 15-minute warm-up circle, engaging in light movements to prepare for exploration. In a 10-minute solo phase, each participant freely explores movement inspired by emotions or concepts.

The main phase, spans 15 minutes. Participants move freely, staying aware of others. When two feel a connection, they interact improvisationally, emphasizing sensitivity and adaptation.

A 15-minute group composition follows, as participants form larger groups, exploring shared leadership dynamics and creating a collective movement narrative.

The exercise concludes with a 10-minute reflection, where participants share experiences and insights. This exercise fosters spontaneity, body awareness, and connection through immediate artistic expression.



“The experience felt necessary for the point in my life I am currently at. It allowed me to freely express myself without the fear of being judged, thanks to the safe environment provided. I appreciated the fact that we were challenged in a manner that respected our individual abilities. The facilitators demonstrated great versatility. The idyllic location supported my process, (almost) unavailable signal was great, and the food was amazing.”

NL



DREAM WORK

Listening to the messages of the unconscious and hidden corners of our Wholeness by working on dreams:

1. Keep a journal, pen, and headlamp by your bed each night.
2. When you wake up in the middle of a dream, write it down in your journal. Don't worry if it seems insignificant – every detail counts.
3. Later in the day, take a walk and find a place that feels similar to the dream's setting. It doesn't have to be exact, just evoke the same energy.
4. Ask for permission to act out your dream in this space.
5. Embodiment each character and explore their story. Take your time to feel their emotions and understand their motivations.
6. When you're finished, reflect on the dream's symbolism and what it might be trying to tell you.
7. Consider which parts of your personality are calling out to be nurtured.

By following these steps at any time of the training, participants can tap into their creative potential, unleash their imagination and accompany the learning process with a deep work within in their own time.

CONNECTING VOICES

By singing together, we can connect with our unconscious minds and become more aware of our emotions. This creates genuine human connections that cannot be replicated through virtual interactions.

Participants stand in a circle and one person produces a stable note. The rest of the group then joins in, matching the same note and volume until everyone is in sync. The group can try different notes and continue the process for multiple rounds.

“The experience was deep and important, it was just what I needed and as I took it very seriously it was an amazing opportunity for transformation. I liked the methods and how relevant and needed they were - there for nothing without a value for me and nothing to just "fill the time".”

AI



EMBODIED CREATURES

Exploring Life Forms:

This exercise takes inspiration from the evolution of life on earth, beginning with the simplest form of life and moving towards more complex beings. Participants are encouraged to embody each creature, starting from the amoeba and gradually moving up to the monkey. As they do, they are invited to explore how each form of life moves and communicates.

- What does it feel like to be inside an egg?
- How does it feel to move like a chicken, a snake, a rabbit, a dolphin, a bird, and a monkey?
- How might each creature communicate?
- What positions and levels of movement might each creature have?

Through this playful exercise, participants can experiment with embodying different forms of life and invent their own levels and positions.



“Very very needed, it helped to listen what are the next steps to take to continue my mission, also I've got some valuable insights enriching me as a human being in a community.”
Izabela



CARDS STORYTELLING

Participants venture off on their own to search for three elements, objects, or sources of inspiration that they will draw on three separate cards. By the end of the exercise, the group should have a total of 18 cards.

Gather the participants back together in a circle and collect all the cards, shuffling them thoroughly. One person begins the storytelling by drawing three cards and weaving them into a 2-minute tale. The next person then draws three cards and continues the story for another 2 minutes, and so on. The story may be recorded.

After everyone has shared their part of the story, they are invited to reflect on their experience and discuss their insights with the group.

"I went one step further to appreciate my uniqueness and accept myself as I am right now, with the wounds and my hidden power, without overthinking it and relying more on my senses and feelings (at least, I tried wholeheartedly). I learned to take steps following my intuition, be aware of the impact that my steps have in the closest community, look deep inside the natural beings to find my inner knowledge, and of course, not forget to rest/sleep. "I can open just one door per day"! Nadia P."

“Streamline brought me so much personal growth, helped me to become more self-confident, discover unknown parts of myself and feel good and seen during the project. It was truly amazing and I am so grateful for this week in Valpore.”

MG

EMOTIONAL FLOW

Starting with a centering breath, participants conduct a body scan to release tension and ground themselves. Emotions come alive through expressive movement, with individuals embodying and expressing specific feelings freely. The process extends into partner mirroring, where one leads in expressing an emotion, and the other mirrors the sentiment through movement.

Following this, participants undergo a solo exploration, transforming an initially identified emotion into a more positive or neutral state by focusing intensely on the part of the body where the emotion seems to come from and moving it in a "dance of the belly/chest/head..." The exercise culminates in grounding and integration, emphasizing the connection between the body and the earth. A reflective journaling session captures personal insights and the evolving journey from emotional identification to expression and transformation.





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Enriching lives, opening minds.