

About the cards

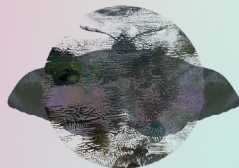
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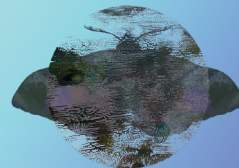
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ARCHETYPE CARDS

From Caterpillar to *Butterfly*

USER GUIDE



What are the Archetype Cards?

The Archetype Cards are a set of 25 artistic cards designed to equip youth workers with innovative mentoring tools. These cards accompany youth on their journey towards adulthood, symbolizing the transformation from caterpillar to butterfly. Each card features an archetype inspired by Bill Plotkin's work and in particular "Nature and the Human Soul" Eco-Soulcentric Developmental Wheel, embodying essential qualities for personal development and social integration. They can be used in various ways, as outlined in the eight proposed methods below, suitable for solo or group activities.

Methods

1 REFLECTION

Choose a card that calls to you and with which you identify in the moment. Reflect on, and eventually share, what the card reveals to you.

2 NATURE'S WANDER

Let intuition guide your card choice, then wander in nature with image and the sentence, exploring the connection between the inner and outer landscapes with open awareness.

3 EMBODIMENT

Select a card that speaks to you and actively embody the archetype's qualities, letting your body assume the posture it needs to express those qualities.

4 JOURNALING

Pick one or a few cards, observe the images, and read the text behind them. Reflect and journal about the emotions and insights that arise.

5 ARTISTIC INSPIRATION

Choose one or more cards and initiate a creative process through drawing, painting, crafting, or pottery.

6 GROUP DISCUSSION

Facilitate meaningful discussions and collective insights in group settings with selected cards.

7 SCENARIOS

Visualize challenges, resources, past experiences, current status, and envisioned future through the lens of chosen cards.

8 STORYTELLING

Employ the archetypes to craft and share stories, deepening understanding of oneself and others.