



# Social Permaculture Methods

This collection contains  
**12 methods** used and  
developed during the  
Erasmus+ Youth Worker  
Mobility "Seeds of Change"  
which took place at  
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Enrichit les vies, ouvre les esprits.



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The **Principles of Permaculture** derived from the observation of natural systems. Here are a some key principles and example of their applications:

Apply this method to explore Permaculture Principle with a group:



In the garden



With young people

## Observe and Interact



Observing how sunlight shifts with the seasons, how the sun moves across a patch of land before desplanting.



Taking the time to understand the unique dynamics, strengths, and challenges of your youth group before launching a new project.

## Catch and Store Energy



Collecting rainwater in barrels to use during dry spells. Storing water in the soil by slowing, spreading and sinking the rainfall.



Identifying and celebrating the passions and talents of young people, providing opportunities for them to shine and build confidence.

## Obtain a Yield



Harvesting fruits and vegetables from your garden with different timeline during the season.



Recognizing and celebrating achievements, both big and small. This could be the successful completion of a project, the development of a new skill, or a positive shift in group dynamics.

## Apply Self-Regulation & Accept Feedback



Pruning a tree with care to ensure production and its long-term health. Taking the time to reflect on the different crop result each year.



Creating a culture of open and honest communication where young people feel safe to give and receive constructive feedback.

## Use and Value Diversity



Creating guild of plants for a more resilient ecosystem.



Celebrating the diverse backgrounds, perspectives, and skills within your group. Recognizing that this diversity is a source of strength and creativity.

## Integrate Rather Than Segregate



Planting companion plants that support each other's growth.



Designing projects that encourage collaboration and teamwork, breaking down cliques and fostering a sense of collective ownership.

## Use Small and Slow Solutions



In the Garden: Starting with a small garden bed and gradually expanding.



Beginning a new initiative with a small, manageable pilot project to test ideas and build momentum before scaling up.







### Creating buddy groups: Seedling Dance

We will dance in a group and with movements you will find someone who has the same/similar moves and you will create a connection with this special person. This connection is called seedlings and you will have a special person with who you will share your deepest thoughts and feedback with.

#### Objective

To create social connection and offer peer support.



#### Target Audience/ Group Size

20

#### Session Format

Embodied group action

#### Duration

10 minutes



#### Material needed

Music



## Evolution Game

All the group begins being a baby chicken (the gesture linked to this role is : flap their wings and make a cute “cui-cui”). People are invited to meet another person and play to “Rock-Paper-Scissors”. They do the rounds necessary so that one person wins the other.

Example :

Person A	Person B	Score
Rock	Paper	A : 0 ; B : 1
Scissors	Paper	A :1 ; B ; 1
Scissors	Scissors	A:1 ; B:1
Rock	Scissors	A: 2 ; B : 1

A wins and evolves : he becomes a chicken ! The gesture associated is bigger wings flapping and the sound “cot cot cot”. He has to find another chicken and play again Rock-Paper-Scissors. B will meet other baby chickens to play again Rock-Paper-Scissors and hope evolving to a chicken.

A plays with C and wins again : he becomes a dinosaur! (mimic a large jaw and make an impressive dinosaur sound)

C follows A as a chicken screaming his name to encourage him as he will meet another dinosaur, D, and play Rock Paper Scissors with him. D loses. D and his encouraging chickens will now follow A.

All the dinosaurs playing with each other, will lead little by little to a final winner who is followed by all his encouraging chickens in a long chain!

### Target Audience/ Group Size

At least 15 people, this game is perfect for a big group, and as an ice breaker & energizer.

### Objective

This game invites people to meet in a playful way, and to mix beyond the differences.



### Duration

20 to 30 minutes including the instructions



### Session Format

Outside or in a big space. People are standing and invited to move freely to meet the others doing the game.



### **Permaculture as a tool in youth work - observing with covered eyes in pairs**

Mixed group of adults and youth (optional).

Make pairs of people (mixed adult-youth). One person puts on an eye mask, the other one takes them by the hand and carefully walks then to 3 places/objects/plants/animals in the garden. The one with closed eyes uses their hands, smell or any other non-visual senses to explore and remember the object. Then their partner brings them back to the beginning point. They take off the mask and try to find the 3 objects. Then they change their roles and do the same with the other person.

Optional extra level: the person with covered eyes goes through the garden autonomously on their own to find a random object. The guide only warns them if there is a danger. They also go back to the beginning point the same way, then try to find the object with open eyes.

### **Objective**

Develop observation skills, especially non-visual. Trust.  
Intergenerational cooperation - if done with mixed age groups.



### **Target Audience/ Group Size**

Ideal 16-20 participants.

Did it with 40+ people, but can be done with more or less. Divide into pairs. Did it mixed adult-youth but can be done with just one age group.

### **Session Format**

Pairs of people.

### **Material needed**

Eye masks/covers.  
Garden/nature.

### **Duration**

20-30 minutes



### Listening to our dreams

In a closed room, an even number of participants spreads around the room with closed eyes. After 2 minutes the participants are asked to roam until they touch their future partner throughout the activity. In turns, then, one member from each couple lays down and produces sounds with which they feel comfortable while the other touches him/her to feel the produced vibrations. Afterwards the couples are invited to go outside and find a place where they sit and listen to the sounds produced by the nature. After returning, the couples are asked to draw/write/represent the sounds and perceptions they had during their time outside. After 2 minutes, the couples exchange their representations and try to interpret them in front of the group.

### Objective

Exploring the power of inner imagination.



### Target Audience/ Group Size

young adults, > 4 participants

### Session Format

Outdoor activity

### Duration

45 minutes



### Material needed

Pencils and paper



## Active listening about nature

1. Silent walking until a place in the forest where we will make a circle to explain the dynamic.
2. In the circle, facilitating a brief moment to release emotions by walking around.
3. Explain the activity and its main principles: no comments when listening or interruptions, questions. Silence is welcome, 7 mins are offered for each person to speak about the topic "How do you feel in nature?"
4. We play the 'platillos' to change the person speaking and also at the end.
5. We sit again in the circle for a debriefing and later a feedback.

## Objective

Practise active listening in a short experience to reflect on how we can apply it in our life within the community and beyond.



## Target Audience

Kids, adults

## Session Format

Outdoor activity in pairs

## Duration

45 minutes approx. It can be made longer and experience different modes of activity as well as different pairs, needs, spatial arrangements.



## Material needed

- A poster to write the principles and the topic sentence to speak about.
- Sound signal
- Watch to check time.
- A nice place outdoors in nature. If it's indoors, we could light some candles and create a cozy ambiance.

## Observe and Interact

**Observe:** The participants find a spot to spend 20-30min and simply observe. After that they come back and get together in couples and share what they have experienced.

**Interact:** All the participants meet and stand one armlength away from each other. Then, a ball of wool starts to go around. Each participant has to name the thing that they were observing and put one quality to it (for example: tree - strong, palette - woody), while keeping the string as a connection to the whole group.

After everybody has shared their object and quality, the wool is being passed again from one to another, now connecting the objects/qualities (e.g.: The wind that is invisible needs the sky that is wide, the sky needs the light to shine, the light needs the leaves to dance, ...)

### Objectives

- Connecting with nature and the group
- Observing and interacting
- Finding the essence
- Storytelling
- Creative thinking



### Target Audience

Kids, youngster, adults  
Min.: 6, max: 30

### Session Format

Outdoors and indoors  
Standing up

### Duration

Min. 20 min observing  
Plus 40min approx. for the interaction



### Material needed

Wool or long colorful string

This can be played in a circle as well.

Make sure beforehand that the term “quality” is established, as it could also mean a judgement (good/bad) of the thing rather than an aspect.







## Embodied Change

What if your body could become your greatest ally in navigating change?

This 90-minute experiential workshop invites participants to explore the inner landscape of transition through movement, presence, and connection. Drawing from somatic practices, neuroscience, and principles of permaculture, we will uncover how the body reacts to the unfamiliar—not just through thought, but through sensation, posture, and relational dynamics.

We'll begin by observing the natural tension between change (external) and transition (internal), learning how the nervous system often perceives the new as unsafe—even when our conscious mind says otherwise. Referencing *The Body Keeps the Score* and Amy Cuddy's research on body language, we'll examine how the body stores memory and how postures can reshape identity.

This workshop is not about fixing or solving. It's about slowing down, listening to the body, and discovering how transformation unfolds not in the mind alone, but in the flesh, breath, and in-between spaces.

Come as you are. Leave a little more embodied in your becoming.

## Objective



Through a series of interactive exercises, participants will:

- Experience trust and disorientation through group dynamics.
- Revisit a personal moment of change, embodying past emotions and transformations.
- Practice moving from fear to presence, from contraction to empowerment.
- Envision a current or upcoming change and anchor it with a “power pose” that embodies their inner resources.

### Group Size

min 4

### Session Format

In-person, movement-based, experiential

### Duration

90 minutes





### **“Soli Caffè” - Conversational community meeting**

The participants are invited to different tables in the café to discuss different experience about community dynamics. Possible topics could be Silence Table, Permaculture and Food Sustainability Table, Workshop/Creative Output Table, Intercultural Exchange Table. There is food (snacks) and drinks offered. On every table there are questions for the guests of the cafe to dive deeper and raise further reflections. At the end of the session there is an invitation to share what was discussed and what were/are the personal experiences within the setting of a café.

### **Objectives**



- Create an atmosphere of exchange of thoughts (create community)
- Mix of backgrounds: art, age, philosophies,...
- Hold space for and appreciate cozyness (value the ambience/place)

### **Target Audience/ Group Size**

Kids, youngsters, adults,  
elderly  
3 or 4 people per table min

### **Session Format**

In- and outdoors, stations

### **Duration**

1 hour (min), 2 hours (max)



### **Material needed**

Tables and chairs (or sofas)  
drinks and snacks  
Paper and pens, music.

- Adapting the topics to the group
- Make it really homey, cozy
- Use the resources you already have

## Trust the process?

Introduction explaining the aim of the workshop giving the task of thinking about a personal situation in which a decision is called for to bring into the group placing oneself in the room in relation to the persons situation exchanging about the own position (how do I relate to the personal sharing? Where do I resonate?) → group discussion.

## Objective

To improve the awareness of the decision-making process of the participants



## Target Audience/ Group Size

2-15/20 participants

## Session Format

discussion and exchange

## Duration

45 minutes



## Material needed

Paper and pens for note taking



### Fairies & Trees

Fairies & Trees invites the group to start standing in a circle.

1. Guided meditation: participants are resourced by connecting to their bodies, feeling the breath and heartbeat. They imagine being in a forest.
2. Becoming another life form: every second person becomes a tree by stepping out of the circle/ moving through the room and finding a place to “root”. The remaining persons become a forest creature or fairy.
3. Exploring the forest: the fairies start moving through the forest (people, half of the group) exploring and looking at the “trees”. The facilitator invites the fairies to look at the trees with awe and admiration for the stories they have witnessed in their lifetime
4. Expressing gratitude: the facilitator invites the trees to signal their openness to receive gratitude by opened arms or crossed arms in front of their chest to signal a preference not to be touched (important to cultivate a culture of consent!). The fairies then start to whisper words of appreciation and/or gentle touch, with kindness, care and in their own time, to the trees.
5. Changing life form: the facilitator announces that time has come to let this life form go (tree and fairy) and step back into the circle. Here some words can draw attention to the passing of time, the cycle of life, the interconnectedness of life on Earth and the belonging to Earth. After this moment in the full circle, steps 2., 3. and 4. are repeated with reversed roles (trees become fairies and vice versa).
6. Closing: Everyone steps back into the full circle. A moment of silence/ stillness can let the experience sink in. Participants are invited to continue this practice of gratitude, kindness and care in their own ways. The facilitator closes with soft words or a song.





## Objectives

Participants practice giving and receiving gratitude. They explore their connection to other life forms resulting in increased Earth and People care.

## Target Audience/ Group Size

Participants who already feel a basic level of trust with each other, min. 10, no max.

## Duration

30-90 minutes



## Session Format

Gratitude Circle, Nature connection

## Material needed

Safe space indoor or outdoor,  
Optional: music (a prepared soft, mystical playlist to support the energy of the space and flow of the group)

This activity is inspired by the work of Joanna Macy and John Seed; The Work that Reconnects and Deep Ecology.





### Evening Reflections: Integrating the Day Through Self-Awareness and Connection

These evening reflection sessions are designed as gentle containers to help participants slow down, digest the day's experiences, and integrate personal insights. Rooted in the principles of social permaculture, the sessions move progressively through themes of intention, release, kindness, and relational awareness — always inviting participants to meet themselves with honesty and care.

Each session includes a short, heartfelt introduction to the theme, followed by a simple practice such as journaling, silent walks, pair sharing, or creative expression. The aim is to encourage inner listening and embodied awareness, while also nurturing trust and connection within the group.

Rather than being goal-oriented, these sessions create space for whatever needs to arise — offering a moment of stillness, reflection, or gentle movement. They are an invitation to pause, feel, and relate — both to oneself and to the community — and to close the day with intention.

#### Objective

- Develop self-awareness through daily reflection
- Support emotional integration of the training experience
- Strengthen relational sensitivity and group cohesion
- Explore creativity and inner dialogue
- Encourage ritual as a daily grounding practice



#### Group Size

flexible

#### Session Format

Reflective practice (journaling, silent walk, or pair sharing)

#### Duration

20-30 minutes



#### Material needed

Journals or paper,  
Pens or drawing materials,  
Natural objects (optional, for ritual use: stones, leaves, seeds),  
A quiet indoor or outdoor space.







## Further Resources

- [Podcast on inner permaculture](#) by Stuart Hill and Morag Gamble
- [Book "People & Permaculture"](#) by Looby Macnamara
- [Book "The Empowerment Manual"](#) by G Starhawk
- [Book "Permacultura: Unha caixa de ferramentas para deseñar un mundo mellor"](#) (in Galician) by Alexandre Grande Babarro

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