

Pulse of Life TOOLKIT

Mindfulness, Participation and Resilience in Youth Work

The Pulse of Life Toolkit supports youth workers in fostering mindful awareness, meaningful participation and personal resilience. Through practical tools and nature-inspired activities, it encourages young people to connect with themselves, each other and the world around them – building skills for well-being, active citizenship and sustainable futures.



MINDFULNESS TOOLS

Simple, accessible practices to build self-awareness, focus and emotional well-being.



PARTICIPATION & GAMIFICATION

Engaging methods and game-based approaches to empower young people and strengthen collaboration.



NATURE-BASED PRACTICES

Activities that connect young people with nature to support resilience, reflection and belonging.



YOUTHPASS REFLECTION

Guided reflection prompts to recognise learning, growth and skills through the Youthpass process.



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Introduction

The Pulse of Life Toolkit is designed to support youth workers in cultivating mindfulness, meaningful participation and personal resilience. Grounded in nature-inspired practices and inclusive values, it offers practical activities and reflection tools that empower young people to connect with themselves, each other and the world around them.

This toolkit is more than a resource — it is an invitation to grow together, foster well-being and build a future rooted in empathy, collaboration and sustainability.



HOW TO USE THIS TOOLKIT

This toolkit is flexible and designed to adapt to different groups, settings and needs. Whether you are facilitating a short workshop or a longer programme, you can:



EXPLORE

Browse the sections and choose activities that fit your goals and context.



ADAPT

Adjust the activities to suit the age, interests and needs of your group.



ENGAGE

Facilitate with an open mind and create space for participation and expression.



REFLECT

Use the reflection prompts to deepen learning and celebrate progress together.

QUALITY AND INCLUSION PRINCIPLES

Our approach is guided by values that ensure every young person feels safe, respected and empowered to participate fully.

WELL-BEING

We prioritize mental and emotional well-being in every activity.

PARTICIPATION

Young people are active contributors in shaping their experiences.

INCLUSION

We embrace diversity and ensure everyone feels welcome.

NATURE CONNECTION

We draw inspiration from nature to nurture calm, care and perspective.

SAFETY

We create safe, supportive spaces where everyone can thrive.

REFLECTION

We encourage reflection as a path to learning, growth and action.

Together, these principles help us build meaningful, inclusive and sustainable experiences that leave a lasting impact.

Mindfulness and Self-Care Toolbox



This section offers a collection of practical, nature-inspired and inclusive methods to help youth workers support well-being, participation and resilience. Each method is easy to adapt and encourages young people to connect with themselves, others and the world around them.

METHOD 1 <i>Method Title Here</i>		
	OBJECTIVE	What the method aims to achieve.
	TARGET GROUP	Who is this method for?
	DURATION	Estimated time needed.
	MATERIALS	What you need to prepare.
	STEP-BY-STEP	Detailed instructions for implementing the method.
	REFLECTION	Guiding questions or prompts to encourage reflection.
	INCLUSION AND ACCESSIBILITY	Tips to ensure everyone can participate meaningfully.
	SAFETY AND SENSITIVITY	Considerations for creating a safe and respectful space.
	ADAPTATION FOR YOUTH WORK	Ideas to adapt the method to different settings or group needs.

NOTE TO FACILITATORS

Choose the methods that best fit your group, context and goals.
Be present, listen actively and encourage young people to take care of themselves and each other.

Mindfulness and Self-Care Toolbox



Method Title: *Mindful Breathing Reset*

A simple breathing practice to pause, reset and return to the present.



OBJECTIVE

To help young people reduce stress, increase awareness and regain focus.



TARGET GROUP

Young people (12+ years).



DURATION

10-15 minutes.



MATERIALS

A quiet space, comfortable seating, optional soft background music.



STEP-BY-STEP

1

Step In – Find a comfortable position, either sitting or standing. Gently close your eyes or soften your gaze.

2

Notice Your Breath – Take a natural breath in and out. Notice how it feels without changing it.

3

Stepen the Breath – Inhale slowly through your nose for a count of 4. Exhale gently through your mouth for a count of 6.

4

Focus and Anchor – Bring your attention to the sensation of breathing. When your mind wanders, gently return to your breath.

5

Continue – Repeat for 5-10 minutes.

6

Close – Take one last deep breath in and out. Notice how you feel. Slowly open your eyes.



REFLECTION

Take a few moments to reflect. What did you notice during the practice? How do you feel now compared to before?

INCLUSION AND ACCESSIBILITY

Offer options for sitting or standing. Use inclusive language and invite participants to adapt the practice to their needs. Encourage everyone to participate in their own way.

SAFETY AND SENSITIVITY

Remind participants they can open their eyes or take a break at any time. Avoid pushing for deep emotions. Provide grounding support if needed.

ADAPTATION FOR YOUTH WORK

Make it interactive: invite participants to place a hand on their chest or stomach to feel the breath. Use shorter rounds or group breathing to build connection.

A few conscious breaths can create space for change.

Mindfulness and Self-Care Toolbox



Method Title: *Nature Connection Walk*

A mindful walk that invites young people to slow down, engage their senses and connect with nature and themselves.



OBJECTIVE

To encourage presence, awareness and connection with nature.



TARGET GROUP

Young people (12+ years).



DURATION

30–40 minutes.



MATERIALS

Comfortable clothing, optional notebook or leaf to collect observations.



STEP-BY-STEP

1

Set the Intention – Gather the group and invite them to set an intention for the walk (e.g. to be present, to notice, to connect).

2

Begin the Walk – Walk in silence for the first few minutes, encouraging participants to slow down.

3

Engage the Senses

5 things they can see, 4 things they can feel, 3 things they can hear, 2 things they can smell, 1 thing they are grateful for.

4

Mindful Pause – Stop as a group. Take a few moments to sit or stand in stillness and notice the surroundings.

5

Share (Optional)

Invite participants to share one observation or feeling if they feel comfortable.

6

Close – Thank nature and each other. Reflect on how the walk felt.



REFLECTION

What did you notice during the walk? How did being in nature make you feel? What can you take with you from this experience?



INCLUSION AND ACCESSIBILITY

Choose accessible routes and natural spaces. Allow flexibility in walking pace and participation. Offer alternatives for those who prefer not to walk (e.g. sitting in a natural space). Use simple, clear guidance.

SAFETY AND SENSITIVITY

Check the location for safety risks. Be mindful of weather conditions. Respect personal boundaries and the need for quiet.

ADAPTATION FOR YOUTH WORK

Add creative elements, nature journaling, collecting natural objects or group challenges (e.g. find something that represents calm). Link the walk to themes of wellbeing and sustainability.

Nature is not a place to visit, it is home.
– Gary Snyder

Nature-Based Practices

CONNECT. RESTORE. THRIVE.

Spending time in nature can reduce stress, boost mood and increase creativity. These practices invite young people to connect with the natural world and with themselves through simple, accessible activities.

METHOD 1

Method Title: *Five Senses Nature Awareness*



OBJECTIVE

To help young people ground themselves in the present and build awareness through the senses.



TARGET GROUP

Young people (12+ years).



DURATION

20 – 30 minutes.



MATERIALS

None required, optional journal.



STEP-BY-STEP

1

Settle In

In the comfortable spot outdoors.
Take a few moments to arrive and notice your surroundings.

2

See

Look around. Name 5 things you can see in nature.

3

Hear

Close your eyes. Listen for 4 different sounds.

4

Feel

Notice 3 things you can feel (e.g. the breeze, the ground, your clothing).

5

Smell

Take a deep breath. What are 2 scents you notice?

6

Taste

If appropriate, notice a natural taste (e.g. mint leaf, fresh air).

7

Reflect

Take a moment to notice how you feel now.



REFLECTION

What was most surprising?
Which sense helped you feel most present?

INCLUSION AND ACCESSIBILITY

Offer seat options. Provide access to public spaces and assistive tools if needed. Adapt to the environment.

SAFETY AND SENSITIVITY

Check the area for hidden pockets or spaces. Provide access to public spaces (e.g. street or site).

ADAPTATION FOR YOUTH WORK

Use shorter rounds or focus on 5–3 spaces if time is limited.

METHOD 2

Method Title: *Nature Gratitude Walk*



OBJECTIVE

To encourage gratitude, positive thinking and connecting with natural world



TARGET GROUP

Young people (12+ years).



DURATION

30 – 45 minutes.



MATERIALS

Notebook or paper, pen or pencil



STEP-BY-STEP

1

Set the Intention

Explain the purpose of the walk: to notice and appreciate

2

Begin the walk

Walk slowly in silence for the first few minutes

3

Notice and Appreciate

Encourage participants to notice things they are grateful for in nature

4

Capture Gratitude

Invite participants to write, draw or take photos of what they appreciate

5

Share (optional)

Invite participants to share 1 thing they are grateful from the walk

6

Close

End with a deep breaths and a moment of appreciation



REFLECTION

How did the walk influenced your mood or mindset?

INCLUSION AND ACCESSIBILITY

Choose accessible routes. Allow time to pauses. Provide alternatives (e.g. seated or on-site)

SAFETY AND SENSITIVITY

Check weather conditions and terrain. Respect personal space and culture values.

ADAPTATION FOR YOUTH WORK

Make it interactive: use prompts, photo challenges or group discussion

Methods Section

PRACTICAL TOOLS FOR CONNECTION AND WELL-BEING

Explore a variety of nature-inspired methods designed to support young people's well-being, strengthen relationships and encourage meaningful participation. Choose what fits your group, adapt as needed and enjoy the process.



METHOD 3

Tree of Strengths



OBJECTIVE

To help young people identify their personal strengths and recognise the support around them.



TARGET GROUP

Young people (12+ years).



DURATION

45-60 minutes.



MATERIALS

Large paper or whiteboard, markers, sticky notes, coloured pencils.



STEP-BY-STEP



1 Introduce Explain the tree metaphor: roots what supports us, trunk our strengths, branches = what we want to grow.



2 Roots Invite participants to write or draw people, places experiences that support them. Add to the roots.



3 Trunk - Ask participants to write their strengths or qualities. Add to the trunk.



4 Branches Invite participants to share goals, hopes or things they want to grow. Add to the branches.



5 Share (Optional) - Invite participants to share their tree and something they discovered about themselves.



6 Close Thank everyone and reflect on the power of support and strengths.



REFLECTION

What strengths do you see in yourself? Who supports you?



INCLUSION AND ACCESSIBILITY

Offer visual, verbal and hands-on options. Allow time and space to express in different ways.



SAFETY AND SENSITIVITY

Remind participants to respect each other's stories. No pressure to share.



ADAPTATION FOR YOUTH WORK

Use smaller groups or pairs. Offer creative options (draw, collage, use symbols).

METHOD 4

Nature Mandala



OBJECTIVE

To encourage mindfulness, creativity and connection with nature.



TARGET GROUP

Young people (12+ years).



DURATION

40-60 minutes.



MATERIALS

Natural objects (leaves, stones, flowers, twigs), large outdoor space or cloth/mat.



STEP-BY-STEP



1 Set the Intention - Invite participants to take a moment to breathe and set an intention for the activity.



2 Collect - In small groups or individually, collect natural items that catch your eye.



3 Create Arrange the items in a circle (mandala) on the ground, starting from the centre and working outwards.



4 Observe Step back and observe your mandala. Notice the shapes, colours and patterns.



5 Share (Optional) - Invite participants to share what their mandala represents or how it makes them feel.

6 Close Thank nature and each other. Take group moment of gratitude for the space.



REFLECTION

What do you notice about the mandala? How do you feel?



INCLUSION AND ACCESSIBILITY

Allow flexibility in movement and expression. Provide alternatives (e.g. use photos of nature if outdoors isn't possible).



SAFETY AND SENSITIVITY

Check the space for safety (allergies, sharp objects, accessibility). Respect nature.



ADAPTATION FOR YOUTH WORK

Make it collaborative: create one large mandala together. Use music or storytelling.



Nature does not hurry. yet everything is accomplished.

Lao Tzu



Inclusion, Participation and Nature-Based Work

EVERY VOICE. EVERY BODY. EVERY PLACE.

These methods invite all young people to belong, contribute and lead.
Nature helps create spaces where everyone can participate in their own way.



METHOD 5

Nature Listening Circle



OBJECTIVE

To encourage active listening, empathy and inclusion through connection with nature and each other.



TARGET GROUP

Young people (12+ years).



DURATION

30-45 minutes.



MATERIALS

A natural outdoor space, blanket or mats, talking piece (e.g. stone or leaf).



STEP-BY-STEP



1 Set the Space - Sit in a circle in a natural setting. Take a few breaths together.



2 Introduce the Talking Piece Explain that only the person holding the item speaks; others listen.



3 Listening Round - Each person shares something they love or notice in nature.



4 Nature Reflection - Invite a moment of silence to listen to the natural world together.



5 Group Sharing - Discuss how it felt to listen and be heard.



6 Close Thank everyone and take a collective breath of gratitude.



REFLECTION

How did it feel to listen deeply? What did you learn from others?



INCLUSION AND ACCESSIBILITY

Use optional talking methods (draw, write, gesture). Respect different communication styles.



SAFETY AND SENSITIVITY

Encourage respect, patience and non-judgment. Allow silence.



ADAPTATION FOR YOUTH WORK

Use in team-building, debrief sessions or reflective check-ins.

METHOD 6

Green Action Planning



OBJECTIVE

To empower young people to take collective action for nature and their communities.



TARGET GROUP

Young people (12+ years).



DURATION

60-90 minutes.



MATERIALS

Paper or poster, markers, natural items for inspiration, sticky notes.



STEP-BY-STEP



1 Connect with Nature Spend a few minutes outside. What do you care about in your environment?



2 Identify Issues - In small groups, list local nature challenges or needs.



3 Dream Big What would you love to see change? No idea is too big.



4 Choose One Action Pick one idea that feels possible and meaningful.



5 Plan It Who, what, where, when and how?



6 Share and Commit - Present plans to the group and take one small step forward.



REFLECTION

What did you learn about your community and yourselves?



INCLUSION AND ACCESSIBILITY

Offer different roles (writer, speaker, designer, organiser). Value every contribution.



SAFETY AND SENSITIVITY

Be mindful of eco-anxiety. Focus on positive action and realistic steps.



ADAPTATION FOR YOUTH WORK

Link to local projects, youth councils or environmental programmes.

The best time to plant a tree was twenty years ago.
The second best time is now.

- Chinese Proverb.

Practical Methods for Connection and Well-being

Explore, adapt and apply these methods to support youth participation, strengthen relationships and nurture a deeper bond with nature.



METHOD 7

Advanced Reflective Practices



OBJECTIVE
To deepen self-awareness, critical reflection and understanding through structured reflection.



TARGET GROUP
Young people (15+ years).



DURATION
60-90 minutes.



MATERIALS
Journals or notebooks, pens, large paper, markers, quiet space.



STEP-BY-STEP



Set the Intention - Invite participants to set a personal intention for the reflection.



Guided Prompts - Provide open questions to explore experiences, emotions and insights.



Individual Reflection Give time for silent writing or creative expression.



Pair or Small Group Sharing - Invite participants to share what they feel comfortable with.



Collective Insights - Highlight common themes (no need to name individuals).



Close End with a moment of grounding and appreciation.



REFLECTION
What did you discover about yourself? What will you take forward?



INCLUSION AND ACCESSIBILITY
Offer written, visual or creative options. Respect different interpretations and ways of sharing.



SAFETY AND SENSITIVITY
Remind participants they can pass on sharing. Maintain confidentiality and respect.



ADAPTATION FOR YOUTH WORK
Use age-appropriate prompts. Offer choices in how to reflect (writing, drawing, voice notes).

METHOD 8

Mindfulness in Action



OBJECTIVE
To bring mindfulness into daily life and help young people act with awareness and intention.



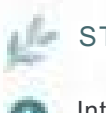
TARGET GROUP
Young people (12+ years).



DURATION
30-60 minutes.



MATERIALS
None required, optional cards or prompts.



STEP-BY-STEP



Introduce — Explain what mindfulness is and how it helps in everyday situations.



Mindful Activity - Choose a short practice (e.g. mindful eating, walking, listening, single-tasking).



Experience - Guide participants through the activity in silence or gentle awareness.



Group Check-In - Invite participants to share how it felt.



Link to Action - Discuss how they can use mindfulness in real-life moments (e.g. before an exam, during stress).



Close End with a breath or grounding practice.



REFLECTION
How can mindfulness help you in your daily life? What small change will you try?



INCLUSION AND ACCESSIBILITY
Offer different activities and allow flexibility. Provide written instructions or visual supports.



SAFETY AND SENSITIVITY
Be transparent about the practice. Respect personal boundaries and comfort levels.



ADAPTATION FOR YOUTH WORK
Make it practical and relatable. Connect to real-life situations young people face.



NOTE TO FACILITATORS

Adapt these methods to your group, space and time. The most important element is your presence, empathy and willingness to grow together with young people.



Look deep into nature, and then you will understand everything better.

— Albert Einstein



Advanced Methods and Creative Reflection

DEEPEN AWARENESS. INSPIRE GROWTH. EMPOWER CHANGE.

These practices invite young people to explore their inner world, express themselves creatively and reflect on their journey. They support personal growth, critical thinking and meaningful group connection.



METHOD 9

Life Timeline Reflection



OBJECTIVE

To reflect on personal journeys, identify key moments and recognise growth and strengths.



TARGET GROUP

Young people (15+ years).



DURATION

60-90 minutes.



MATERIALS

Large paper, markers, sticky notes, magazines (for collage), glue.



STEP-BY-STEP



1 Introduce

Explain that a life timeline helps us see our journey and celebrate important moments.



Draw the Line Invite participants to draw a horizontal line across the paper to represent their life.



Mark Key Moments - Add highs, lows and turning points. Use words, drawings, symbols or images.



Reflect - Look at the timeline. What patterns do they notice? What have they learned?



Share (Optional) - Invite participants to share one moment or insight.



Close Thank everyone for their openness and courage.



REFLECTION

What moments shaped you the most? What strengths helped you overcome challenges?



INCLUSION AND ACCESSIBILITY

Offer different formats. (visual, written, audio). Allow time and space for personal reflection.



SAFETY AND SENSITIVITY

This method can bring up strong emotions. Emphasise that sharing is optional and respect confidentiality.



ADAPTATION FOR YOUTH WORK

Use digital tools or timeline templates. Allow creative formats (e.g. video, comic, music).



ALTERNATIVE OPTION

Creative Expression Colage

Invite participants to create a collage that represents how they feel today or their dreams for the future. Use images, words and colours that speak to them.



NOTE TO FACILITATORS

These methods require trust, time and presence. Create a safe container, be flexible and follow the group's needs. Reflection deepens when young people feel heard, respected and supported.



The journey within is the path to connection without.

- Lao Tzu



Methods for Growth and Sharing

DEEPEN. SHARE. INSPIRE.

These methods help young people reflect deeply, communicate their voices and share what matters. They support personal growth, community connection and meaningful action.



METHOD 10

Voices of Change



OBJECTIVE

To empower young people to express their opinions and ideas on topics that matter to them.



TARGET GROUP

Young people (15+ years).



DURATION

60-90 minutes.



MATERIALS

Paper, pens, sticky notes, markers, large sheet or poster.



STEP-BY-STEP



1 Set the Intention Explain the purpose: to give space to voices and ideas.



2 Prompt - Ask a guiding question (e.g. "What change would you like to see in our community or the world?").



3 Individual Reflection Give time to think and write down ideas.



4 Share in Pairs or Small Groups - Let everyone speak and listen.



5 Group Highlights - Identify common themes and inspiring ideas.



6 Take Action - Choose one idea to explore or promote together.



REFLECTION

How did it feel to share your ideas? What inspired you in others?



INCLUSION AND ACCESSIBILITY

Allow written, visual or audio responses. Respect different communication preferences.



SAFETY AND SENSITIVITY

Ensure respectful listening. Avoid debates. Affirm all contributions.



ADAPTATION FOR YOUTH WORK

Create a campaign, poster or video to share the group's message.

METHOD 11

Ripple Effect Showcase



OBJECTIVE

To celebrate learning, share impact and inspire others through creative presentation.



TARGET GROUP

Young people (13+ years).



DURATION

90-120 minutes.



MATERIALS

Display materials (posters, photos, videos, objects), digital device (optional), feedback cards.



STEP-BY-STEP



1 Prepare Decide what you want to share (journey, project, learning, impact).



2 Create Your Showcase Prepare a presentation, exhibition, video or performance.



3 Set the Space - Arrange the space to welcome guests (peers, community, partners).



4 Share and Celebrate Present your work and reflect on what you're proud of.



5 Gather Feedback Invite visitors to share what inspired them.



6 Reflect Together - What did we learn? What's next?



REFLECTION

What are you most proud of? What impact do you hope to create?



INCLUSION AND ACCESSIBILITY

Offer multiple ways to present and respond. Make the event welcoming and accessible.



SAFETY AND SENSITIVITY

Plan together. Respect boundaries. Celebrate every contribution.



ADAPTATION FOR YOUTH WORK

Invite local stakeholders or families. Share online to reach a wider audience.

NOTE TO FACILITATORS

As young people grow, they move from personal reflection to collective action and sharing. These methods help turn voice into influence and learning into impact.



When we share our stories, we spark change.

Method for Mindful Communication

LISTEN DEEPLY. SPEAK KINDLY. CONNECT TRULY.

This method helps young people build awareness around how they listen and speak. It encourages empathy, respect and authentic connection in everyday conversations.



METHOD 12

Mindful Communication



OBJECTIVE

To strengthen active listening, thoughtful speaking and empathy in communication.



TARGET GROUP

Young people (13+ years).



DURATION

45-75 minutes.



MATERIALS

Conversation prompt cards (or topics), timer, talking object (optional), paper and pens.



STEP-BY-STEP



1 Set the Intention - Invite participants to reflect on what good communication means to them.



2 Listening Practice - In pairs, one person speaks for 2-3 minutes on a given topic while the other listens without interrupting.



3 Reflect Back The listener summarises what they heard, focusing on understanding, not advice.



4 Switch Roles - Each person speaks and listens in turn on a new topic.



5 Group Reflection - Discuss: What helped you feel heard? What was difficult about listening?



6 Take It Forward - Invite participants to name one way they will listen or speak more mindfully this week.



REFLECTION

What did you notice about your listening? How did it feel to be truly heard?



INCLUSION AND ACCESSIBILITY

Use a variety of topics that are culturally relevant and inclusive. Offer alternative ways to reflect (e.g. writing, drawing, audio).



SAFETY AND SENSITIVITY

Remind participants to respect confidentiality and avoid judgement. Allow opt-out from sharing.



ADAPTATION FOR YOUTH WORK

Use scenarios from daily life (e.g. with friends, family, online). Explore digital communication and its impact on connection.



TIPS FOR SUCCESS

Model active listening and kind communication.

Create a calm, focused space with minimal distractions.

Celebrate effort and progress, not perfection.



NOTE TO FACILITATORS

Communication skills are learned through practice and reflection. Encourage curiosity, kindness and patience with self and others. Small shifts in how we listen and speak can build strong relationships and supportive communities.



The highest form of wisdom is kindness.

- The Talmud

Sharing Impact and Moving Forward

SHARE. REFLECT. CELEBRATE. CONTINUE.

These final methods support young people in recognising their growth, sharing their experiences and planning their next steps. They help turn learning into lasting impact.



METHOD 13

Share Your Story



OBJECTIVE

To empower young people to share their experiences and inspire others through authentic storytelling.



TARGET GROUP

Young people (13+ years).



DURATION

60-90 minutes.



MATERIALS

Paper or digital devices, camera or phone (optional), markers, sticky notes, internet access (optional).



STEP-BY-STEP



Introduce Explain that stories can inspire, connect and create change.



Story Prompts-Offer prompts such as:
"A moment I'm proud of.." "Something I learned..."
"How this programme changed me..."



Create Your Story Write, draw, record or design your story.



Share (Optional) - Share in the group or prepare to share online or with the wider community.



Celebrate Impact - Reflect on how sharing stories can make a difference.



Close - Thank everyone and encourage continued storytelling beyond the programme.



REFLECTION

What part of your story are you most proud of? How might it inspire someone else?



INCLUSION AND ACCESSIBILITY

Offer different ways to tell stories (writing, audio, video, art). Respect language, culture and comfort levels.



SAFETY AND SENSITIVITY

Do not pressure anyone to share. Get consent for public sharing. Protect privacy and dignity.



ADAPTATION FOR YOUTH WORK

Create a digital campaign, post on social media or present at a local event or school.

METHOD 14

Next Steps Plan



OBJECTIVE

To help young people reflect on their journey and plan meaningful next steps for the future.



TARGET GROUP

Young people (13+ years).



DURATION

45-75 minutes.



MATERIALS

Paper, pens, goal-setting template (optional), stickers or markers.



STEP-BY-STEP



Look Back - What have you learned, experienced and achieved?



Explore Dreams - What are your hopes, goals or ideas for the future?



Set Next Steps Choose 1-3 actions you want to take. Make them SMART (Specific, Measurable, Achievable, Relevant, Time-bound).



Plan and Prepare - What support or resources do you need? Who can help you?



Commit Share your next steps in the group (optional) and celebrate each other's plans.



Close - Take a deep breath and step forward with confidence.



REFLECTION

What gives you energy? What challenges might you face? How will you stay motivated?



INCLUSION AND ACCESSIBILITY

Use visual templates or icons to support understanding, Respect different life paths.



SAFETY AND SENSITIVITY

Be mindful of pressure to achieve. Support realistic goals and personal choices.



ADAPTATION FOR YOUTH WORK

Follow up with check-ins, peer support mentoring to support young people's next steps.



NOTE TO FACILITATORS

These closing methods mark the end of the journey, not the end of growth. Encourage young people to stay connected, take action and keep learning. Their voices and ideas have the power to create a better world. What we learn together, we carry forward.



Dissemination Support and Youth Reflection

SHARE. REFLECT. INSPIRE OTHERS.

These methods help young people celebrate their journey by sharing resources and reflecting on their learning. They strengthen confidence, visibility and future impact.



METHOD 15

Sharing Resources



OBJECTIVE

To help young people share their resources and inspire others by making their work visible and useful.



TARGET GROUP

Young people (13+ years).



DURATION

60-90 minutes.



MATERIALS

Completed resources (digital or physical), devices, internet access (optional), sharing platform. (e.g. Padlet, Google Drive, social media).



STEP-BY-STEP



1 Set the Intention - Talk about why sharing matters and how it can inspire others.



2 Choose What to Share Select resources, stories, or insights to share.



3 Prepare for Sharing - Organise your content, add a title, description or context.



4 Choose a Platform - Decide where and how to share (online, social media, community event, etc.).



5 Share and Celebrate - Share your work and celebrate as a group.



6 Discuss how it felt to share and what impact you hope your work will have.



REFLECTION

What did you enjoy most about sharing? How do you think others will benefit from what you shared?



INCLUSION AND ACCESSIBILITY

Offer different formats. (text, image, audio, video). Ensure platforms are accessible and easy to use.



SAFETY AND SENSITIVITY

Get consent before sharing personal stories or images. Respect privacy and community guidelines.



ADAPTATION FOR YOUTH WORK

Share within trusted spaces first. Encourage offline sharing options (e.g. posters, local exhibitions, newsletters).

METHOD 16

Youthpass Reflection



OBJECTIVE

To help young people reflect on their learning and competences using the Youthpass approach.



TARGET GROUP

Young people (13+ years).



DURATION

60-90 minutes.



MATERIALS

Youthpass template (digital or paper), pens, highlighters, quiet space.



STEP-BY-STEP



1 Introduce Youthpass - Explain what Youthpass is and how it helps recognise learning.



2 Look Back What did you do? What was challenging? What did you enjoy?



3 Identify Learning - What new skills, knowledge or attitudes did you gain?



4 Connect to Competences Link your experience to key competences (e.g. communication, teamwork, initiative).



5 Write Your Reflection Complete your Youthpass template or journal.



6 Celebrate Your Growth Share (optional) and recognise your achievements.



REFLECTION

What did you learn about yourself? What are you most proud of? What are your next goals?



INCLUSION AND ACCESSIBILITY

Provide templates in simple language. Allow oral or creative reflections (e.g. drawings, voice notes).



SAFETY AND SENSITIVITY

Respect personal boundaries. Do not pressure sharing. Encourage positive, supportive feedback.



ADAPTATION FOR YOUTH WORK

Use small-group or one-to-one reflection. Offer follow-up support and celebrate all progress.



NOTE TO FACILITATORS

Dissemination and reflection close the loop of the journey. They help young people recognise their growth and contribute to a culture of sharing, learning and positive change.



What we share and reflect upon grows stronger and inspires others..

Dance of the Elements

MOVE. FEEL. RELEASE. TRANSFORM.

This method invites participants to connect with the five elements through intuitive movement. By embodying Earth, Water, Fire, Air and Ether, they explore their inner landscape, release what no longer serves them and open to new possibilities.



INTENSITY LEVEL
Advanced (full)
Medium (shortened)



OBJECTIVE
Grounding, emotional release, flexibility through movement inspired by Earth, Water, Fire, Air, Ether.



TARGET GROUP
Adults and adolescents 16+.



DURATION
Short format
1.5-2 hours

Full format
up to 3 hours



MATERIALS
Spacious room, music playlist, comfortable clothing, water.

STEP-BY-STEP

1



GROUNDING

Arrive in the body. Breath, awareness and gentle movement to connect to the here and now.

2



EARTH MOVEMENT

Feel stability and strength. Explore weight, support and roots through grounded movement.

3



WATER MOVEMENT

Flow, soften and let go. Move with fluidity and explore emotions like waves.

4



FIRE MOVEMENT

Ignite energy and passion. Express power, boundaries and transformation.

5



AIR MOVEMENT

Expand, lighten and release. Explore freedom, play and new perspectives.

6



ETHER INTEGRATION

Connect to space, stillness, and subtlety. Sense the unseen and the bigger whole.

7



STRUCTURED REFLECTION

Close with integration, sharing (optional) and gratitude. Anchor insights in the body.



REFLECTION QUESTIONS

- Which element felt natural or challenging for you today?
- What quality do I want to invite more into my daily life?



INCLUSION & ACCESSIBILITY

Offer adapted movement options for different bodies and abilities. Allow participants to choose the level of intensity and the way they express each element (e.g. sitting, standing, subtle movement, or visualisation).



SAFETY & SENSITIVITY

Monitor emotions and energy throughout. Remind participants they can pause, rest or opt out of any movement. Create a judgment-free space and respect personal boundaries.



ADAPTATION FOR YOUTH WORK

Use thematic blocks (e.g. Strength - Flow - Fire - Freedom Connection). Focus on creative expression and group dynamics. Use shorter sequences and creative follow-ups such as drawing, journaling or group symbol creation instead of deep inner processes.

THE FIVE ELEMENTS



EARTH
Stability, support, strength.



WATER
Flow, emotion, adaptability.



FIRE
Energy, passion, transformation.



AIR
Freedom, clarity, expansion.



ETHER
Space, connection, oneness.

In movement, we remember who we are.

Chakra Practice

ALIGN. AWARE. BALANCE.

This practice invites participants to explore the seven chakras-key energy centres in the body-through guided meditation, visualisation and reflection.



INTENSITY LEVEL

Medium to advanced



OBJECTIVE

To promote body-mind awareness through guided focus on seven energy centres.



TARGET GROUP

Adults and teenagers aged 16+.



DURATION

1.5-2.5 hours



MATERIALS

Quiet room, mats, or chairs, flipchart, bell, optional music.

STEP-BY-STEP

1



OPTIONAL: EDUCATIONAL FRAMING (10-15 MIN)
Introduce the concept of chakras and the seven main energy centres. Explain their locations, associated themes and how imbalance can affect our well-being.

2



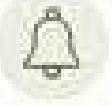
SET INTENTION & GROUND (5-10 MIN)
Invite participants to set a personal intention for the practice. Guide a short grounding exercise: breath awareness, body scan or centring.

3



GUIDED CHAKRA MEDITATION (60-80 MIN)
Move through the seven chakras from root to crown. For each chakra, guide participants to focus on:
Location in the body
• Colour and element
• Qualities and possible imbalances
Breath, affirmation or visualisation
Allow 5-8 minutes per chakra. Use gentle language, pause, and space for personal experience.

4



SILENT INTEGRATION (5-10 MIN)
Invite participants to rest in silence and notice the overall energy in the body.

5



REFLECTION IN PAIRS OR SMALL GROUPS (15-20 MIN)
Share insights and experiences. Encourage listening without advice or judgement.

6



GROUP SHARING (15-20 MIN)
Invite volunteers to share key takeaways or what stood out. Capture themes on a flipchart.

7



CLOSING PRACTICE (5-10 MIN)
Guide a short gratitude or heart-centred meditation. Invite participants to set one action or intention for their week.

8



OPTIONAL: JOURNALING (5-10 MIN)
Offer time for journaling or drawing about the experience. What did I feel? What do I need more (or less) of?

REFLECTION



- Which chakras felt open, balanced or strong today?
- Which ones felt blocked, heavy or depleted?
- What emotions or sensations came up during the practice?
- What can I do to support my energy and well-being this week?

INCLUSION & ACCESSIBILITY



Offer seated or lying-down options. Use neutral, non-religious language. Provide written or visual guides for each chakra. Allow silence or sharing according to comfort. Respect all beliefs and experiences.

SAFETY & SENSITIVITY



This practice can bring up emotions or memories. Invite participants to move at their own pace. Encourage them to pause, step out or rest if needed. Remind people to honour their limits and personal boundaries.

ADAPTATION FOR YOUTH WORK



Shorten the practice or focus on 3-4 chakras. Use creative tools (colouring, music, movement, visual cards). Connect chakras to daily life themes (e.g. confidence, connection, expression). Integrate journaling or art for self-exploration.



NOTE TO FACILITATORS

Hold a calm, grounded space and model presence. Trust the process-there is no "right" experience. The value lies in awareness and self-connection. Encourage participants to continue exploring what supports their balance and growth.



When energy flows, life flows.

Drawing Insight

SEE. EXPRESS. DISCOVER.

This method uses creative line drawing to help participants explore inner thoughts, emotions and experiences. It encourages self-awareness, reflection and new perspectives through the simple act of drawing.



INTENSITY LEVEL

Medium
(shortened) to
advanced (full)



OBJECTIVE

To promote self-awareness
and insight through
intuitive drawing and
creative reflection.



TARGET GROUP

Young people
(13+ years)
and adults.



DURATION

45-75 minutes
(short format)
Up to 90 minutes
(full format)



MATERIALS

Paper (A4 or larger),
pens, pencils, fine
liners, coloured
pencils or crayons.

STEP-BY-STEP

1



SET INTENTION (5 MIN)

Invite participants to take a deep breath and set an intention for their drawing. Ask: "What would you like to understand better about yourself today?"

2



WARM-UP DOODLE (5-10 MIN)

Encourage free, unstructured doodling to relax the mind and hand. Focus on curiosity, not outcome.

3



DRAW FROM PROMPT (20-30 MIN)

Invite participants to draw from one of these prompts (or choose their own):
My inner world A challenge I'm navigating
What gives me energy My journey so far
Let the drawing unfold intuitively.

4



EXPLORE THE IMAGE (10-15 MIN)

Ask participants to look at their drawing and notice:
What stands out? What symbols or shapes are there?
What feelings or stories emerge?

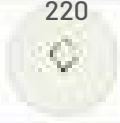
REFLECT & CAPTURE INSIGHTS (10-15 MIN)

5



Invite participants to write keywords, short phrases or a title about their drawing and what it reveals.

6



SHARE (OPTIONAL) (10-15 MIN)

Invite participants to share (if comfortable). Encourage listening without interruption or interpretation.

7



INTEGRATE (5 MIN)

What is one insight or reminder you're taking with you?
How might you honour it this week?

8



CLOSE (2-5 MIN)

Take a grounding breath. Thank the group and themselves for the creative exploration.



REFLECTION

- What did I discover in my drawing?
- What surprised me?
- What does this insight mean for me right now?
- How can I carry this awareness forward?



INCLUSION & ACCESSIBILITY

Offer drawing tools for different abilities (e.g. thick pencils, charcoal, digital tablets). Provide step-by-step visuals and sentence starters. Emphasise that artistic skill is not important-expression and process are.



SAFETY & SENSITIVITY

Drawing can bring up strong emotions. Remind participants they can pause, step out or choose not to share. Respect confidentiality. Create a judgement-free and supportive space.



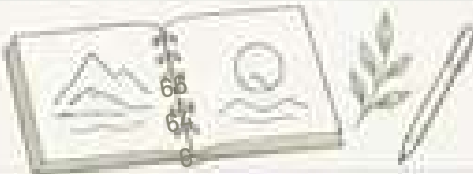
ADAPTATION FOR YOUTH WORK

Use age-appropriate prompts (e.g. "What lights me up?", "A place I feel calm"). Allow use of symbols, emojis, comic strips or mind maps. Combine with music or movement to deepen engagement and creativity..



NOTE TO FACILITATORS

Focus on the process, not the picture. Encourage trust, curiosity and presence. Hold space for all forms of expression and insight that emerge.



Every line is a step closer to understanding..

Dance/Movement Therapy – Youth Work Elements

MOVE. CONNECT. EXPRESS. EMPOWER.

This method uses movement and dance as a pathway for young people to explore who they are, how they feel and how they relate to others. Through creative movement, they can build confidence, release tension, strengthen connection and discover new ways to express themselves.



				
INTENSITY LEVEL Medium (shortened) to advanced (full)	OBJECTIVE To enhance emotional well-being, self-awareness and social connection through embodied expression.	TARGET GROUP Young people (13+ years) and adults.	DURATION 60-90 minutes (short format) Up to 120 minutes. (full session)	MATERIALS Open space, music player, comfortable clothing, optional props (scarves, balls, ribbons).

STEP-BY-STEP

-  **WELCOME & SET INTENTION (5-10 MIN)**
Create a safe and welcoming space. Invite participants to arrive in their bodies, breathe and set a personal intention for the session.
-  **WARM-UP & BODY AWARENESS (10-15 MIN)**
Use gentle music and simple movements to awaken the body. Explore breath, weight, levels and stretches. Encourage curiosity and non-judgement.
-  **MOVEMENT EXPLORATION (15-20 MIN)**
Invite free movement to music. Offer prompts such as:
How do I feel today?
What does courage feel like in my body?
Move like the weather / an element / an animal.
▪
▪
-  **CONNECT & INTERACT (15-20 MIN)**
Explore movement with others. Activities may include: mirroring, call-and-response, group shapes, movement conversations or trust-based exercises.
-  **CREATIVE EXPRESSION (15-20 MIN)**
Invite participants to create a short movement phrase, solo or in groups, that expresses a theme, emotion or story. Encourage originality and choice.
-  **SHARE & WITNESS (10-15 MIN)**
Offer space for groups or individuals to share their movement. Encourage appreciative witnessing-no applause, just presence.
-  **REFLECTION & INTEGRATION (10-15 MIN)**
Return to stillness. Invite journaling, drawing or circle sharing. What did I notice? What did I learn about myself or others today?
-  **CLOSE & GROUND (5-10 MIN)**
Thank the group. Use grounding breath, gentle stretching or a calming movement to close. Invite participants to carry an intention into their day.



REFLECTION QUESTIONS

- What did I enjoy most about moving today?
- What emotions or sensations came up?
- How did it feel to move with others?
- What did I learn about myself?



INCLUSION & ACCESSIBILITY

Offer different ways to participate (move, observe, draw, or reflect). Respect cultural and personal movement styles. Use clear, inclusive language. Allow silence or rest. Ensure the space is physically accessible and free from barriers.



SAFETY & SENSITIVITY

Movement can evoke strong emotions and memories. pause.
Always offer choice and the option
Do not touch participants unless invited.
Be mindful of personal space and trauma informed practice. Provide content warnings. if exploring heavy themes.



ADAPTATION FOR YOUTH WORK

Use age-appropriate music and themes. Shorten or extend activities to suit the time available and energy levels. Incorporate creative tools like drawing, journaling or video movement when helpful. Encourage leadership by inviting young people to co-create the session.



NOTE TO FACILITATORS

You don't need to be a trained dancer-your presence is the most important tool. Model curiosity, encourage self-expression, and hold the space with warmth and respect. Let go of perfection and trust the process. Every body has wisdom.



Movement is the language the body knows by heart. •



Meeting with Inner Child

CONNECT. NURTURE. HEAL.

This method invites participants to reconnect with their inner child to offer understanding, compassion and support. Through guided relaxation, imagination and creative expression, we create a safe space to listen, nurture and integrate.



INTENSITY LEVEL

High



OBJECTIVE

Support deep self-discovery and self-compassion.



TARGET GROUP

Adults and mature young people 18+.



DURATION

1.5-2.5 hours



MATERIALS

Quiet room, mats, blankets, optional drawing materials.

STEP-BY-STEP

1



SAFETY FRAME (10-15 MIN)

Welcome the group and set a clear safety frame. Explain that everyone can opt out at any time and only share what feels right.

2



GUIDED RELAXATION (15-20 MIN)

Guide a gentle relaxation to help participants settle into their bodies. Use breath, grounding and imagery to create calm and safety.

3



INNER CHILD MEDITATION (25-30 MIN)

Guide a visualisation to meet their inner child. Invite participants to observe, listen and ask: "What do you need?" or "What would help you feel safe and loved?"

4



CREATIVE EXPRESSION OPTIONS (30-40 MIN)

Offer ways to express the experience. Options may include:

- Drawing or painting
- Writing a letter to or from your inner child
- Creating a safe place or symbol
- Movement or play (optional)

5



DEBRIEF & GROUNDING TIME (20-25 MIN)

Invite participants to share (only if they wish). Reflect on insights. Close with grounding exercises to return to the present.



REFLECTION QUESTIONS

- What did I need to hear?
- What support do I need?



INCLUSION & ACCESSIBILITY

Use inclusive language and offer choices throughout the process. Provide options for non-verbal expression (e.g. drawing, movement). Respect all identities, backgrounds, and experiences. Ensure the space is physically accessible and sensory-aware.



SAFETY & SENSITIVITY

This work can bring up powerful emotions or memories. Remind participants they can pause or opt out at any time. Do not push sharing. Respect boundaries and confidentiality. Provide content warnings if exploring sensitive themes.



ADAPTATION FOR YOUTH WORK

Use age-appropriate language and creative methods like drawing, storytelling, play or role-play. Incorporate movement, music or games to build connection and trust. Always co-create the space and empower young people to lead their own experience.



NOTE TO FACILITATORS

Hold space with warmth and presence. Your calm, compassionate energy is key. Model self-compassion and remind participants: "You are safe. You are enough. You are not alone."



You are the one you've been waiting for. e.



Creative Strengths Mapping

SEE. HONOUR. GROW.

This method invites participants to explore their strengths, needs and resources through visual storytelling. It offers a creative and gentle alternative to deep inner work.



INTENSITY LEVEL

Low



OBJECTIVE

Help participants identify personal strengths, needs, and resources through visual storytelling and light self-reflection.



TARGET GROUP

Young people and adults aged 16+ needing a safe alternative to inner work.



DURATION

45-90 minutes



MATERIALS

Paper, pens/markers, coloured pencils, optional stickers.

STEP-BY-STEP

1



DRAW A VISUAL METAPHOR (15-20 MIN)
Invite participants to draw a tree or map that represents their life right now. This becomes the canvas for their story.

2



ADD STRENGTHS, NEEDS, SUPPORTS, AND WISHES (20-30 MIN)

- Roots / Map base = Strengths
 - Trunk/Path = Needs
- Branches / Landmarks Supports
 - Leaves / Destinations Wishes

Use words, images, colours, or symbols.

3



PAIR STORYTELLING / SHARING (15-20 MIN)
Invite participants to share their map with a partner. Encourage active listening, curiosity and appreciation. No advice unless asked.

4

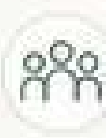


GROUP REFLECTION (10-15 MIN)
Come back together as a group to reflect on themes, surprises and inspirations. Invite volunteers to share key insights if they feel comfortable.



REFLECTION QUESTIONS

- What strengths support me right now?
- What would help me feel more balanced?



INCLUSION & ACCESSIBILITY

Suitable for different literacy levels; can utilize icons, symbols, or collage. Encourage choice in how participants express themselves.



SAFETY & SENSITIVITY

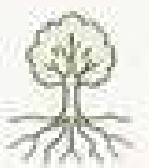
This is a light method that avoids trauma activation. Respect participants' choice to share only what feels safe. Honour boundaries and confidentiality.



ADAPTATION FOR YOUTH WORK

Great for inclusion, well-being, and team-building. Use in schools, youth clubs, group programmes or workshops. Encourages self-expression, connection and empowerment.

CREATIVE MAPPING ELEMENTS



STRENGTHS
What grounds me?
What am I good at?



NEEDS
What do I need more of?



SUPPORTS
Who or what supports me?



WISHES
What do I hope for in the future?

•Map where you are. Discover what you have. Imagine where you can go. •

Deep Relaxation

REST. RELEASE. RETURN.

This method offers a guided space to come down, recover and integrate after intensive experiences. It supports nervous system regulation, deep rest and a gentle return to everyday activity.



INTENSITY LEVEL

High but gentle



OBJECTIVE

Provide a guided recovery and integration space that supports nervous system regulation, rest and safe closure after intensive sessions.



TARGET GROUP

Adults and mature young people aged 18+ who have chosen to take part.



DURATION

30-60 minutes, plus quiet after-time.



MATERIALS

Quiet room, mats or chairs, blankets, optional eye covers, calm music, water.

STEP-BY-STEP

1



SAFETY & INVITATION (2-5 MIN)

Welcome everyone. Set a clear safety frame and remind participants they can stop, adjust or sit up at any time. Invite consent for quiet, respectful space.

2



BREATH & BODY RELEASE (5-10 MIN)

Guide slow, supportive breathing. Invite participants to soften their body: release shoulders, jaw, belly, hands and feet. Let go of effort.

3



BODY SCAN OR GUIDED IMAGERY (15-20 MIN)

Lead a slow body scan from head to toe or a calming imagery (e.g. safe place, nature, waves). Use a warm, unhurried voice with long pauses.

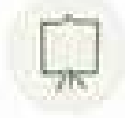
4



LONG SILENCE FOR REST (10-20 MIN)

Allow an extended period of silence for rest. Invite participants to stay as they are. Trust the stillness.

5



GENTLE CLOSING & ORIENTATION (5-10 MIN)

Guide a slow return: deepen the breath, notice the room, move fingers and toes, open eyes when ready. Offer water. Invite short sharing for those who wish.



REFLECTION

- What helped me rest most?
What do I need before re-entering activity?
What can I carry with me from this space?



INCLUSION & ACCESSIBILITY

Offer seated or lying-down options. Allow shorter silence or an eyes-open version. Provide blankets, cushions or light support. Respect sensory needs (lights, temperature, sound). Ensure a no-touch policy.



SAFETY & SENSITIVITY

This is not therapy. This practice supports rest and regulation, not clinical treatment. Avoid if someone is in acute distress without appropriate support. Encourage people to step out or ask for support whenever needed.



ADAPTATION FOR YOUTH WORK

Use as a closing or recovery practice after demanding workshops or activities. Ensure enough time for a gentle transition. Model calm presence and offer choices. Keep tone inclusive, respectful and non-directive.



NOTE TO FACILITATORS

Your calm presence is the greatest support. Speak slowly and softly. Create a space that feels held and unhurried. Trust the stillness-rest is active healing. Thank participants for their presence and care for themselves after the session.



Rest is not a break from the work; it is part of the work..



Sharing Across Borders

STORIES. CULTURES. CONNECTION.

This method invites participants to share pieces of their culture, values, and lived experience. Through listening and exchange, we build trust, celebrate diversity and learn from one another.



INTENSITY LEVEL

Low to medium



OBJECTIVE

Strengthen intercultural connection, trust and learning through storytelling, peer exchange and shared cultural reflection.



TARGET GROUP

Young people and adults aged 16+ in international youth work groups.



DURATION

60-90 minutes.



MATERIALS

Circle seating, cards, prompt sheets, paper, markers, optional objects from participants' countries, water.

STEP-BY-STEP

1



OPEN & GROUND (5-10 MIN)

Welcome everyone. Set intentions for respect, curiosity and listening. Share group agreements: listen, respect, no assumptions, right to pass.

2



SHARE FROM YOUR WORLD (15-20 MIN)

Invite participants to share a story, object, practice, tradition or value from their culture or life. Prompt ideas: a place, a celebration, a food, a belief, a saying, a daily habit. Allow time for each person to speak or show.

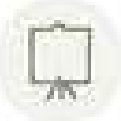
3



PAIRED OR SMALL-GROUP EXCHANGE (20-25 MIN)

Participants pair up or form small groups. Each person shares their item/story and asks questions. Encourage active listening and curiosity. Switch roles so everyone shares and listens.

4



HARVEST & CONNECT (15-20 MIN)

Come back together. Create a group mind map or list on a flipchart: What themes, values, similarities or differences emerged? Highlight what connects us.

5



REFLECT & CLOSE (5-10 MIN)

Invite a brief reflection on what was learned and felt. Thank participants for their openness and the space they created.



REFLECTION QUESTIONS

- What surprised me in another person's story?
- What connects us despite our differences?

INCLUSION & ACCESS

Offer simple prompts, pair support, and allow passing. Use translated keywords or short phrases where useful. Encourage all ways of expressing (speaking, drawing, showing, writing).

SAFETY & SENSITIVITY

Ensure non-judgmental space. Respect boundaries and self-disclosure levels. Participants choose what and how much to share.

ADAPTATION FOR YOUTH WORK

This method works as an intercultural icebreaker or a deeper reflection tool. Adjust time, depth and grouping based on group trust, size, and context.

NOTE TO FACILITATORS

Model openness and curiosity. Balance time fairly and manage airtime. Be mindful of cultural sensitivity-what's ordinary for one may be meaningful for another.

Diferent stories. Shared humanity.

Final Notes for Facilitators

Thank you for being part of creating spaces where young people can be heard, valued and empowered.

This toolkit is a practical resource for youth workers committed to wellbeing, inclusion, participation and intercultural learning. Use it with flexibility, care and creativity-your presence

makes the difference.



1



FACILITATOR REMINDERS

KEY PRACTICES THAT MAKE AN IMPACT

- ✦ Create a safe, welcoming and inclusive space.
- ✦ Model respect, curiosity and active listening.
- ✦ Adapt activities to the group, context and energy.
- ✦ Encourage participation, but never force it.
- ✦ Debrief and reflect to deepen learning.
- ✦ Look after your own wellbeing too.



2



ETHICS & SENSITIVITY

CARE IS AT THE HEART OF OUR WORK

- ✦ Always obtain informed consent.
- ✦ Protect privacy and confidentiality.
- ✦ Be mindful of cultural differences and power dynamics.
- ✦ Avoid assumptions and stereotypes.
- ✦ Use content warnings when exploring sensitive topics.
- ✦ Respect boundaries-yours and others'.



3



DISSEMINATION & REUSE

SHARE. ADAPT. GROW TOGETHER.

- ✦ This toolkit is designed to be adapted to local needs.
- ✦ Translate, modify and build on it.
- ✦ Share your experiences and outcomes.
- ✦ Let's grow a community of practice across borders.
- ✦ Together, we amplify impact.



The Pulse of Life Toolkit was created during the Erasmus+ training course "Pulse of Life" in 2025. Developed in partnership by youth workers and organisations from 8 countries across Europe.

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Thank you for holding space. Thank you for making a difference.