



SPREAD YOUR WINGS

DECK OF CARDS



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INTRODUCTION

This card deck was created during *Spread Your Wings*, a Training Course for youth workers, which took place in Centola (Italy), in November 2025, co-funded by the Erasmus+ programme and coordinated by Revolution Hub APS.

This deck serves as a non-formal educational tool to work with youth. It is the fruit of a shared process of exploration and research into the archetypes of the psyche, a creative journey in which each participant brought their own inner landscape to the surface through image, intuition, and symbol.



ACTIVITY I

I AM THE ONE WHO

For autobiographical and poetic writing

Objectives

- Approach creative writing as a tool for self-knowledge
- Give voice to inner parts that usually remain silent
- Discover personal images and metaphors



ACTIVITY 2

CARDS AS MUSE

Objectives

- Explore and remember personal inner resources
- Develop the capacity to seek guidance and wisdom within oneself
- Learn to formulate meaningful questions
- Strengthen the sense of personal agency

This exercise does not offer rational solutions: it trains the capacity to access a deeper, intuitive, and symbolic level of intelligence.



ACTIVITY 2

CARDS AS MUSE

Description

Before drawing a card, each participant thinks of a situation in their life where they feel stuck or confused. They don't need to share it, they can keep this information to themselves.

They then formulate a question internally, as clearly as possible (e.g.: *What do I need right now?*, *What am I forgetting?*, *How can I move through this moment?*).

They then draw a card and observe it in silence. Write or draw freely for five minutes. Then, in a circle, each person may choose to share the “message” received from the card: a sentence, an image, a word.



ACTIVITY 3

SOUL COLLAGE

Objectives

- Experience collage as a symbolic, non-verbal language
- Explore what emerges when the hand works more than the mind
- Get to know each other in pairs through the sharing of an authentic creative process
- Develop the capacity to narrate inner experience

We recommend introducing this activity after a guided meditation or a grounding exercise.



ACTIVITY 3 SOULCOLLAGE

Description

Each participant receives materials to create a new card: magazines, scissors, glue, cardboard. The theme can be open or focused — for example, participants can work around a specific feeling, or explore one of the archetypes of the psyche.

Participants are invited to choose images without thinking too much, letting themselves be drawn to what catches their attention without quite knowing why.

The work is done in silence, with background music if the group wishes. Allow around twenty to thirty minutes.

When the cards are finished, participants split into pairs and share about the process and what emerged.

ACTIVITY 3

SOULCOLLAGE

Guiding question: *How did you feel while you were creating? Was there a moment of surprise? What did you expect and what came out instead? Is there something in your card you didn't expect to put there?*

Listening in pairs is active but non-interpretive: the partner does not explain, analyse, or reassure. They can ask open questions and reflect back what they have heard.

To close, those who wish may present their card to the whole group with a single line of poetry, as in Activity 1.









































