



# Waves of Wonders

**Toolbox of activities**



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Narano Hustopecze



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# Introduction

 Dear Surfer,

Welcome to the **Waves of Wonders - Toolbox of activities!**

In this booklet you will find a collection of practices, ideas, and inspirations designed to support those who work with young people in today's fast-changing world and are passionate about navigating wild waves of change.

This toolbox is the outcome of the Waves of Wonders Erasmus+ Training Course, which gathered 25 curious, committed individuals ready to dive into the ocean of possibilities, transformation and connection.

We explored the power of nature-based practices, reconnected with our inner and outer resources and wonders, and learned how to weave sustainability and mental health into everyday work with youth.

Through non-formal education methods, we explored a diverse range of topics including eco-centric development, embodiment, zero waste, permaculture, somatic practices and nature-based methods. One of the results is this toolbox, created with care, thoughtfulness and dedication, in collaboration with participants, our future soulful leaders.

We invite you to dive in, explore, and use what resonates. May this collection inspire your practice, and also remind you of the wonder and wisdom that emerge when we move together, in conscious synergy, and with a daring heart, through the waves.

 Enjoy surfing!

*Waves of Wonders Team*



# The project

Waves of Wonders was an 8-day long Erasmus+ training course for curious surfers of the wild ocean of possibilities and challenges in navigating today's fast-changing world. It brought together 25 participants from 7 countries - Czechia, Ukraine, Italy, Poland, Georgia, Latvia and Spain. They were hosted in Ekocentrum Trkmanka, in Velké Pavlovice, Czech Republic between the 20-29th March 2025.

The project aimed to help participants discover the transformative power of nature-based practices and learn how to weave sustainability and mental health into their daily youth work. It intended to equip youth workers, educators, teachers, trainers, facilitators, volunteers with empowering skills to become soulful leaders and guide the next generation towards embracing a more harmonious lifestyle and sustainable actions.

Waves of Wonders provided a chance to experience how we are stronger, wiser and more capable together, how we can build on common resources and the synergetic power of togetherness for building a community and bringing change in it. In an era marked by significant environmental challenges and social turbulence, we need leaders who dare to listen to their inner compass, and through expanding their inner sustainability, they are able to shape their reality and support others in navigating wild waters of ever-changing circumstances.





# Objectives

- Gain insights into sustainable lifestyles and explore innovative ways to integrate sustainability into youth programs and community initiatives.
- Build skills and confidence to implement meaningful, sustainable actions in youth work.
- Collaborate with experts and like-minded peers to exchange strategies, share experiences, and co-create solutions for eco-conscious youth work.
- Understand the connection between environmental challenges and social issues, including mental health, and community resilience.
- Discover the benefits of nature-based practices on emotional well-being, creativity, and connection - especially for young people.
- Create and enhance safe, green spaces that support healing, learning, and youth empowerment.
- Leverage local resources and networks to strengthen sustainability efforts and inspire long-term community impact.
- Be part of a growing movement that puts sustainability at the heart of youth development and a better future for our planet.





# Methodology

Through non-formal education methods, participants engaged with various topics, such as: sustainability, mental health, creativity, eco-centric development and resourcefulness. They had the opportunity to get to know and experiment with a diversity of approaches and practices, such as: embodiment, nature-based techniques, somatic practices, eco-somatic approach, zero waste, off-grid living, principles of permaculture, and collective art.





# Toolbox of activities

"I have learned how to stay balanced, live in harmony with nature and contribute to making the world cleaner and more vibrant. These lessons have not only deepened my connection to the environment but have also inspired me to take meaningful actions toward a more sustainable and mindful way of living."

-Anastasia

"I also explored the concept of sustainability and the 5R which gave me a new perspective on mindful consumption and environmental responsibility."

- Tetiana

"I learned that I have to find peace within myself before expecting to find it in others"

- Leila

"The project as a whole created connection, fulfilment, and spiritual energy. I have learned how this connection brings positive energy to my soul." - Savino

"I think I finally accepted myself the way I am. It became more clear for me to understand what I feel, my needs. There's still a lot to learn but Waves of Wonders set a good and clear start." - Olena



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# THE WAY WE FLOW TOGETHER



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## Non-formal methods

Icebreakers, energizers, teambuilding

## Learning objectives

- Enhance group dynamics and initial bonding with new peers in learning environments.
- Develop spontaneous interaction and non-verbal communication through playfulness.
- Foster openness and joy among group members.
- Enhance intercultural collaboration skills and teamwork of participants.
- Strengthen trust and connection.





## Discovering inner child

Invite participants to invoke their inner child and play together. Choose an open space for the following activities for free movement, fun and play - for example, a playground.

### Hello, come out!



1. Let's form a circle, everybody facing to the centre.
2. One person stays outside the circle and starts walking alongside to choose a person s/he wants to invite 'out'.
3. Once chosen, the person outside knocks on the shoulder of the other and shouts: **Hello, come out!**
4. They start a running race: the person outside in the same direction as before, the partner in the opposite direction.
5. When they meet (around halfway) they stop for a second to shake hands and shout: **Hello, come out!** - and they continue the race for the free spot in the circle.
6. Whoever takes it can stay in the circle - the other one will start the game all over again, inviting somebody else to 'come out'.



## Rock-paper-scissors evolution

Let's go back in time and repeat the steps of evolution - if Darwin would approve it, there are no doubts (nope) but we are our 6-year-old selves now, so who cares?

In this game participants imitate each stage of their evolution with relevant movements and sounds.

1. Everybody starts at the level of chickens.
2. When two chickens meet, they play rock-paper-scissors: the winner evolves to the next level and becomes a crocodile; the loser remains a chicken.
3. When two crocodiles meet they play rock-paper-scissors: the winner evolves to the next level and becomes a dog; the loser regresses to the previous level and becomes a chicken again.
4. The levels of the evolution are: chicken-crocodile-dog-eagle-monkey-human-Chuck Norris (freely variable).
5. Once you achieve the final level, you are on the top of the evolution! Wait for your less evolved peers to progress.



- The game can last longer than expected so you might wait only for the first person achieving the highest level.
- When you introduce the levels, show a standard imitation of the stages.
- Levels and stages are variable, depending on preferences and time.



"I've learned that it's good to improvise, try to be a leader and use the knowledge that we had previously to inspire others."

- Marta



## AEIOU



Participants are split into couples and their task is to talk about a specific topic (e.g. description of what they did last day, what they dreamt about last night, etc.), using only the given vowels for verbal expression: A-E-I-O-U.



- For nonverbal expression, they have a wide palette to choose from, and even those 5 vowels are well-variable and expressive enough.

## Scaling



Form a circle and do a quick round of names first, people saying their names one after the other.

Then, ask them to create a scale based on the alphabetical order of their names, starting from A (indicate the point where they start the scale) to Z. Participants are **not** allowed to speak. Once they form the scale, check if it is correct: they repeat their names in order.

2. round: Ask participants to reorganise the scale based on the distance they took to come to the project. Check if correct.

3. round: Reorganise the scale based on the number of Erasmus+ projects they participated in.

4. round: How much are you excited to participate in this training?



- Topics for scaling can be anything that are quantifiable.



## Surfing in school

Series of energizers delivered in school. Let's invite students outside and enjoy fresh air together.

## Energy counting



Have you ever heard of energy counting? Set the mood for your team, let's get wild!

1. Let's make a circle
2. Start shaking your right hand upwards and count loudly **1-2-3-4-5-6-7-8**. We repeat shaking and counting with the left hand, with the right leg, then with the left leg.
3. Shake the right hand and count **1-2-3-4**, then left hand, right leg, left leg.
4. Shake the right hand and count **1-2**, then left hand, right leg, left leg.
5. Shake the right hand and count **1**, then left hand, right leg, left leg.
6. Shout out loud!





## Untying our knots



20 min

1. Let's form a circle.
2. Close your eyes and put your arms in front of your body so that they point to the center of the circle.
3. With both hands search for other hands in the circle and hold them.
4. Once everybody holds hands with somebody else, open your eyes. What you see now is a huge human knot.
5. The task is to untie this knot still holding each other's hands, by unfolding and restoring the shape of a circle.

## Hula hoop challenge



10 min

1. Let's form a circle.
2. The task is to pass through the hula hoop as fast as possible. Each person has to go through and in the circle they must hold each other's hands during the whole time.



- Once they succeed, we might discuss how the process could have been even faster.
- We highlight the power of teamwork.



Hula hoop

"Also school facilitation was BOOM, just so many insights and new levels of understanding came." - leva



## Laughing therapy



15 min

1. Participants lie down, one after the other.
2. The second person will place the head on the belly of the first person, the third person will place the head on the belly of the second person, and so on.
3. The first person starts the wave and says: **HA**. The second person adds a HA and says: **HA-HA**. The third person adds a HA and says: **HA-HA-HA**, and so on.

It is inevitable that very soon people will burst out laughing.  
*Enjoy!*

"I want to remember this experience by the picture I just adore: us, laying on each other's belly, laughing our hearts out. So much joy, vivid colours of souls, togetherness. Can't stop smiling when I look at it." - Fanni







# MIND YOUR NATURE



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## Non-formal techniques

Guided mindfulness, body awareness, storytelling, sensory exploration, reflection, mindful movement, creative self-expression

## Learning objectives

- Understand the role of nature in promoting mental health and holistic well-being.
- Cultivate mindfulness, sensory awareness, and observation skills.
- Strengthen the ability to use natural elements for creative expression and self-connection.
- Deepen respect for nature and recognize oneself as a natural wonder, as part of the ecosystem.



"I am more connected to my inner animal, constantly searching for a getaway to nature; I am calmer, slower, more conscious of the regained ancient wisdom I needed to remind myself about, I feel that my life energy has been refilled. Yes, the project's greatest effect on me is healing and revitalization." - Fanni



## Ground yourself



Participants are guided through a short grounding session before we enroll in the series of Mind your Nature activities.

- Invite participants to close their eyes and pay attention to their breathing and different body parts, and then, to nature and its connection with them through their senses.
- After 5 minutes, guide their attention back to the group, where they can share their impressions, one word that the connection with nature invoked in them.



- When guiding their attention describe your bodily feelings and sensations that nature awakens in your body.
- Point out how even these 5 minutes are allowing you to reconnect with nature - a reminder to practise grounding at home, especially when there is no option to go for a longer retreat.

## What is calling you?



- Participants are invited to spend some time alone, discovering the surroundings. They are given a string that is for circling elements of nature that is calling their attention. They will spend some time with this item, listening to its message for them.
- When time is up, they come back to the circle, pair up and share for 2-2 mins about their items connecting them with their personal stories.



- What grabbed your attention and why?
- What personal story or feeling came up when you connected with your element?



30 cm long strings



## Rooted support



10 min + sharing

Scatter in the woods and find a tree that is calling you. When you meet, lean your back on its trunk, connect with your natural support system. When time is up, gather together and share about your sensations.



How did your body respond to simply resting by leaning on the trunk of the tree?



## Sounding surrounding



10 min + sharing

- Meet your chosen tree, lean on it, close your eyes, and pay attention to the sounds (can be distant or quite close, natural or artificial, living or machinery).
- Pick one of them and follow it.
- When time is up, gather together and share your impressions.



- Which sound did you choose?
- How did you choose it?
- Describe the sensations and what the experience brought to you



# MIND YOUR NATURE



## Mindful barefoot



10 min + sharing

We scatter around the field and get in touch with Mother Earth, barefoot. If it is comfortable for you, take off your shoes and start walking very slowly, paying attention to each muscle, each square centimeter, and how your feet touch the ground.

*Connect with the feeling of being held, being supported, of being stable. Each time you may fall on the ground, the Earth is there to hold you, and to stabilize you, so once you are ready to push, it will resist your weight.*

"The most valuable parts of the project for me were the practices connected to nature. Walks, connection and sensory practices gave me a second breath of life."  
- Anastasia



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## Wind of wonders



10 min + sharing

- Scatter around the field, and start looking for your personal spot that is calling you.
- Take a comfortable position (sitting or laying down) and observe nature around, how it is moved and influenced by the wind.
- Listen, and feel the wind. See how it is so powerful to move huge objects, yet so gentle on your skin.
- Be with it. Breathe. And enjoy its playfulness.



- What did the wind teach you about invisible forces in life?
- How did the gentle or strong movements influence your thoughts and emotions?







## To the forest I go to connect

- Mingle around for a couple of seconds to choose your partner (possibly one with whom you haven't spent much time before).
- You will go for a walk and talk about a topic given by the facilitator.
- Be mindful of the time: both of you will answer and listen to the other.
- When time is up for the round, we gather in the big circle and share findings.



- What did you notice about the difference between speaking after mindfulness activities vs. speaking in daily life?
- How did mindful presence influence the quality of your listening and sharing?



- Point out how it is different to share and connect after mindful activities. Next time, to arrive from the material world to the level of soulful answers, do some mindfulness practices before so that people reconnect with their core first and won't just stay on the surface.
- Point out the difference between saying mostly desire-driven "big things", and finding joy and satisfaction in small details of life.
- Go for longer walks for more questions, 7-8 minutes to answer each. After each round, start over the mingling process to find new partners for new questions.

"I feel my heart is more open, and I feel compassion towards other people. I feel more connected to my body, nature and other people. I learned to listen more and hold the space for others, allowing them to be heard. I learned to receive care and compassion."





## Nature sculpture & art gallery

We get in touch with the surrounding nature in an artistic way.

- Build your frame from fallen branches, your art composition will be placed within.
- Walk and observe what's around you.
- Pick up those elements that are calling you, they have a story to tell you about.
- Listen to them, once you resonate, bring them to your frame you built (or build your frame around them).
- If there are more elements that could be part of your composition, complete the picture with them.
- Once the group is ready, visit each other's installations as in a nature art gallery and share your stories behind.



- What's the meaning of your art? What are these elements represent?
- How come you chose these elements and brought them together?



- Be mindful of and take care of nature. Do not pick a living element if it has to be torn or taken away from its natural environment. Prefer picking pieces that you find already on the ground and that are 'lifeless'.







# SOMATIC PRACTICES



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## Non-formal techniques

Guided body awareness, sensory exploration, reflection, mindfulness in movement, free physical expression, trust building

## Learning objectives

- Experience the body-mind connection through spontaneous and guided somatic activities.
- Develop the ability to sense and interpret bodily signals and needs.
- Acquiring techniques for grounding, centering, and regulating emotional states.
- Encourage self-compassion, inner stability, and body acceptance.





## Notes for the facilitator

In the following activities we allow our bodies to guide us. Try to relax during the activities, there's no need for mental judgement or readjustment, be free to move and trust your instincts. Allow your mind to let go of control, be present and ready for receiving signals from your body, perception, senses.

### Caution:

*The facilitator takes care of the physical safety of the participants. In the beginning, it is communicated clearly that everyone is responsible for their own safety as well.*

*The activities include physical touch, connection with the body and entering the intimate space of another participant.*

*Participants themselves are asked to be aware of their own boundaries and respect those of others. Gentleness and trust are fundamental in order to keep group safety and the peaceful flow of activities.*

*If an exercise becomes uncomfortable, tense or painful for any reason for any of the participants, they are kindly asked not to continue but to keep holding the space for others by observing and being present. Once they feel ready again, they are welcome to join back.*

*"I arrived to the point of being fully recovered and having recharged my sources; I experienced somatic practices and meditation in movement and in stillness, some of which affected me deeply and helped me to start my self-healing process, to encounter my blossoming self and to regain some confidence."*  
- Fanni

## Walking



15 min

- Start walking at your natural pace.
- Imagine a scale from 1 to 5, where 1 is the slowest and 5 is the fastest, and depending on the number the facilitator announces, increase or decrease your walking pace.
- Keep mingling in the room at the given pace until the given the next number, then you change pace, and so on.
- Upon the facilitators's instruction, start moving now *backwards*, at a pace indicated by the numbers.



- Be careful of others around you, try to avoid clashes. Given a number, keep your pace constant.
- Mind the space - pay attention to the equal distribution of people in the room and fill in the gaps if you notice any.

## Blind walking



10 min

In the following minutes, you will switch our consciousness and perception to what you sense by listening - only listening.

- Close your eyes and start mingling in the room, first slowly, then everyone can take their own speed.



- Be mindful of others, to sense and listen to their movements, breaths, presence, and synchronize your movements accordingly to avoid clashes of the bodies.
- Gentle touches are welcome to get back on track and continue moving in own tempo.

"Somatic exercises and exploring nature brought me closer to my inner core, opened new layers, and reminded me that we don't need much to reconnect with each other and ourselves." - Ieva

"Somatic practices opened a new world for me in how to connect, heal, release, elaborate inner processes. I want to discover more, to bring to surface my healing potential." - Fanni



## Exploration



15 min

In this activity, we replace our primary sensory organs - our eyes - with different other parts of the body in order to guide us in the exploration of the space and surroundings. Allow your mind to let go of control and do not judge where your curiosity takes you, just follow your instincts. It is all about playful exploration.

- In the 1. round we will be guided by our palms: keep your palm in front of your face and as your palm moves in any direction, let your body follow its movements.
- In the 2. round, our eyes will be replaced by our butts - let your booty swing your body! ;)
- In the 3. round, just follow your head - as it is moving on your neck, your body keeps following it wherever it takes you.



What sensations did these exercises bring to you?



## Cellular breathing



50-60 min

In the following somatic practice participants will be guided through a 15-minutes-long experience where they can deepen their awareness of cellular breathing, enhance their relaxation and presence, supported and held by their partner.

First, each participant finds their partner and decides who will be the first to lie down (person A) and who will be the one offering gentle presence (person B). The couples will switch roles halfway through.

Person A lies down in a comfortable position (indifferent if on your back or belly), meanwhile person B sits nearby in a relaxed posture, not touching yet, just offering their presence. They both express what would feel comfortable and uncomfortable for them, which are the body parts that are to be avoided to touch, and what are those where the partners are welcome to offer their gentle touch.

In the second round person B will lie down and the facilitator guides the couples through the experience, following the same structure as in the first round. Once everybody goes through cellular breathing, we open the circle and share about the practice.



- What did you notice in your body as you imagined your cells breathing?
- How would you describe your partner's role in the process?
- How would you describe your overall experience?





## Cellular breathing

- Couples are invited to settle into their body, breathe and connect with themselves first.
- Once they are well-grounded, they are ready to bring their attention to cellular breathing. At this point, we ask *person A* to close their eyes, relax and continue breathing at their own tempo.
- *Person B* is invited to put both their palms on the body part of *person A* according to their consensual decision. They too, continue breathing, while they focus their attention and energies on that gentle touch and physical connection of the two bodies. After some time they might feel that the concentrated energy starts generating heat, and they might feel their cells pulsing underneath their skin. **This is cellular breathing.**
- Once they experience the pulsation, giving and receiving energy, they gently move on to a neighbouring body surface, where they continue the process of cell breathing, and so on.
- During this exercise, *person A* is allowing their mind freely wander, without judgement, while is feeling the touch of *person B*, the pulsation of their cells and the connection of the two bodies. There is a whole dialogue in this holding presence.
- Around the end of the 15 minutes, we ask *person B* to slowly withdraw from the personal space of *person A*, letting go of their physical connection but still holding space and being present. It is important to give some time to *person A* to integrate the experience of the 'absence of touch'. Once they feel ready, we invite them to open their eyes and bring their awareness back to the room.
- Now *person A* shares with *person B* their experience, images, sensations. We allow them a couple of minutes to rest before they switch roles.

## Authentic movement



20 min

In the following somatic practice participants will experience deep self-awareness, authentic self-expression through movement and witnessing, holding space for their partner.

First, each participant finds their partner and decides who will be the first to move (person A) and who will be the one offering gentle presence (person B). The couples will switch roles halfway through.

In the second round person B becomes the mover, and person A the witness, they follow the same structure as in the first round. Once everybody goes through the authentic movement process, we open the circle and share about the practice.



- What did you discover about yourself during the movement?
- What was it like to be witnessed in silence?
- How did it feel to witness someone else without needing to respond or interpret?



Do not use background music - it is important that the mover focuses only on their inner world and their moves emerge from inside, organically, not to a certain rhythm





## Authentic movement

The facilitator gives instructions *before couples take their positions* so that the process is not interrupted by speaking:

- *Person A* will move with their eyes closed, allowing movement to arise from within and be expressed freely. There is no need to suppress, act or exaggerate moves - just allow your body to show you what it needs on the level of movement, and let it happen naturally. There is no right or wrong way to move, just let your body guide you. It might be that you will move a lot or barely at all. Both are valid.
- *Person B* will witness - with presence, care, without judgement, analysis or interpretation - just observing and holding space. Try to memorise what is happening, how *person A* moves, because in the sharing part you will give feedback, reflect and share your observations with your partner.
- Invite *person A* to close their eyes and focus their attention inward. If movement comes, allow it, follow it without forcing, explore the whole movement. If stillness comes, allow it, welcome it without forcing yourself to move.
- Invite *person B* to stay with their partner, hold the space, focus their attention on their partner's process, and simply witness it.
- Keep silent for 5 minutes and let the process unfold, then share in couples.



Possible guiding questions to answer (in 3 mins):

- For the mover:
  - Which movements of yours do you remember?
  - What did you experience in your body?
- For the witness:
  - What did you observe?





# POETRY AS HIDDEN LANGUAGE



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## Non-formal techniques

Automatic/intuitive writing, storytelling, reflection, symbolic and metaphorical self-expression

## Learning objectives

- Recognize poetry as a tool to access subconscious layers and deeper emotions.
- Practice intuitive, spontaneous writing and metaphorical-symbolic thinking.
- Enhance creative storytelling capacities and expression of emotions and soul sensations.
- Embrace vulnerability and authenticity through poetic expression.





## Nurturing nature + surprise letter

Invite participants for an individual walk to observe nature - both the outer and the inner wonders.

- Set your own *threshold* to pass and from that moment you begin your journey of connection - it is only you and nature.
- During your walk, observe little details, resonations, cycles, natural wonders - and also submerge in your internal world, in search of answers to your questions.
- Write a letter for yourself, including your reflections.
  - How does nature nurture me?
  - How does nature take care of itself?
  - What can I provide to nature that is nurturing?
  - How can I be there for myself in a caring and nurturing way?

After the activity, letters will be collected by the facilitator. They will be sent to participants months later as a surprise from themselves.



- Before participants start their journey, remind them: not only we are looking forward to meeting nature, also nature is seeking for connection with us - so set out for your walk with a mindset of caring and nurturing, treat nature according to its needs, and provide what needs to be given.
- If needed, inform participants how to address a letter so as to guarantee it reaches its destination 😊



Pen, notebook, envelops

"How important it is to learn to feel  
your inner struggles and to think of  
the world as an extension of yourself."  
- Anastasia





## Poetry in the embracing arms of nature

Gather participants in a circle, let them ground first. Then read out loud the following piece of poetry. Repeat it once just to let it sink.



Use the poetry as a prompt for the 'I am' free poetry activity.

All the true vows  
are secret vows  
the ones we speak out loud  
are the ones we break.

There is only one life  
you can call your own  
and a thousand others  
you can call by any name you want.

Hold to the truth you make  
every day with your own body,  
don't turn your face away.

Hold to your own truth  
at the center of the image  
you were born with.

Those who do not understand  
their destiny will never understand  
the friends they have made  
nor the work they have chosen

nor the one life that waits  
beyond all the others.

By the lake in the wood  
in the shadows  
you can  
whisper that truth  
to the quiet reflection  
you see in the water.

Whatever you hear from  
the water, remember,  
it wants you to carry  
the sound of its truth on your lips.

Remember,  
in this place  
no one can hear you

and out of the silence  
you can make a promise  
it will kill you to break,

that way you'll find  
what is real and what is not.

I know what I am saying.  
Time almost forsook me  
and I looked again.

Seeing my reflection  
I broke a promise  
and spoke  
for the first time  
after all these years

in my own voice,  
before it was too late  
to turn my face again.

**All the True Vows - by *David Whyte***

## I am: Wonder

Let participants wander freely in search of their spot that is calling them. Once they find it, they are invited to express who they truly are, in a poem whose message is possibly flowing through the connection with the universe, being 'plugged in' into it.

- The poem should speak about yourself, starting each passage/sentence with 'I am'.
- Do not rush through it, take your time, write as many rows as you wish. It can be in your language, this is a poem only for yourself, you won't be asked to share it with others.
- Listen, and allow yourself to connect with your inner voice, the one that is speaking to you when you are in silence.



Pen, notebook





## Way of Council



60–80 min

Start with an introduction of the technique: symbolism of the circle, principles (*speak from the heart, listen from the heart, be spontaneous, speak the essence*), speaking objects (can be objects from nature or everyday objects).

- To start the circle, we light the candle (or somebody starts with a prayer/blessing/wish to the group).
- Everybody has the chance to open up and share. Once you are ready to go for it, pick a speaking object and start sharing.
- Use given prompts in each round to start your message. Prompts can vary, examples:
  - *I am sitting here with...* (personal baggage, actual state)
  - *My heart is burning for...* (actions that one is willing to take for the good of the next 7 generations; passions; commitments)
  - *I want to share a story about...* (a person in your life who already works for these 7 generations + what touched you about this person)

In the final round, everybody shares a word which they resonate with at the moment. Ceremonially, we gather closer to blow the candle together to end the ritual.



Scarf to form a small island for the speaking objects, candle, lighter, speaking objects (wooden sticks, stones, natural items, central item: bunch of flowers...)







# SELF-CARE DIY



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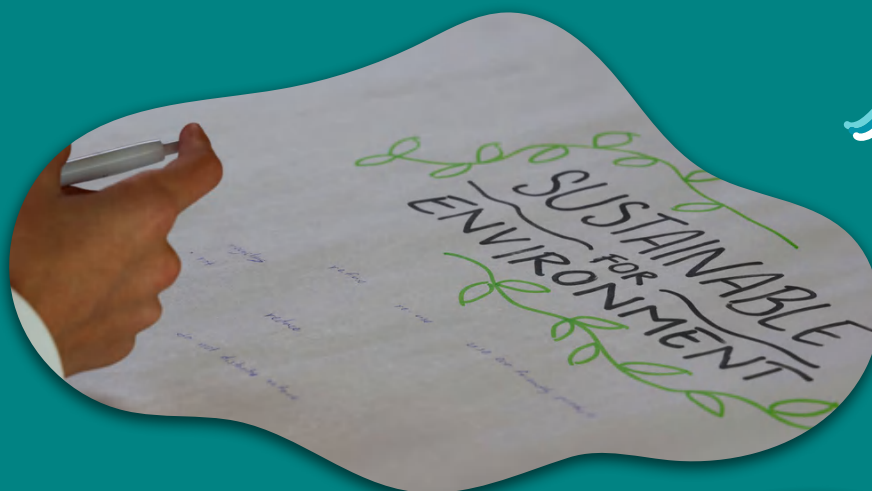


## Non-formal techniques

Experiential learning, brainstorming

## Learning objectives

- Understand the value of self-made, resourceful creation in a sustainable lifestyle.
- Develop practical crafting skills using basic or found materials (upcycling, eco-creativity).
- Encourage a mindset of sustainability, care for resources, and mindful consumption.



# SELF-CARE DIY



60-80 min

## From hands to heart

Participants are split in 3 teams to experience a DIY session by creating their own perfumes, soaps, candles and clay face masks from nature-friendly materials.

The facilitator provides the 'tutorial', a step-by-step guide for each station and people are free to experiment with materials and different fragrances to create their own sustainable products.

In the process of crafting, participants brainstorm about their daily sustainable practices and write them on a flipchart at the stations.

Possible topics: *sustainable shopping, household, self-care.*

At each station, participants spend cca. 20 minutes, then they rotate.



Flipcharts, markers, materials of the DIY stations





## Candle

### Ingredients:

- soya nature wax
- water to boil
- 2 pots (1 for the boiling water, 1 for the wax to melt)
- wick & peg
- glass container (reuse)
- essential oil

### Preparation:

- 1.melt the wax in water bath (above steam) - for a 100ml candle about 80-90g wax
- 2.put the wick in the container and fix it with a peg
- 3.once melted, slowly pour wax in the container
- 4.add 6-8 drops of essential oil and mix them with the wax with a wooden stick
- 5.put the container in the fridge to cool down



## Perfume



### Ingredients:

- base for perfume (e.g. almond oil)
- essential oils & essences
- perfume containers

### Preparation:

1. pour almond oil to container to  $\frac{3}{4}$  of it
2. put drops of essences
3. experiment & enjoy your final combination

### Tips for fragrances:

- **base notes** (8 drops): sandalwood, cedarwood, ylang, jasmine, patchouli
- **heart notes** (12 drops): lavender, rosemary, cloves
- **top notes** (6 drops): lemongrass, bergamot, grapefruit, orange, eucalyptus, magnolia

## Red clay mask

### Ingredients:

- terrasol used for skin and hair
- warm water

### Preparation:

1. mix terrasol with warm water, adding water slowly to the clay, mixing them well until we have the texture we need
2. put the creamy clay on your face
3. keep it for 5-7 min
4. wash your face and bloom :)

"I also explored the concept of sustainability and the 5R which gave me a new perspective on mindful consumption and environmental responsibility." - Tetiana



# SELF-CARE DIY



## Soap



### Ingredients:

- soap mass
- essential oils
- silicon containers
- optional “toppings”: herbs, coffee ground, petals...
- 2 pots for water bath

### Preparation:

1. cut the soap mass in smaller pieces
2. prepare the water bath for melting the soap
3. melt the mass and stir it
4. in the meantime, prepare the containers
5. once liquid, pour the soap to  $\frac{1}{4}$
6. add herbs, coffee, essential oils, and pour the rest of the liquid soap
7. stir with wooden stick if you want it mixed
8. let it cool down

# The hosting organization

**Narana z.s.** grows from a passion for non-formal education, healthy relationships, home, and community.

We offer courses, meetings, and workshops focused on a zero-waste lifestyle, empathetic communication, natural approaches for home and work life, and experiential learning.

Our goal is to raise local awareness of simple, accessible resources and to encourage self-sufficiency and creativity in everyday life. We also aim to share tools and techniques that support healthy family relationships.

In Hustopeče, we run a charity second-hand shop, which creates a space for shared support in collaboration with the Radost Socio-Therapeutic Center in Hustopeče, as all profits from the shop are directed toward supporting the center's activities.



“Your harmonious collaboration, mindful and meaningful preparation was perceivable in the atmosphere: for me it is clear how much you cultivate deep respect, care, friendship and understanding between each other. I think it is also reflected in how the group functioned together: with care, acceptance, genuine connections, profound self-openings and sharings.” - Fanni



# Acknowledgements

The editor of this Toolbox would like to express her gratitude to those who contributed to the process of creation, with their suggestions, feedback and support. Thanks to all participants, and the project team of Waves of Wonders, to the staff of Narana Hustopeče, to the local high school (ZŠ Nádražní Hustopeče) and communities of Hustopeče and Velké Pavlovice who took part in the project and made it possible to happen.

Special thanks to Ekocentrum Trkmanka for hosting the mobility program and the participants, and for the collaboration of the sending organisations.



*Zaptés Ruki*



*Asociación Dinámica*



*Altradimora*



*Non formal  
Education House*



*Lemon Juice*



*On the Wings of Art*



# Acknowledgements

This Toolbox of non-formal activities and method is created as a result of the work and dedication of the organizing team and the participants of the Training Course '**Waves of Wonders**' (2024-1-CZ01-KA153-YOU-000219000), implemented within the framework of the Erasmus+ Programme of the European Union, with the support of the Czech National Agency for International Education and Research.



*Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.*





*"Grace happens when we  
act with others  
on behalf of our world."*



*Joanna Macy*



Co-funded by the  
Erasmus+ Programme  
of the European Union



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