

TOOLBOX

# ACTIVITY GUIDE FOR YOUTH EXCHANGES



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

## Brno. For you.

# Mind Growth Odyssey

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# ABOUT THIS BROCHURE

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This toolbox was created as an outcome of the Erasmus+ two-phase youth exchange “Mind Growth Odyssey”, held in Moravec (Czechia) and Alicante (Spain). The project brought together young people from across Europe to explore the topics of mental health, emotional well-being, and youth empowerment in today’s fast-paced world.

During the first phase, participants deepened their understanding of Erasmus+ opportunities, learned about key principles of mental well-being, and developed essential teamwork skills. In the second phase, the roles shifted and it was the youth who took the lead. With guidance from experienced facilitators and leaders, participants designed and delivered their own workshops and activities on the mental health topics that resonated the most with them.

This collection gathers those peer-created workshops and exercises, serving as an inspiration and practical resource for youth workers, educators, and facilitators who wish to engage young people in meaningful conversations and experiential learning around mental well-being.

The activities included here foster self-awareness, empathy, communication, leadership, and teamwork while encouraging creativity and active participation. Most of them can be easily adapted for different age groups and settings, using accessible and low-cost materials to ensure inclusivity and sustainability. Above all, this toolbox reflects the spirit of the project: empowering youth through action and promoting mental health as a shared responsibility, approached with openness, compassion, and creativity.

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# THE ART OF FEEDBACK

Feedback is a fundamental skill for personal growth, effective teamwork, and meaningful learning. In youth work and mental health-focused activities, constructive feedback helps participants reflect on their experiences, understand their strengths, and identify areas for improvement in a supportive way. It fosters trust, empathy, and open communication creating a safe environment where young people can express themselves, learn from one another, and continuously evolve.

|             | FEEDBACK<br><i>a gift</i>   | CRITICISM<br><i>a bucket of water</i>  |
|-------------|---|--|
| Purpose:    | <i>I want to offer my point of view.</i>  | <i>I want to express what I dislike.<br/>I only want to express my opinion and be heard.</i> |
| Focus:      | <i>Searching for solutions.</i>   | <i>What is wrong.</i>  |
| I evaluate: | <i>the impact of someone's behavior.</i>  | <i>the personality &amp; his/her/their behavior.</i>   |
| It serves:  | <i>everyone as learning and development tool.</i>   | <i>mainly to express disapproval.</i>  |
|             | <div>using I-statements</div> <div>be specific</div> <div>act right away</div> <div>be open to other opinions</div> | <div>we both want it</div> <div>only I want it</div>   |

## ACCEPTING FEEDBACK

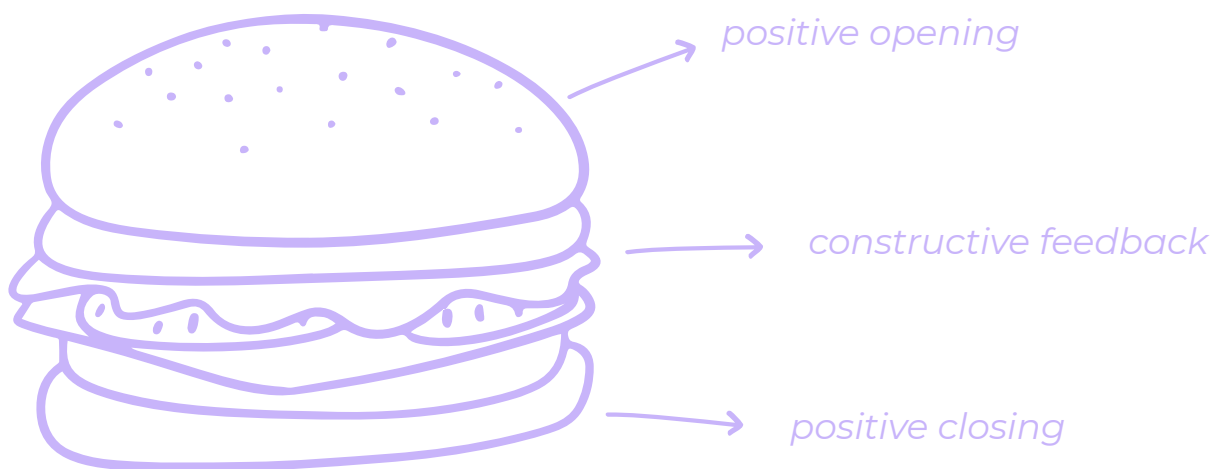


# FEEDBACK BURGER

The Burger Feedback Method (also known as the “Sandwich Method”) is a simple, structured way of giving feedback that feels supportive and easier to receive. It uses the metaphor of a burger with three layers:

1. **Top bun – Positive opening:** start with something genuine and encouraging. Highlight a strength, an effort you appreciated, or something that went well. This sets a supportive tone.
2. **Patty – Constructive feedback:** share the area for improvement clearly and respectfully. Focus on specific behaviors rather than the person, and offer suggestions or alternatives if possible.
3. **Bottom bun – Positive closing:** end with another positive remark recognizing potential, expressing confidence, or appreciating their willingness to improve. This helps the person feel motivated and valued rather than discouraged.

The method works because it balances honesty with care, making feedback more constructive, digestible, and growth-oriented.



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**Group: age 15-18, any size**



## AIM

Get general knowledge in the whole group about how the social media influences mental health.

## MATERIALS

Papers, markers.



## INSTRUCTIONS

- Write questions on the topic of social media to discuss on multiple papers and put them separately on different tables.
- Divide people into smaller groups .
- Every group visits one table and brainstorms on the topic and writes down their ideas.
- After set time limit (shorten it by every round) they switch places (but leave the paper for the other team).

*Tip: Assure the participants that it is normal if at some point they have no more things to add.*

- Usually one person stays at one table and introduces what has been already spoken about to the newcomers
- Repeat until everyone visits every table.
- At the end, the person who stayed at the table the whole time presents the final outcome to the whole group



## REFLECTION QUESTIONS

- Was it hard to start?
  - Did you still think about the previous question when you switched to different one?
  - Did you learn something new?
  - How was the communication in the team?
  - How was it at the last time? Was everything already written there?
-

# MANAGING STRESS



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**Group: no specifications (whole group)**



## AIM

Showing multiple ways how we can manage, reduce stress.  
Connecting participation with reducing stress.

## MATERIALS

NFE BOX, mental health cards (see Annex 1),  
mandalas, A4 paper, managing emotion questions



## INSTRUCTIONS

- First, the group discusses how would they feel in different situations.
- After that they all got to pick a card that they can relate to (cards were displayed on the floor and included text related to the ways to reduce stress).
- The group was divided in two smaller groups that were split on two stations.
- One group was coloring mandalas and the other was doing origami.
- After that the participants were split in 4 groups and played an escape board game (NFE BOX). Rules can be found here.



## REFLECTION QUESTIONS

- *How did you feel during the activities?*
  - *Did you enjoy the activities?*
  - *Would you do something differently?*
-

# SELF-DEVELOPMENT WORKSHOP



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**Group: no specifications (whole group)**



## AIM

To help people become a better version of themselves.

## MATERIALS

Papers, markers, pens, Whatsapp, Cards ([see Annex 2](#)), Escape game materials ([see Annex 3](#))



## INSTRUCTIONS

- Introduction: the session begins with a short introduction, setting the tone and giving everyone an overview of what to expect.
  - Cards (see Annex 2): we split into five groups, each group discusses a few questions focused on self-development and has to guess the combined topic of the questions.
  - Crossword: the teams receive a crossword with words connected to the general topic that they must solve.
  - Email for Bobby: everyone receives an email in which Bobby says he feels overwhelmed and has some problems, and then discuss based on it, what can Bobby do, what might help,...
  - Energizer: a quick energizer raises focus and energy, keeping the group engaged.
  - Escape game (see Annex 3): The game has three levels. The groups discuss their values and strenghts and in the end they write a letter to their future selves - solving skills and teamwork in a fun, timed challenge.
  - Reflection: finish with a reflection activity, where we share our thoughts and feelings about the previous activities and recieve feedback.
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## REFLECTION QUESTIONS

- *Summarize the workshop by going over the questions stated below with the participants and leaders. Notice similarities and differences between our thought and experience from the workshop, and to conclude it all receive feedback from the group.*

Questions:

- *What did you learn today?*
  - *What's the one thing that stuck with you?*
  - *Did you ever find yourself in a situation similar to Bobby's? How did you manage it?*
  - *Of everything you've learned, what can you implement into your daily life?*
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# TEAM COMPETITIONS



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**Group: no specifications (whole group)**



## AIM

The activities aim to energize participants, build trust and group cohesion, improve communication and teamwork, and promote awareness and understanding of mental health through creative, collaborative play and reflection.

## MATERIALS

Papers, dices, whiteboard, pens



## INSTRUCTIONS

The workshop consists of several shorter activities.

- Participants start with an energizer called “Evolution,” playing a game based on “rock, paper, scissors” where they physically act out the stages of evolution from an egg through chicken, dinosaur until human. They can always only have the battle with a person on the same evolutionary level and by winning the battle they upgrade to the next level.
  - Next, in the Spider Web of Compliments activity, participants form a circle and toss a ball of yarn to each other, creating a web, while giving compliments to the person they receive it from; the web is then carefully unraveled while continuing to share compliments.
  - For the activity called “Pass the Word”, participants are divided into small groups to play a silent “telephone” game using words or phrases related to mental health, and at the end, groups share how the message changed.
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- In the Crossword on Mental Health, participants work in groups to complete a mental health-themed crossword with guidance from the organizers.
- During Dices Questions, participants are divided into two main groups, further split into smaller teams; on a flipchart, letters A–Q are displayed in a circle, and organizers ask questions with answers starting with the designated letter, with teams competing to respond correctly.
- Finally, in the Group Reflection, participants and organizers discuss the workshop, reflect on their experiences, and provide feedback on facilitation and group management.



## REFLECTION QUESTIONS

- *How do you feel after this?*
  - *Say one sentence that describes mental health to you.*
  - *Discuss, how others see mental health.*
-

# FAMILY FEUD



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**Group: no specifications (whole group)**



## AIM

To raise awareness of how social media can influence and manipulate people, and to develop effective communication skills through an interactive and engaging game.

## MATERIALS

Sticky notes, markers paper, bottle, tables and chairs  
ducktape, whiteboard, prepared questions ([see Annex 4](#))



## INSTRUCTIONS

- Each team picks one leader.
- The facilitator reads a question focused on the topic of social media and their influence (see Annex 4).

*Tip: When preparing the competition, be ready to have consistent rules for all the situations - trial games can help to see what to expect and also if the rules are understandable for participants*

- Two players (one from each team) race to grab the bottle. Whoever grabs it first gives their answer. Then the other player gives their answer too.
- The answer that has more points (based on the board) wins. That team decides whether they want to keep playing or pass the question to the other team.
- The team that is playing tries to guess all the answers on the board.
- Each time they give a wrong answer, it counts as an "X." After three Xs, their turn ends.
- The other team then gets one chance to give a correct answer.
- If the other team's answer is on the board, they steal all the points. If not, the first team keeps their points.

*Tip: After the game, do some small energizer together to connect the group.*

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# WELLBEING WORKSHOP



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**Group: no specifications (whole group)**



## AIM

To explore different aspects of wellbeing and to understand that everyone perceives it differently, enhance teamwork and group dynamics, develop presentation, public speaking, and improvisation skills, strengthen leadership abilities, and improve acting and performance skills.

## MATERIALS

Chairs, flipcharts, stick notes, sheets with instructions for posters ([see Annex 5](#)), handouts, markers, pens, mobile phones, natural materials (stones, leaves, sticks...)r



## INSTRUCTIONS

The workshop consists of several shorter activities.

- **Zombie Energizer:** participants take their chairs and place them anywhere in the room. There is one extra chair. One participant becomes the zombie, moving slowly with arms stretched forward (typical zombie walk). The zombie's goal is to sit on an empty chair, while the others try to prevent it by sitting on it first.
  - **Mind Map about Wellbeing:** a flipchart is placed in the center of the circle. Each participant takes as many sticky notes as they want and writes anything they associate with wellbeing, then places them on the flipchart. Facilitators review the notes afterward. The purpose is to highlight that everyone has a different perception of wellbeing.
  - **Posters about Different Types of Wellbeing:** participants are divided into five groups. Each group creates a poster about a specific type of wellbeing, using sheets with instructions provided ([see Annex 5](#)). Each group then presents their poster and shares what they have created.
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- Energizer – Switch Places “Who...” - Participants sit in a circle. There is one chair less than the number of participants, leaving one person standing. The standing participant says: “Switch places who...,” (for example, “has a sister” or “likes dogs”). Everyone who matches the statement must get up and switch places. The goal of the standing participant is to catch a seat leaving another person standing. The participant left standing comes up with the next statement.
- Escape Room Game with Wellbeing Tasks: participants are divided into five groups. Each group receives a task list. Around the room, tasks related to wellbeing are set up. Groups must complete the tasks and aim to finish first.
- Reflection on the Game: after the escape room, participants reflect on their experience, discussing what they learned about wellbeing, teamwork, problem-solving, and communication. Facilitators guide the discussion to help consolidate insights from the activity.



## REFLECTION QUESTIONS

- *Three words I would use to describe myself during the workshop.*
  - *What was my strongest point during the workshop, and what could I do better next time.*
  - *Is there something I learned today that I would like to implement in my life?*
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# MINDFULNESS WORKSHOP



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**Group: no specifications (whole group)**



## AIM

To show how you can work with your mind, when you want to wind off a little or express your emotions differently. Art helps a lot of people to deal with stress and sharing emotions, and it doesn't have any boundaries.

## MATERIALS

Crochet hooks, yarn, guitar, bleach, black t-shirts, brushes, speaker, chairs.



## INSTRUCTIONS

The group was divided into three groups and changed station every 50 minutes.

- T-shirt making: When joining the workshop station the group was able to print their finger on a paper tree and then there was a lot of art products that they could use to design their t-shirt like textil paints, bleach solution and brushes. Everyone was reminded to bring a black t-shirt before the project.
  - Crochet: some easy patterns were found on the internet and then tried in the group. If someone finished early they could try another pattern.
  - Meditation and music: all the participants played "music chairs" which is a game, where everybody has to dance in front of the chairs until the music stops, then they have to look for a seat. Every round the circle is made smaller by removing one chair and one participant falls out. Continuing with playing different kinds of music and the participants have to think about what they feel with draws or simple words, maybe elaborating later.
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# TIPS THAT EMERGED FROM THE WORKSHOPS

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## 1. Preparation & Facilitation Setup

- Provide clear, easy-to-follow instructions; for complex activities (f.e. paper origami), consider having printed instructions available.
- Start with a short introduction to frame the activity and set expectations.
- Prepare backup activities for participants who finish earlier (if needed).
- Think about the space in advance and avoid last-minute arrangements.

## 2. Managing Group Dynamics

- Acknowledge that big groups work at different speeds; ensure no one feels lost, or include a short debrief on how the activity felt.
- Address conflicts among team members discreetly, outside of participants' view – manage your emotions and use non-violent communication.
- Be ready to support your co-facilitators, even if you're not leading the activity.

## 3. Adapting to the Environment

- Be prepared to improvise and adapt activities based on changing conditions.
  - Manage environmental factors (f.e. small papers flying because of a fan — move the table, turn off the fan, etc.).
  - Adjust timing depending on participant needs (more or less time for discussion).
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#### **4. Communication & Instruction Delivery**

- Use clear articulation and speak loudly enough; acoustics and external noise affect comprehension.
- Make sure everyone understands the instructions before beginning.
- Invite participants standing far away to come closer so they can see and hear better.
- In international groups be aware of language barriers.

#### **5. Reading the Room**

- Continuously observe the room and react if participants lose attention or the activity becomes repetitive. Change pace, introduce energizers, or switch methods when needed.
- Limit unnecessary repetition (f.e. “We’ll do only one more group because the ideas are repeating”).

#### **6. Atmosphere & Participant Experience**

- Use ambient music for suitable activities (f.e. colouring).
- During reflections or sharing, ALLOW SILENCE

#### **7. Mindset as a Facilitator**

- Adapt, improvise, overcome - things often won’t go exactly as planned... ..and that’s the magic and the mess of facilitation 😊

# ANNEX 1

## Mental health cards

\*front page with question, back page with category (matched by colors)

|   |  |      |          |
|---|--|------|----------|
| <b>Write down your thought</b><br><small>Grab a pen and pour your heart out onto paper. You don't have to be a poet, just let the words flow. Writing can help untangle the thoughts in your head and give you space to breathe.</small>  | <b>Listen to music</b><br><small>Choose songs that lift your mood or help you relax and enjoy the waves of a sound.</small>  | MIND | DISTRACT |
| <b>Comfy your surrounding</b><br><small>Create your cozy zone, light a candle, fluff your pillow, and let comfort hug you.</small>  | <b>Limit Phone Time</b><br><small>Give your mind a break-set time limits for scrolling and enjoy detachment.</small>   | MIND | DISTRACT |
| <b>Visualize a Safe Space</b><br><small>When stressed, close your eyes and picture a place where you feel safe.</small>   | <b>Change Environment</b><br><small>Refresh your mind by changing your surroundings and spot a beauty in new places.</small>   | MIND | DISTRACT |
| <b>Meditate</b><br><small>Sit still, breathe, and hear your thoughts without fighting them. Makes your mind quieter.</small>  | <b>5-4-3-2-1</b><br><small>It is good to be in present. Look around, use your senses and find...<br/>5 things that you see<br/>4 things that you can touch<br/>3 things that you can hear<br/>2 things that you can smell<br/>1 thing that you are proud of.</small> | MIND | DISTRACT |
| <b>Send a letter to your future self</b><br><small>Write a short letter with your hopes and kind words. Read it later and see how far you've come.</small>  | <b>Mandala</b><br><small>Splash your world with colour in a magical mandala. Colouring mandalas is not just creating, it is calming like giving your thoughts a mini SPA day.</small>  | MIND | DISTRACT |
| <b>Try a breathing reset</b><br><small>Slow, mindful breaths calm your nervous system and help your mind find its balance.</small>  | <b>Learn it, love it, live it</b><br><small>Surprise yourself. From trying a new recipe, to speaking a new word in another language, learning something fresh sparks curiosity and keeps life rolling.</small>   | MIND | DISTRACT |
| <b>Puzzle it out</b><br><small>Give your brain a workout with quirky games and tricky puzzles. Boost your brain power while having fun: crosswords, riddles, Sudoku or logic games. Keep your mind sharp and your mood lifted.</small>    | <b>Dig, plant, bloom</b><br><small>Watch tiny seeds turn into something beautiful. It's like nature's version of instant happiness.</small>  | MIND | DISTRACT |
| <b>Learn to forgive yourself</b><br><small>Everyone makes mistakes. Forgiving yourself is how you make space to grow.</small>   | <b>Buy/order something for yourself</b><br><small>Treat yourself! Click "buy" and let a little joy find its way to you.</small>  | MIND | DISTRACT |
| <b>Write down your thoughts</b><br><small>Grab a pen and pour your heart out onto paper. You don't have to be a poet, just let the words flow. Writing can help untangle the thoughts in your head and give you space to breathe.</small> | <b>Watch a movie</b><br><small>Pick your favorite film, grab snacks, and travel into another story for a while.</small>  | MIND | DISTRACT |
| <b>Meditate it out</b><br><small>Sit still, breathe, and hear your thoughts without fighting them. Makes your mind quieter.</small>   | <b>Eat something nice</b><br><small>Enjoy a snack you love. A little treat can lift your mood.</small>   | MIND | DISTRACT |
| <b>Your high-five list</b><br><small>List down 5 achievements, no matter how tiny and give yourself a big, mental high-five or tap on a shoulder.</small>   | <b>Time with animals</b><br><small>Spend time with a furry or feathery friend. Their unconditional love and silly little ways can make even the heaviest heart feel lighter. Let them remind you of simple joys.</small>   | MIND | DISTRACT |
| <b>Silent movie starring the world</b><br><small>Sit quietly, watch life around you and let your mind wander.</small>   | <b>Be a hero for a furry friend</b><br><small>Help an animal in need. Whether it is feeding a stray or walking a shelter dog.</small>  | MIND | DISTRACT |

### Go bungee jumping

Feel the rush,  
hear your heart beat,  
Jump into pure adrenaline

### Hydrate Your Mind & Body

Sip your way to clarity! Staying hydrated keeps your  
brain sharp, your energy steady, and your mood  
balanced.

BODY

HEALTH

### Go scuba diving

Dive beneath the surface and discover whole new  
world waiting for you

### Get some fresh air

Step outside, feel the breeze on your face, and let  
the sunlight remind you that each day is a new  
beginning. Even a few minutes in the fresh air can  
clear your mind and make the world feel a little  
brighter.

BODY

HEALTH

### Ride a bike

Hop on and let the wind wash over you. Every pedal  
helps your mind feel lighter.

### Take a nap

Close your eyes for 20 minutes - you'll wake up  
fresher than your morning coffee.

BODY

HEALTH

### Go swimming

Slide into the water and let it hold you. Swim away  
from stress for a while

### Sleep longer

Gift yourself extra hours of rest tonight - your  
body will thank you.

BODY

HEALTH

### Walk barefoot

Feel the ground under your feet. It's a simple way  
to feel calm and connected.

### Tidy Up / Clean

Pick up your space a little. A cleaner room makes  
your brain feel calmer and overall healthier

BODY

HEALTH

### Body movement

Move your body in a way that feels good. Dance in  
your room, stretch, or take a walk. Every step,  
every stretch, is your body's way of saying: I'm  
alive, I'm strong, and I can keep going

### Scrap it, Snap it, Relieve it

Gather your happiest moments and turn them  
into a scrapbook. That is like a time machine  
for good vibes

BODY

CREATIVE

### Yoga fun

Move and stretch so your body feels less tight and  
stressed. It helps your brain chill out too.

### Dream it, list it, and start ticking off that bucket list

Big or small, your dreams matter.  
Writing them down makes them real.  
Crossing them off feels amazing and rewarding.

BODY

CREATIVE

### Move like you mean it

Dance, stretch, run, jump... Just get your body in  
happy motion

### Organize Your Memories

Sort through your photos, letters, or keepsakes.  
Reliving happy moments can give your heart a  
gentle lift.

BODY

CREATIVE

### Pack, go, glow!

Travel opens your eyes, fills your stories with  
colour and creates memories you will cherish  
forever (even short trips count)

### Do small craft

Make something with your hands. Even tiny  
creations can bring big smiles

SOCIAL

CREATIVE

### Call a social helpline

When things feel too heavy, reaching out is a  
sign of strength. There's always someone  
ready to listen.

### Do something creative

Create something anything. Draw, paint, cook,  
play music, or build. Your creativity is your  
superpower, a reminder that you can turn even a  
dull day into something beautiful

SOCIAL

CREATIVE

### Practice Everyday Kindness

Even a smile or a simple compliment can  
brighten both your day and someone else's.

### Write or read something

Open a book and step into another world, or write  
your own story and shape a world of your own.  
Words can heal, inspire, and remind you that  
there's always more to discover

SOCIAL

CREATIVE

### Volunteer

Using your time to help someone else is  
therapy for you. Try it, it is great.

### Set Daily Goals

Pick 1 - 3 small things to do each day.  
Checking them off will make you feel like  
you did something.

SOCIAL

CREATIVE

### Hang out with friends

Surround yourself with people who make you  
laugh, listen to you, and lift you up. Being  
with friends isn't just fun. It's proof that  
you're not alone in this journey

### Paint it

Put colors on paper or canvas. It's fun and  
can show feelings without words.

SOCIAL

CREATIVE

### Spend Time with Loved Ones

Be around people you like. Talking or hanging  
out makes you feel less lonely. Even silence is  
nicer in the company

### Play Music

Make sounds or play a song. It can make  
you happy or help you let out feelings.

SOCIAL

CREATIVE

**What is one goal you are excited to work toward right now, and why?**



**How do you make sure your time and energy are shared between work, rest, and fun?**



**When was the last time you felt proud of yourself, and what caused it?**



**What small habit could you do every day to grow?**



**What choice can you make today to have more control over your future?**



**What do you do when things go wrong, and how do you recover?**



**What is one new thing you want to learn this month, and how will it help you?**



**What is something in life that gives you a strong sense of meaning?**



**How does having a sense of direction change the way you live each day?**



**Can your sense of fulfillment come from helping other people?**



**Do you think everyone has one main goal in life or many smaller ones?**



**How can travel or new experiences help you discover your calling?**



**What is one thing you could do today to get closer to your mission?**



**Can having a clear purpose make you happier?**



**When was the last time I felt truly proud of myself, and why?**



**What is one value you live by, and how does it shape your daily decisions?**



**What motivates me most in my daily life—external rewards or internal satisfaction?**



**When was the last time you stepped outside your comfort zone, and what did you learn from it?**



**How do you usually react to setbacks, and what would you like to change about that reaction?**



**If you could change one habit starting today, what would it be and why?**



**What do you believe is your greatest strength, and how could you use it more effectively?**



***How do you know when you're moving forward in life as a person?***



***Can you think of a time when something felt uncomfortable, but it helped you get out of your comfort zone?***



***What can you learn only by experience? Why do we learn faster that way?***



***What are 3 areas of your life in which you'd like to get better in the next year? Why?***



***Who inspires you when it comes to becoming a better person, and what do they do that stands out to you?***



***What habits or mindsets do you think support or block development?***



***Think about kinds of growth. What's different between them? Are they correlated?***



***How can you tell if you're moving forward instead of just staying busy?***



***Which small actions each day add up to the biggest improvements over time?***



***How can obstacles be turned into stepping stones toward your goal?***



***When is it better to focus on consistent effort instead of chasing rapid gains?***



***How do you decide if progress in one area is worth what you give up in another?***



***What's the best way to ask for input that helps you improve faster?***



***How can you spot when things have stalled and it's time to try a new approach?***





# ANNEX 3

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## Escape game

### Example of values

Integrity  
Leadership  
Growth  
Honesty  
Accountability  
Family  
Fun  
Stability  
Courage  
Faith  
Respect  
Inclusion  
Loyalty  
Adventure  
Bravery  
Empathy  
Patience  
Communication  
Ethics  
Honor  
Curiosity  
Balance

### Example of strengths

Tactfulness  
Leadership  
Diplomacy  
Assertiveness  
Networking  
Likability  
Sense of Humor  
Negotiation skills  
Outgoing  
Social Awareness  
Charisma  
Approachability  
Conflict Resolution  
Persuasiveness  
Cultural competence  
Making Friends  
Perspective Taking  
Relationship Building  
People person  
Cooperative  
Interpersonal Sensitivity  
Creativity

### Letter to the future

Possibility to use: <https://www.futureme.org>.

1. What are you proud of today?
2. What are your current challenges?
3. What hopes/goals do you have for your future self?
4. What habits are you trying to build?
5. Who is the most important person for you ?

# ANNEX 4

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## Family feud questions

**Which social media app makes people feel the most stressed?**

1. Instagram
2. TikTok
3. Twitter / X
4. Facebook
5. Snapchat

**What do people often feel after spending too much time on social media?**

1. Anxiety
2. Jealousy
3. Sadness
4. Anger
5. Loneliness

**What do people do when social media feels too much?**

1. Take a break
2. Delete the apps
3. Talk to friends
4. Try to relax
5. Meditate

**What good things can social media bring for mental health?**

1. Support from others
2. Sharing your feelings
3. Making friends
4. Learning new things
5. Getting inspired

**What hurts people's self-esteem on social media?**

1. Comparing with others
2. Perfect influencers
3. Likes and followers
4. Bad comments
5. Too many filters

**What can people do to protect their mental health online?**

1. Use social media less
2. Follow positive pages
3. Turn off notifications
4. Avoid arguments
5. Unfollow negative accounts

**What kind of content is "toxic" on social media?**

1. Hate and bullying
2. Fake beauty standards
3. Fake news
4. Drama and fights
5. Negative posts

**Why do young people use social media the most?**

1. For fun
2. To talk with friends
3. To express themselves
4. For likes and attention
5. To see trends

**What problems can come from too much social media use?**

1. Anxiety
2. Trouble sleeping
3. Depression
4. Hard to focus
5. Feeling tired

**What do people often do before sleep, even if it's bad for them?**

1. Scroll on the phone
2. Reply to messages
3. Watch TikTok videos
4. Check notifications
5. Read posts or comments

### **What kind of content helps people relax?**

1. Nature or animal videos
2. Calm music
3. Positive quotes
4. ASMR
5. Funny videos / memes

### **What can parents do to help kids use social media in a healthy way?**

1. Talk with them
2. Set time limits
3. Be a good example
4. Teach them the risks
5. Watch content together






### **What can people do in real life to feel better after social media stress?**

1. Go for a walk
2. Do sports
3. Read a book
4. Meet friends in person
5. Meditate or do yoga

### **What happens when people always compare themselves to others online?**

1. Feel bad about themselves
2. Feel anxious
3. Feel jealous
4. Feel sad
5. Want more attention


### **What do people do right after waking up?**

1. Check their phone 
2. Yawn 
3. Go to the bathroom 
4. Drink water / coffee 
5. Say "5 more minutes..." 

### **What should people post more to make social media a happier place?**

1. Positive messages
2. Real life moments
3. Support for others
4. Funny things
5. Gratitude posts





### **What's something people post too much on social media?**

1. Food pictures 
2. Selfies 
3. Gym photos 
4. Vacation pics 
5. Quotes about love




### **What do people forget at home when they go out?**

1. Phone 
2. Keys 
3. Wallet 
4. Glasses 
5. Bag 

### **What does a wife say to her husband when she comes home?**

1. "Did you miss me?" 
2. "Why is the house such a mess?"
3. "What's for dinner?" 
4. "You didn't do the dishes, did you?" 
5. "I'm so tired..." 

### **What does the husband want to do, but the wife doesn't let him?**

1. Buy a new TV 
2. Go out with friends 
3. Watch football all day 
4. Eat junk food
5. To be the boss





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**Brno.**  
**For you.**



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