



# Youth Worker Handbook

## Active Learning Activities





# Contents

Contents.....	2
Introduction .....	6
Topic 1: Emotional Self-regulation .....	7
Introduction.....	7
Creative Activity: Emotion Journaling with Visual Prompts .....	8
Materials Required: .....	8
Step-by-Step Instructions: .....	9
Expected Outcomes: .....	9
Recommendations for Youth Workers: .....	9
Musical Activity: Curating a Mood-Based Spotify Playlist .....	10
Materials Required: .....	10
Step-by-Step Instructions: .....	11
Expected Outcomes: .....	11
Recommendations for Youth Workers: .....	11
Artistic Activity: Emotional Self-Portrait or Vision Board .....	13
Materials Required: .....	13
Step-by-Step Instructions: .....	14
Expected Outcomes: .....	14
Recommendations for Youth Workers: .....	14
Topic 2: Mindfulness & Relaxation .....	16
Introduction .....	16
Creative Activity: Mindful Mandala Painting.....	17
Materials Required: .....	17
Step-by-Step Instructions: .....	17
Recommendations for Youth Workers .....	18



Musical Activity: Mindful Sound Bath .....	19
Materials Required: .....	19
Step-by-Step Instructions: .....	19
Expected Outcomes: .....	20
Recommendations for Youth Workers and Young People: .....	20
Artistic Activity: Nature Mindfulness Collage .....	21
Materials Required: .....	21
Step-by-Step Instructions: .....	21
Expected Outcomes: .....	22
Recommendations for Youth Workers and Young People: .....	22
Topic 3: Effective Communication and Conflict Resolution .....	23
Introduction .....	23
Creative Activity: Role-playing Conflict Scenarios .....	24
Materials Required: .....	24
Step-by-Step Instructions: .....	24
Expected Outcomes: .....	25
Recommendations for Youth Workers: .....	25
Musical Activity: Active Listening Exercise .....	26
Materials Required: .....	26
Step-by-Step Instructions: .....	26
Expected Outcomes: .....	27
Recommendations for Youth Workers: .....	27
Artistic Activity: Storytelling for Conflict Resolution .....	28
Materials Required: .....	28
Step-by-Step Instructions: .....	28
Expected Outcomes: .....	29
Recommendations for Youth Workers: .....	29



Topic 4: Building Resilience and Coping Skills.....	30
Introduction.....	30
Creative Activity: Resilience Storyboarding .....	32
Materials Required: .....	32
Step-by-Step Instructions: .....	32
Expected Outcomes: .....	33
Recommendations for Youth Workers: .....	33
Musical Activity: Rhythm of Resilience .....	34
Materials Required: .....	34
Step-by-Step Instructions: .....	34
Expected Outcomes: .....	35
Recommendations for Youth Workers: .....	35
Artistic Activity: Resilience Mandala Mapping.....	36
Materials Required: .....	36
Step-by-Step Instructions: .....	36
Expected Outcomes: .....	37
Recommendations for Youth Workers: .....	37
Topic 5: Positive Self – Image and Self – Esteem.....	38
Introduction.....	38
Creative Activity: Strengths Mapping for Young People .....	40
Materials Required: .....	40
Step-by-Step Instructions: .....	40
Musical Activity: Affirmation Practices for Well-Being .....	42
Materials Required: .....	42
Step-by-Step Instructions: .....	42
Artistic Activity: Body Positivity and Self-Acceptance in Professional Roles.....	44
Materials Required: .....	44

Step-by-Step Instructions: .....	44
Topic 6: Peer Support and Social Cohesion.....	46
Introduction .....	46
Creative Activity: Connection Stories .....	47
Materials Required: .....	47
Step-by-Step Instructions: .....	47
Recommendations for Youth Workers: .....	48
Musical Activity: Harmony in Diversity .....	50
Materials Required: .....	50
Step-by-Step Instructions: .....	50
Recommendations for Youth Workers: .....	51
Artistic Activity: Empathy through Portraits .....	53
Materials Required: .....	53
Step-by-Step Instructions: .....	53
Recommendations for Youth Workers: .....	54
Handbook Conclusion .....	56

# Introduction

Supporting the well-being of young people has never been more important. In a world where stress, uncertainty and rapid change can define daily life, young people need practical tools and safe spaces to explore their emotions, express themselves and build the skills that will help them to grow and build resilience. As youth workers, educators and mentors, we have a unique opportunity to offer that support, not through lectures or textbooks, but through creativity, connection and play. This handbook brings together 18 active learning activities grounded in creative, musical and artistic approaches to well-being. It is designed to both help young people to feel better in the moment, and also to empower them with life-long strategies for emotional regulation, mindfulness, communication, resilience, self-worth and peer support.

This handbook provides active learning activities addressing the following six core topics:

- Topic 1 - Emotional Self-regulation
- Topic 2 - Mindfulness and Relaxation
- Topic 3 - Effective Communication and Conflict Resolution
- Topic 4 - Building Resilience and Coping Skills
- Topic 5 - Positive Self-Image and Self-Esteem
- Topic 6 - Peer Support and Social Connection

Each of the six core topics is explored through three engaging activities (one creative, one musical, and one artistic) offering varied entry points for young people to connect with their inner selves and with others. Whether it's curating a mood-based playlist, painting a resilience mandala, or mapping the strengths that make each participant unique, these activities are as much about discovery as they are about healing.

We hope this handbook will act as a trusted companion in your youth work practice and will be used as a resource that inspires both reflection and action, and that helps you nurture the emotional well-being of the young people you work with, one creative step at a time.

# Topic 1: Emotional Self-regulation

## Introduction

Emotional self-regulation is the ability to manage and respond to emotional experiences in a balanced and healthy manner. It involves being aware of emotions, understanding them and employing strategies to modulate their intensity or duration, especially in challenging or stressful situations.

For youth workers, emotional regulation is not only important for their personal well-being but also in modelling healthy emotional responses to the young people they work with. This will allow youth workers to handle stressful situations calmly and to create a supportive, emotionally safe environment for young people.

For young people, emotional regulation is a key, foundational skill for overall well-being and mental health. Adolescents and young adults can face heightened emotions due to developmental, social and environmental challenges. Without the tools to regulate emotions, they may experience heightened stress, anxiety or frustration, which can affect their mental health, relationships and academic or career performance. Emotional regulation skills allow these young people to process emotions constructively, improving resilience and helping them cope with life's ups and downs.

Incorporating creative, musical and artistic activities into youth work can support emotional regulation by providing young people with non-verbal, expressive outlets for their emotions. These activities can also promote mindfulness, self-reflection and a sense of control, helping young people to better understand their emotions and develop strategies to regulate them. Below are three activities that youth workers can incorporate into their practice to support emotional self-regulation.

## Creative Activity: Emotion Journaling with Visual Prompts

Emotion journaling is a creative way for young people to express their emotions and develop self-awareness. Through combining writing with visual prompts, this activity can encourage young participants to reflect on their emotional experiences in a structured yet creative manner. Writing about emotions can also help them to clarify their thoughts, while the visual prompts can act as a stimulus for deeper reflection. Emotion journaling is a private, introspective activity which makes it a safe space for young participants to explore their feelings without fear of judgment.

### Aims and Objectives:

- Encourage self-awareness and reflection on emotional experiences.
- Help young people identify emotional triggers and patterns.
- Provide a structured outlet for emotional expression.

**Duration:** Youth workers should ideally introduce this activity to young people through an informal session, lasting 20-30 minutes; and should then encourage young people to practice emotional journalling once per day for two weeks, and then to reflect on the impact that this has on their ability to recognise, understand and manage their emotions.

### Materials Required:

- Journals or notebooks
- Pens or pencils
- Pre-printed visual prompts (such as images of nature, abstract art, or scenes evoking different emotions)



### Step-by-Step Instructions:

1. Begin by discussing the importance of emotional regulation and how journaling can help.
2. Distribute the journals and writing materials to young people.
3. Show young people the visual prompts and ask them to choose one that resonates with their current emotional state.
4. Ask them to write about how the image makes them feel and link it to a recent emotional experience they've had.
5. Encourage them to explore their emotions through free writing for 10-15 minutes.
6. Allow time for participants to share their reflections (optional).

### Expected Outcomes:

- Increased self-awareness of emotional triggers and patterns.
- Enhanced ability to express emotions constructively through writing.
- Greater emotional clarity and insight.

### Recommendations for Youth Workers:

Youth workers should ensure that the environment is calm and non-judgmental. They should also emphasise that journaling is a private process, and sharing is optional. Lastly, it is important that youth workers are mindful of participants who may experience intense emotions and provide support as needed.

## Musical Activity: Curating a Mood-Based Spotify Playlist

Music is a uniquely powerful tool for emotional expression and regulation, capable of shifting moods, calming the mind or energising the body. In this activity, youth workers will guide young people in curating personalised Spotify playlists for different moods—such as happiness, calm, focus or catharsis. This process will allow young people to reflect on how different genres and styles of music influence their emotional states and also, how they can use music intentionally to manage stress, process emotions, and find emotional release. Through creating playlists for different emotional situations, young people can develop a deeper understanding of how music impacts their well-being and how they can use it as a self-care tool.

### Aims and Objectives:

- Help participants explore how different types of music influence emotions.
- Support emotional regulation through curated playlists for different moods.
- Promote self-awareness around the emotional impact of music.

**Duration:** It is recommended that youth workers spend between 45 and 60 minutes on this activity – allowing additional time if young people wish to share their playlists and discuss their musical choices for different emotions a little further.

### Materials Required:

- Access to Spotify, YouTube Music or another music streaming platform
- A smartphone, tablet, or computer
- Speakers (for group discussions)
- Optional: A shared playlist space for the group (via Spotify's collaborative playlist feature)



### Step-by-Step Instructions:

1. Begin with a discussion about how music affects emotions, asking participants to reflect on songs or genres that evoke specific moods (e.g., relaxation, motivation, sadness).
2. Then ask each young person to identify at least three different emotional states they experience regularly (e.g., stress, joy, or frustration). If they are not comfortable sharing with the group, they can just write down the different emotions that come to mind.
3. Ask participants to curate a playlist of 5-10 songs that align with each emotional state. For example, they may choose soothing songs for stress or upbeat music for happiness.
4. Once the playlists are complete, ask participants to play and share a few songs from their lists with the group (if they feel comfortable).
5. Facilitate a group discussion on how different songs made them feel and the role of music in helping regulate emotions.
6. Conclude by encouraging participants to use these playlists during moments when they need emotional support or regulation.

### Expected Outcomes:

- Increased understanding of how different types of music influence emotions and moods.
- Playlists that can be used as a tool for emotional regulation in everyday life.
- Enhanced self-awareness about personal emotional responses to music.

### Recommendations for Youth Workers:

In this activity, it is important that youth workers are mindful of different musical tastes and that they ensure that all genres are respected within the group. It is also important for youth workers to encourage open discussion but be sensitive to participants who

may find certain songs or emotions difficult to share. Youth workers should also end this activity by recommending that participants continue updating their playlists as their moods and emotional needs evolve over time.

## Artistic Activity: Emotional Self-Portrait or Vision Board

Creating an emotional self-portrait or vision board allows young people to visually express their emotional world by exploring the use of colour, shapes and images to represent different feelings. This activity can also help participants to externalise and explore complex emotions in a non-verbal way, promoting emotional awareness and self-reflection. Through associating specific colours, images or abstract forms with their emotions, participants can create a tangible representation of their emotional landscape. Whether they choose to create a portrait of themselves or a more abstract vision board, this process offers an opportunity for creative expression and emotional exploration.

### Aims and Objectives:

- Encourage emotional expression through art.
- Promote self-awareness by exploring emotions using colours and images.
- Encourage a deeper understanding of emotional states and triggers.

**Duration:** It is recommended that youth workers allocated 60 to 90 minutes for this activity, allowing 60 minutes for creation of the self-portraits or vision boards; and 30 minutes for presentations by young people (if they feel comfortable), and discussion about how different colours and shapes can capture our emotions.

### Materials Required:

- Large sheets of paper or canvas
- Paints, markers, or crayons
- Magazines or printed images (for vision boards)
- Scissors and glue

- Optional: Mirrors (for participants who want to create more literal self-portraits)

### Step-by-Step Instructions:

1. Begin with a discussion on how different colours and images can evoke or represent emotions (e.g., red for anger, blue for calm). For more information on this, please research some more on colour psychology through reputable sites like VeryWellMind: <https://www.verywellmind.com/color-psychology-2795824>
2. Ask young people to think about their current emotional state or a recent emotional experience; and then ask them to use colours, shapes, and/or images to create a self-portrait or vision board that represents their emotions. Encourage them to think abstractly if they prefer not to create a literal representation.
3. Give young people ample time to complete their artwork, allowing them to experiment with colours and textures.
4. Once the art is complete, invite participants to reflect on their creations. They can share with the group (optional) or keep the artwork for personal reflection.
5. Facilitate a group discussion on how different emotions were expressed through their artwork and what insights they gained about their emotional states.

### Expected Outcomes:

- Greater emotional awareness through the visual exploration of feelings.
- A creative outlet for emotional expression, leading to emotional release.
- Tangible representation of emotions that can be revisited during moments of reflection or self-regulation.

### Recommendations for Youth Workers:

Youth workers should encourage participants to experiment with different colours and textures, emphasising that there is no right or wrong way to create their art. It is also important in this activity in particular that youth workers are sensitive to participants

who may experience strong emotions during the process and provide a supportive space for reflection. This activity can be highly personal, so youth workers should allow participants the choice of whether or not to share their artwork with the group.

# Topic 2: Mindfulness & Relaxation

## Introduction

In today's fast-paced world, it's easy to feel overwhelmed and stressed. The constant barrage of information, deadlines, and expectations can leave us feeling frazzled and unable to cope. Mindfulness, a practice of paying attention to the present moment without judgment, offers a powerful antidote to these challenges. By learning and applying mindfulness techniques, we can cultivate a sense of calm, reduce anxiety, and increase our ability to stay present and focused.

Mindfulness involves training our minds to be more aware of our thoughts, feelings and sensations in the present moment. It helps us to break free from the cycle of rumination and worry, allowing us to focus on what is happening in the here and now. When we are present, we are better able to manage stress, improve our relationships and enhance our overall quality of life.

In this topic, we will explore three activities that can help you develop strategies for relaxation, stress reduction, and mental clarity. By incorporating mindfulness into your daily life, you can experience the many benefits of this transformative practice.



## Creative Activity: Mindful Mandala Painting

In this mindful mandala painting activity, we will explore the power of creativity and self-expression as a tool for relaxation and stress reduction. Mandalas are intricate geometric patterns that can be used as a focus for meditation and mindfulness. By painting a mandala, we can cultivate a sense of calm, reduce anxiety, and enhance our overall well-being.

**Objective:** To foster mindfulness, creativity, and relaxation through the act of painting.

**Duration:** Approximately 30-60 minutes

### Materials Required:

- Canvas or paper
- Acrylic paints or coloured pencils
- Brushes
- Palette
- Easel (optional)

### Step-by-Step Instructions:

1. Create a peaceful environment: Find a quiet space where you won't be disturbed. Play soft, relaxing music or nature sounds to enhance the meditative experience.
2. Gather your materials: Set up your workspace with your canvas, paints, brushes and palette.
3. Choose a colour: Select a colour that resonates with you and apply it to the centre of the canvas or paper.
4. Begin painting: Start adding layers of colour, focusing on the present moment and the sensations of the brushstrokes. Don't worry about creating a perfect or symmetrical design.



5. Mindful observation: As you paint, observe the mandala as it grows. Notice the colours, patterns, and textures that emerge.
6. Let go of judgment: Avoid judging your work. Simply allow yourself to express your creativity without fear of making mistakes.
7. Complete the mandala: Continue painting until you feel satisfied with the final result. There is no right or wrong way to create a mandala.
8. Reflect on your experience: Take a moment to appreciate the mandala you've created. Reflect on how the painting made you feel and what you learned about yourself during the process.

## Recommendations for Youth Workers

- **Experiment with different colours and techniques:** Don't be afraid to try new things and explore different ways of creating your mandala.
- **Take your time:** There is no need to rush. Enjoy the process and allow yourself to relax and be present.
- **Use a timer:** If you find it difficult to stay focused, set a timer for 15-20 minutes and focus on the painting during that time.
- **Share your creation:** Consider sharing your mandala with others or displaying it in a place where you can admire it.

## Musical Activity: Mindful Sound Bath

In this relaxing and transformative activity, we will experience a mindful sound bath. Immerse yourself in a soothing symphony of sounds, allowing them to wash over you and promote deep relaxation and stress reduction. Through the power of sound, we will journey inward, finding peace and tranquillity within.

**Duration:** Approximately 30-45 minutes

### Materials Required:

- Various sound instruments (e.g., singing bowls, chimes, gongs)
- Comfortable seating or mats
- Soft, calming music

### Step-by-Step Instructions:

1. Create a peaceful atmosphere: Dim the lights and play soft, calming music to set the mood.
2. Gather your materials: Arrange the sound instruments in a comfortable and inviting space.
3. Introduce the sound bath: Explain the concept of a sound bath and how it can promote relaxation and stress reduction.
4. Begin the sound bath: Play the sound instruments in a soothing and rhythmic manner. Encourage participants to close their eyes and focus on the sounds.
5. Guided meditation: As the sound bath progresses, guide participants through a guided meditation or visualisation. Focus on the sensations of the sounds and allow them to wash over you.
6. End the sound bath: Gradually reduce the volume of the instruments and allow participants to come back to the present moment.

### Expected Outcomes:

- Deep relaxation and stress reduction
- Improved mental clarity and focus
- Enhanced sense of peace and tranquillity
- Increased emotional well-being

### Recommendations for Youth Workers and Young People:

- **Create a comfortable space:** Ensure the room is warm, quiet, and free from distractions.
- **Wear comfortable clothing:** Dress in loose-fitting clothing that allows you to relax freely.
- **Bring a blanket or pillow:** If you prefer, bring a blanket or pillow for added comfort.
- **Practice regularly:** Experience the full benefits of sound baths by practicing regularly.

## Artistic Activity: Nature Mindfulness Collage

In this creative and mindful activity, we will explore the beauty and healing power of nature through collage-making. By connecting with natural elements and images, we can cultivate a sense of peace, grounding and appreciation for the world around us.

**Duration:** Approximately 30-60 minutes

### Materials Required:

- Magazines or newspapers
- Scissors
- Glue
- Poster board
- Natural materials (e.g., leaves, flowers, twigs)

### Step-by-Step Instructions:

1. Gather your materials: Collect images and materials that represent nature, such as trees, flowers, oceans and mountains.
2. Mindful observation: Take a moment to observe the materials and appreciate their beauty. Notice the colours, textures and shapes.
3. Begin creating: Cut out images and natural materials that resonate with you. Be mindful of your choices and trust your intuition.
4. Arrange the elements: Arrange the images and materials on the poster board in a way that feels meaningful and visually appealing. Consider the composition, colours and overall message you want to convey.
5. Reflect on your collage: Take time to reflect on the collage you've created. What emotions does it evoke? What does it represent to you?
6. Share your creation: Consider sharing your collage with others or displaying it in a place where you can admire it.

### Expected Outcomes:

- Increased connection with nature
- Improved mindfulness and present-moment awareness
- Enhanced creativity and self-expression
- A sense of peace and tranquillity

### Recommendations for Youth Workers and Young People:

- **Choose materials that resonate with you:** Select images and materials that evoke positive emotions and memories.
- **Don't be afraid to experiment:** Try different arrangements and compositions to see what feels right.
- **Take your time:** Enjoy the process and don't rush. Allow yourself to be creative and explore your imagination.
- **Connect with nature:** If possible, spend some time outdoors before or after creating your collage to deepen your connection with nature.

# Topic 3: Effective Communication and Conflict Resolution

## Introduction

In today's interconnected environments, effective communication and conflict resolution are key skills for personal and professional success. Misunderstandings, disagreements and conflicts can arise in any relationship, whether it's with a colleague, family member, or friend. By developing strategies for effective communication and conflict resolution, we can promote healthier relationships, reduce stress and achieve our goals more efficiently.

This topic will explore different activities that can help you improve your communication and conflict resolution skills. Through role-playing, active listening exercises and empathy-building techniques, you will learn how to express yourself clearly, understand others' perspectives, and navigate challenging situations with confidence.

## Creative Activity: Role-playing Conflict Scenarios

Imagine yourself in a challenging conflict situation. How would you handle it? In this activity, we'll explore different conflict scenarios and practice effective communication and conflict resolution strategies through creative role-playing. By stepping into the shoes of different characters, you'll gain valuable insights into their perspectives and emotions. This will help you develop empathy and improve your ability to respond to conflict in a constructive manner. Through role-playing, you'll have the opportunity to experiment with different communication techniques and see how they impact the outcome of a conflict.

**Objective:** To practice effective communication and conflict resolution strategies in simulated situations using creative elements.

**Duration:** Approximately 30-45 minutes

### Materials Required:

- List of conflict scenarios (e.g., school disagreements, family disputes, friendship challenges, etc.)
- Role cards (assigning roles to participants)
- Props or costumes to enhance creativity (optional)

### Step-by-Step Instructions:

1. Divide into pairs or small groups.
2. Assign roles: Distribute role cards to participants, ensuring each group has at least two different roles.
3. Present the scenario: Read the conflict scenario aloud, providing context and background information.
4. Act out the roles creatively: Encourage participants to act out their assigned roles using creative elements, such as props, costumes or improvised dialogue. This can help bring the scenario to life and make it more engaging.





5. Observe and discuss: After the role-playing, discuss the effectiveness of the communication and conflict resolution strategies used. Identify areas for improvement and explore alternative approaches.

### Expected Outcomes:

- Improved ability to express oneself clearly and assertively in challenging situations.
- Enhanced understanding of others' perspectives and emotions.
- Increased confidence in navigating conflict situations.
- Development of effective communication and conflict resolution strategies.

### Recommendations for Youth Workers:

- **Encourage empathy:** Remind participants to try to understand the other person's perspective and feelings.
- **Use "I" statements:** Encourage the use of "I" statements to express personal feelings and avoid blaming or accusing.
- **Practice active listening:** Remind participants to pay attention to what the other person is saying, ask clarifying questions, and paraphrase their statements.

## Musical Activity: Active Listening Exercise

Music has the power to evoke strong emotions and connect us with others on a deeper level. In this activity, we'll explore how music can be used as a tool for active listening and empathy. By listening attentively to others and choosing music that reflects their mood or message, you'll develop a greater understanding of their perspectives and feelings. This exercise will help you improve your active listening skills and build stronger relationships with others.

**Objective:** To improve active listening skills and empathy using music.

**Duration:** Approximately 20-30 minutes

### Materials Required:

- A variety of music selections with different moods and emotions.

### Step-by-Step Instructions:

1. Pair up: Divide participants into pairs.
2. Take turns speaking: One person will speak for a set amount of time (e.g., 5 minutes), while the other listens attentively.
3. Active listening: The listener should maintain eye contact, avoid interrupting and paraphrase what the speaker has said to demonstrate understanding.
4. Choose a song: After the first person has finished speaking, the listener chooses a song that they feel reflects the speaker's mood or message.
5. Share the song: The listener plays the song for the speaker and explains why they chose it.
6. Discuss: After both participants have had a chance to speak and share a song, discuss the experience and the challenges of active listening.

### Expected Outcomes:

- Improved active listening skills, including the ability to maintain eye contact, avoid interruptions, and paraphrase.
- Enhanced empathy and understanding of others' emotions.
- Increased ability to connect with others on a deeper level.
- Development of a greater appreciation for the power of music to convey emotions and messages.

### Recommendations for Youth Workers:

- **Avoid distractions:** Encourage participants to put away their phones and focus on the conversation.
- **Practice empathy:** Remind participants to try to understand the speaker's perspective and feelings, even if they disagree.
- **Give constructive feedback:** Encourage participants to provide feedback on each other's listening skills and song choices.

## Artistic Activity: Storytelling for Conflict Resolution

Storytelling is a powerful way to connect with others and share our experiences. In this activity, we'll combine storytelling with visual art to explore the power of creative expression in understanding conflict. By creating stories and visual representations from different perspectives, you'll gain a deeper understanding of the emotions and motivations of the characters involved in a conflict. This activity will help you develop empathy, improve your storytelling skills, and discover the potential of visual art to convey complex messages.

**Objective:** To develop empathy and understanding for others' perspectives through creative storytelling and visual representation.

**Duration:** Approximately 45-60 minutes

### Materials Required:

- Paper and pencils/markers
- Optional: Paint, brushes, collage materials

### Step-by-Step Instructions:

1. Brainstorm: As a group, brainstorm a list of common conflict situations that people may encounter in their daily lives.
2. Choose a scenario: Select one conflict scenario to focus on for the storytelling activity.
3. Individual storytelling: Each participant takes turns telling a story from the perspective of one of the people involved in the conflict scenario. The story should include the character's thoughts, feelings, and motivations.
4. Visual representation: After telling their story, each participant creates a visual representation of their character's perspective. This could be a drawing, painting, or collage. Encourage participants to use colours, symbols, and imagery to express their characters' emotions and experiences.



5. Share and discuss: Participants share their stories and visual representations with the group. Encourage open dialogue and respectful discussion about the different perspectives and emotions expressed in the stories and artwork.
6. Reflect on collective perspectives: As a group, reflect on the different perspectives shared through the stories and visual representations. Discuss the importance of understanding and empathy in resolving conflicts.

### Expected Outcomes:

- Improved storytelling and creative expression skills.
- Enhanced empathy and understanding for others' perspectives.
- Development of a deeper connection to characters and their emotions.
- Increased ability to use visual representations to communicate ideas and emotions effectively.
- Greater appreciation for the power of art to convey complex messages.

### Recommendations for Youth Workers:

- **Encourage creativity:** Encourage participants to be creative and experiment with different art techniques.
- **Promote open communication:** Encourage participants to share their thoughts and feelings honestly and respectfully.
- **Focus on understanding:** Emphasise the importance of understanding others' perspectives, even if there are disagreements.
- **Consider the impact of art:** Discuss how visual representations can enhance storytelling and help viewers connect with the characters and their emotions.

# Topic 4: Building Resilience and Coping Skills

## Introduction

Resilience and coping skills are fundamental to mental health and overall well-being. They represent the capacity to recover from setbacks, manage stress effectively, and adapt to life's challenges and changes. Building resilience does not mean eliminating stress or hardship but developing the tools to navigate them with strength, flexibility, and a positive outlook.

For youth workers, resilience is crucial in maintaining their emotional and mental health as they face the unique stresses and demands of their roles. These professionals are often on the front lines, providing support and guidance to young people in challenging circumstances. By promoting their own resilience and coping mechanisms, youth workers can better serve as role models, demonstrating healthy and effective strategies for dealing with adversity.

For young people, resilience and coping skills are essential for thriving in an ever-changing world. Adolescence and early adulthood are characterized by heightened emotions, social pressures, and developmental changes, all of which can lead to increased stress and anxiety. Equipping young people with the skills to manage these challenges is critical to their ability to achieve personal, social, and academic goals. Resilience helps young individuals to confront life's inevitable difficulties while maintaining a sense of control and optimism.

Incorporating creative, musical, and artistic activities into youth work provides dynamic and engaging approaches to fostering these skills. These activities offer participants the chance to explore their emotions, reflect on their experiences, and express themselves in non-traditional ways. Creative outlets can inspire mindfulness, improve problem-solving abilities, and strengthen emotional connections. Music and art can bridge cultural and emotional divides, allowing young people to process and

communicate their feelings in a safe and supportive environment. By engaging youth workers and young people in resilience-building activities, we empower them with the tools and confidence to face challenges head-on. These activities not only promote individual growth but also cultivate a sense of community, connection, and mutual support, laying the foundation for a more resilient and emotionally healthy society.

## Creative Activity: Resilience Storyboarding

Creating a storyboard is a creative and reflective activity that allows participants to visualise their journey of overcoming challenges. By mapping out a narrative, participants can identify their strengths, coping mechanisms and sources of support that helped them bounce back. This activity encourages self-awareness and fosters a sense of accomplishment in handling adversity.

The **objectives** of this activity are to:

- encourage participants to reflect on past challenges and coping mechanisms.
- enhance self-awareness and personal growth through storytelling.
- foster creative expression and emotional processing.

**Duration:** This activity typically will take 45–60 minutes with 15 minutes for planning, 30 minutes for creating the storyboard, and 15 minutes for sharing and discussion.

### Materials Required:

- Large sheets of paper or cardstock.
- Markers, crayons, or coloured pencils.
- Sticky notes (optional for planning scenes).

### Step-by-Step Instructions:

1. Begin by discussing the concept of resilience and its importance in overcoming challenges. Explain how visual storytelling can help process experiences.
2. Ask participants to think about a personal or hypothetical challenge they faced or might face. Encourage them to choose something meaningful but manageable to reflect upon in this setting.
3. Provide materials for participants to create a 4–6 panel storyboard. Each panel should depict a different phase of their journey:
  - Challenge: The situation or problem faced.
  - Response: Initial reaction or coping strategy.
  - Support: The people, tools, or resources that helped.
  - Outcome: How the challenge was resolved or managed.
  - Growth: What they learned or gained from the experience.



4. Invite participants to share their storyboards with the group, if they feel comfortable, and reflect on their experiences.
5. Facilitate a discussion about the common strategies and resources identified in their storyboards, emphasising the power of resilience and coping skills.

### Expected Outcomes:

- Increased self-awareness of personal resilience strategies.
- Improved ability to articulate and reflect on challenges.
- Greater confidence in overcoming future obstacles.

### Recommendations for Youth Workers:

- Ensure the environment is calm and supportive to encourage honest reflection.
- Remind participants that the activity is about the process, not the artistic quality of their storyboard.
- Be prepared to support participants who may feel emotional during the activity.

## Musical Activity: Rhythm of Resilience

"Rhythm of Resilience" blends music and self-expression to help participants explore how sound and rhythm can symbolise their journey through challenges. Participants create personalised rhythms that reflect moments of struggle, growth and triumph, showcasing their inner resilience. This activity is modern, dynamic, and taps into the universal language of music, appealing to a wide range of participants.

### Aims and Objectives:

The aims of this activity are to:

- Use rhythm to reflect personal and collective experiences of resilience.
- Foster emotional expression and stress relief through music.
- Strengthen collaboration and a sense of community.

**Duration:** This activity lasts 30–45 minutes. Begin with a discussion (10 minutes), followed by rhythm creation (20 minutes) and group sharing (10–15 minutes).

### Materials Required:

- Drums or percussion instruments (can include modern digital drum pads or simple items like buckets or wooden sticks).
- A smartphone or tablet with a drum beat app (optional for tech-savvy participants).
- Speakers to play examples of rhythms or beats (optional).

### Step-by-Step Instructions:

1. Begin by explaining how rhythm can represent life's challenges and victories. Play a few examples of music with varying tempos to demonstrate emotional expression through rhythm.
2. Ask participants to think about a challenge they've faced and translate their emotions into a rhythm. Provide drums or instruments or allow them to use apps on their phones for creating beats.



3. Form small groups where participants merge their rhythms to create a cohesive "Resilience Soundtrack" that represents collective growth.
4. Groups share their soundtracks with everyone, explaining the meaning behind their rhythms.
5. Facilitate a conversation about how rhythm and music can be tools for emotional expression and resilience-building.

### Expected Outcomes:

- Enhanced ability to express emotions and challenges through music.
- Greater understanding of how music influences mood and fosters resilience.
- Strengthened teamwork and a sense of shared experience.

### Recommendations for Youth Workers:

- Highlight that no musical experience is needed; encourage experimentation and fun.
- Respect individual musical tastes and preferences.
- Be mindful of participants who might associate certain rhythms or music with strong emotions and provide support as needed.

## Artistic Activity: Resilience Mandala Mapping

"Resilience Mandala Mapping" combines art and mindfulness to help participants visually explore and organise their sources of strength, coping strategies and aspirations. Inspired by the intricate designs of mandalas, participants create their own resilience-themed artwork, blending abstract and symbolic elements to reflect their personal journey. This activity leverages the modern appeal of mindfulness and creativity while avoiding overly conventional approaches.

### Aims and Objectives:

The aims of this activity are to:

- Encourage participants to explore their inner resilience and external support systems.
- Promote mindfulness and self-reflection through artistic expression.
- Develop a deeper understanding of the interconnected factors that contribute to resilience.

**Duration:** This activity typically takes 60–90 minutes. Allow time for introduction and guidance (15 minutes), creation of the mandala (45 minutes), and optional sharing and discussion (30 minutes).

### Materials Required:

- Large sheets of paper or circular templates (for mandala outlines).
- Fine-tip markers, coloured pencils, or gel pens (encouraging intricate patterns).
- Decorative materials like metallic pens, stencils, or printed images (optional).
- Reference sheets showing mandala examples or patterns for inspiration.

### Step-by-Step Instructions:

1. Share the significance of mandalas as symbolic representations of balance and wholeness. Explain how participants can adapt the concept to map their resilience journey.
2. Designing the Mandala:



- Divide the mandala into sections (e.g., inner circle for personal strengths, middle layers for coping strategies, outer layer for future aspirations).
  - Encourage participants to fill each section with patterns, colours, and symbols representing these aspects of resilience.
3. Play soothing background music to foster a relaxed atmosphere as participants work on their mandalas.
  4. Allow participants to explain the meaning behind their designs in small groups or with the larger group.
  5. Conclude with a conversation on the diverse ways resilience can be visualized and celebrated.

### Expected Outcomes:

- Creation of a unique and personal artistic representation of resilience.
- Increased mindfulness and reflection during the artistic process.
- Recognition of strengths and coping strategies in a holistic and creative way.

### Recommendations for Youth Workers:

- Emphasise that the mandala is a personal and symbolic creation; there is no "right" or "wrong" way to design it.
- Provide support for participants who might struggle with abstract thinking or symbolism.
- Encourage participants to keep their mandalas as reminders of their resilience and growth.

# Topic 5: Positive Self – Image and Self – Esteem

## Introduction

A positive self-image and strong sense of self-esteem are foundational for young people navigating a world filled with social pressures. Youth workers play a key role in creating spaces where young people feel safe to explore and appreciate their unique qualities and strengths. By encouraging reflection on personal talents, skills, and attributes, youth workers help young people develop a more authentic self-image. Group discussions where participants can openly share what they like about themselves, or creative activities like “strength cards” where each participant identifies and shares their strengths, allow young people to take pride in who they are. Through guided reflection questions, youth workers can help youth recognise their worth beyond the need for external validation, encouraging them to see accomplishments as meaningful to themselves rather than contingent on others’ approval.

Building confidence is a journey, and youth workers are there to guide and support each step. Positive affirmations are a powerful tool on this path, helping to replace negative self-talk or external criticism with kinder, more constructive thoughts. Encouraging young people to write affirmations like “I am enough just as I am” or “My value is not defined by others’ opinions” fosters resilience and helps youth develop a habit of supportive self-talk. Youth workers who model this behaviour - demonstrating that confidence is something everyone works on, even adults - create a relatable and encouraging environment. This presence makes positive affirmations feel normal, valuable, and achievable.

Supporting self-acceptance and body positivity is especially relevant given the visual messaging young people encounter daily in social media and advertisements. Here, youth workers can introduce a body neutrality approach that shifts focus from appearance to an appreciation for what the body does daily, helping young people

develop gratitude for their bodies' functions, rather than just their looks. Youth workers can guide gratitude practices by asking participants to reflect on the ways their bodies support their lives and personal goals. Additionally, youth workers can facilitate media literacy discussions, which help young people analyse and question the imagery and ideals they see online or in advertisements. Asking questions like "What do you think the purpose of this ad is?" or "How does this make you feel about yourself?" encourages youth to approach media critically, reducing the impact of unrealistic body standards.

## Creative Activity: Strengths Mapping for Young People

This activity aims to promote a positive self-image and recognise personal strengths, while equipping youth workers with techniques to help young people recognise their own strengths.

### Materials Required:

- Large sheets of paper
- Markers
- Stickers
- Reflection prompts (e.g., printed question cards)

### Step-by-Step Instructions:

1. Explain the objective of the activity: to help young people recognise their strengths and develop ways to empower others to identify their own strengths.
2. Provide a brief overview of how identifying personal strengths is essential for both professional resilience and guiding young people in developing positive self-images.
3. Distribute the reflection prompts. Examples of prompts include:
  - *What are your biggest accomplishments in your personal life?*
  - *How do others describe your strengths?*
    - Allow participants 10 minutes to individually reflect on these questions and write down their responses.
4. Ask each participant to create a "Strengths Map" on a large sheet of paper. This map should have their name in the centre, with their identified strengths branching out from the centre.
5. For each strength, ask them to write how they use it in their daily lives.
6. Form small groups (3-5 people) and ask each participant to briefly present their Strengths Map. In the groups, discuss the following questions:





- How can these strengths be highlighted and help to support well-being?
  - What strategies or activities could youth workers deliver to help more young people to identify their strengths?
7. Ask participants to reflect on the discussion and create an action plan outlining how they will implement strengths-based activities as part of their daily well-being routines. This can include journaling, or creative projects, for example.
  8. Bring the group back together and ask for volunteers to share their action plans.

## Musical Activity: Affirmation Practices for Well-Being

This activity aims to build self-esteem and confidence through positive affirmations and create tools for supporting young people's mental health routines.

### Materials Required:

- Journals or notebooks
- Pens
- Printed list of positive affirmations (provided beforehand)

### Step-by-Step Instructions:

1. Explain the power of positive affirmations in reinforcing self-esteem and combating negative self-talk.
2. Highlight how affirmations can be an effective daily tool for managing stress and building confidence for young people.
3. Provide participants with the printed list of affirmations. Examples include:
  - *I am capable of overcoming challenges.*
  - *I bring value and support to my youth group.*
  - *I am resilient in the face of stress and adversity.*
4. Ask participants to review the list and come up with 3-5 personal affirmations that resonate most with their current challenges as young people.
5. Participants will then create two of their own affirmations that reflect their personal values and goals and combine them as a short jingle or short song.
6. Guide participants through developing a daily routine where they integrate sang affirmations into their morning or evening practice. This can include writing the affirmations down in their journal, singing them aloud in front of a mirror, or setting up daily reminders on their phone in the form of musical jingles.
7. Ask participants to write down a plan of when and how they will practice these affirmations daily (e.g., during a morning walk, before starting school/work, etc.).



8. Ask participants to share / sing one affirmation that resonates with them and explain why they chose it.
9. Encourage them to reflect on how this affirmation might improve their confidence and resilience in their professional roles.
10. Conclude with a reflection on how affirmations can promote personal well-being. Reinforce the idea that these practices, when regularly implemented, can help build resilience.

## Artistic Activity: Body Positivity and Self-Acceptance in Professional Roles

This activity aims to enhance self-acceptance and body positivity for young people, providing tools to promote these concepts among their peer groups.

### Materials Required:

- Large sheets of paper
- Markers
- Body positivity prompts

### Step-by-Step Instructions:

1. Introduce the topic of body positivity and how it relates to mental well-being. Explain that this activity focuses on self-acceptance in personal contexts.
2. Discuss how negative body image can impact confidence and emotional resilience.
3. Distribute reflection prompts. Example prompts include:
  - *How has your body image affected your confidence in the past?*
  - *What qualities do you appreciate about your body today?*
  - *How do you practice self-acceptance in your life, and how can it improve your work?*
  - Allow participants to privately reflect and write down their thoughts.
4. Provide participants with a large sheet of paper and markers and ask them to draw a silhouette or outline of their body and inside it, write or draw messages of self-acceptance and positivity (e.g., “I am strong,” “I am capable”).
5. Around the outline, participants will add messages that they can share with their peers to promote body positivity (e.g., “Your body is unique and valuable,” “Celebrate what your body can do”).



6. In small groups, ask participants to share parts of their drawings that represent the qualities they appreciate most about themselves.
7. End with a reflection on the importance of body positivity in fostering overall well-being. Emphasise how promoting self-acceptance can help build emotional resilience for themselves and their peers.

# Topic 6: Peer Support and Social Cohesion

## Introduction

Peer support and social cohesion are essential for fostering resilience among young people, particularly in today's fast-paced and often isolating world. These concepts provide a foundation for building meaningful connections, mutual understanding, and a supportive environment where individuals can thrive together. By encouraging young people to engage in peer support and cultivate social bonds, youth workers can empower them to navigate challenges, celebrate successes, and develop a sense of belonging within their communities.

Artistic, creative, and musical activities offer a dynamic platform to explore and strengthen these connections. Such activities not only spark individual creativity but also encourage collaboration, communication, and empathy, which are integral to building strong relationships. By participating in these activities, young people can learn to value diverse perspectives, share responsibilities, and work together towards shared goals—key skills for fostering teamwork and social cohesion.

This topic focuses on enabling youth workers to use innovative and engaging methods to help young people understand the importance of peer support and social connections, develop the skills necessary for healthy relationships, and enhance their ability to collaborate effectively in groups. Through these activities, participants will discover the power of connection, creativity, and mutual support in building resilience and creating a harmonious social environment.

## Creative Activity: Connection Stories

In this connection stories creative activity, we will encourage participants to reflect on the role of peer support in their personal journeys, recognise the significance of social connections, and collaboratively create a visual representation of intertwined lifelines that showcase shared experiences and teamwork.

**Objectives:** Understand the importance of peer support and social connections, and develop skills to build and maintain healthy relationships.

**Duration:** Approximately 75 minutes

### Materials Required:

- Long rolls of paper (or several large sheets taped together)
- Coloured markers, pens, and crayons
- Sticky notes or small cards
- String or yarn
- Reflection prompts (printed on cards)

### Step-by-Step Instructions:

1. Explain the objective of the activity: to explore how peer support and social connections have shaped participants' personal journeys and to create a visual representation of shared lifelines.
2. Provide a brief overview of how reflecting on connections helps build resilience, strengthen relationships, and foster teamwork.
3. Distribute the reflection prompts. Examples of prompts include:
  - Who has played a significant role in your personal journey, and why?
  - What key moments in your life were influenced by the support of others?
  - How have you supported others in their journey?
4. Allow participants 10 minutes to individually reflect and write their responses on sticky notes or small cards.



5. Provide each participant with a section of the long roll of paper or a large sheet. Ask them to draw a "lifeline" that represents their personal journey, marking key moments and relationships along the way. Encourage participants to use symbols, drawings, or words to represent their journey, including the people and experiences that supported them. Leave some space at the ends of their lifelines to connect with others.
6. Gather participants in small groups (4–5 people) to share their lifelines and explain the significance of the connections they depicted.
7. Using string or yarn, participants physically connect their lifelines to those of others in their group, based on shared experiences, values, or themes. For example, two lifelines might connect at a point where both mention teamwork or overcoming challenges.
8. Combine all the lifelines from the smaller groups into one large "Journey Map." Encourage participants to continue adding connections where their stories intersect with those of others.
9. Facilitate a discussion about the completed map:
  - What new connections or themes emerged from the group activity?
  - How does this visual representation highlight the importance of peer support and social cohesion?
10. Ask participants to reflect on what they learned about themselves and others through the activity. Invite them to share key insights or stories from their lifeline.
11. Conclude by emphasising the importance of recognising and nurturing social connections to build resilience and promote teamwork.

## Recommendations for Youth Workers:

- **Promote a safe and inclusive environment:** Begin the activity by setting a positive tone, ensuring that all participants feel comfortable sharing personal stories.
- **Adapt for group dynamics:** Tailor the reflection prompts and discussion points to the group's age, cultural background, and shared experiences.  
<https://sites.manchester.ac.uk/humteachlearn/2021/03/26/lifeline-exercises-030/>





- **Provide clear instructions:** Clearly explain each step of the activity, using examples or a visual demonstration if necessary.
- **Facilitate connection:** During group collaboration, help participants identify commonalities and connections between their lifelines. Use open-ended questions to guide discussions, such as, “What did you discover about your peers through this activity?” or “How do shared experiences strengthen relationships?”
- **Reflect on learning outcomes:** At the end of the activity, facilitate a discussion about how the participants can apply the lessons from this activity to their daily lives.

## Musical Activity: Harmony in Diversity

In this engaging activity, we will encourage participants to explore the concepts of peer support and social cohesion through music, collaboratively creating an anthem that celebrates diversity, teamwork, and connection.

**Objective:** Improve teamwork and collaboration through group activities

**Duration:** Approximately 70 minutes

### Materials Required:

- Large sheets of paper or whiteboards for brainstorming
- Markers or pens
- Musical instruments (optional, e.g., percussion instruments, guitars, keyboards)
- Audio playback equipment (optional, for background music or recording)
- Lyric templates and a sample rhythm track (optional)

### Step-by-Step Instructions:

1. Explain the objective of the activity: to work together to create a group anthem that embodies the principles of peer support, social connections, and unity in diversity.
2. Discuss the importance of music as a tool for self-expression and community building. Highlight how teamwork and collaboration will be essential in creating the anthem.
3. Divide participants into small groups and ask them to brainstorm themes and words associated with peer support and social cohesion.
4. Provide guiding questions, such as:
  - What does support from peers look and feel like?
  - How do strong social connections improve our lives?
  - What symbols or images represent unity and teamwork to you?



- Groups should write their ideas on large sheets of paper or a whiteboard.
5. Bring the groups together to share their ideas. As a whole group, choose a few key themes or phrases to build the anthem's lyrics.
  6. Collaboratively write verses and a chorus that reflect these themes. Encourage participants to include positive and empowering language. If needed, provide a simple lyric structure, e.g.:
    - Verse: Describe a challenge or struggle
    - Chorus: Highlight the strength of support and connection
    - Verse: Celebrate overcoming challenges together.
  7. If musical instruments are available, encourage participants to experiment with melodies or rhythms to accompany the lyrics. If no instruments are available, participants can create a rhythm using body percussion (e.g., clapping, snapping, or tapping) or simple vocal harmonies. Encourage creativity and allow participants to suggest and build on each other's ideas.
  8. Practice singing or performing the anthem as a group. Emphasise the importance of listening to one another and working as a team to create harmony. If time allows, perform the anthem for another group or record it for later sharing.
  9. Facilitate a group discussion with questions such as:
    - What did you learn about teamwork and collaboration through this activity?
    - How does the anthem reflect the importance of peer support and social connections?
    - How can the skills you used here be applied in real-life relationships?
  10. Conclude by celebrating the group's creativity and reinforcing the value of unity and mutual support.

### Recommendations for Youth Workers:

- **Adaptations:** For participants less confident with music, provide a pre-recorded rhythm or melody as a base for the anthem.
- **Simplify where needed:** Provide examples or templates to guide participants in structuring their anthem.



- **Using online tools to create music:** Recommend user-friendly online music studio where participants can create melodies, add beats, and collaborate in real time (e.g. BandLab, Drumbit, Audacity, Canva).
- **Reflection recommendations:** Explore what they learned about teamwork, communication, and empathy during the activity.

## Artistic Activity: Empathy through Portraits

In this artistic activity, we will promote empathy, mutual understanding and social cohesion by encouraging participants to create artistic portraits of one another, highlighting positive qualities and fostering deeper connections.

**Objective:** Develop skills to build and maintain healthy relationships.

**Duration:** Approximately 30-60 minutes

### Materials Required:

- A4 or A3 sheets of drawing paper
- Pencils, coloured pencils, markers, or paints
- Mirrors (optional, for self-portraits)
- Printed reflection prompts
- Easels or clipboards (optional for drawing)

### Step-by-Step Instructions:

1. Explain the objective of the activity: to encourage participants to see and appreciate others through an empathetic lens by creating artistic portraits that reflect each person's unique qualities.
2. Highlight how focusing on positive attributes can promote social cohesion and strengthens peer support.
3. Pair participants randomly or let them choose partners. If the group is uneven, form trios or encourage self-portraits for one round.
4. Ask participants to spend a few minutes talking with their partner to learn more about them. Provide guiding prompts like:
  - What's something you're passionate about?
  - What's a strength or quality you're proud of?.
5. Each participant creates a portrait of their partner on paper, incorporating elements that represent their partner's personality, strengths, or aspirations.



6. Encourage creativity: portraits don't need to be realistic; they can include abstract designs, symbols, or words that capture the essence of the person. Emphasise that the focus is on positive expression, not artistic skill.
7. Display all portraits on a wall or table to create a temporary "gallery." Allow participants to walk around, view the portraits, and appreciate the diversity and thoughtfulness in the representations.
8. Ask each participant to present their portrait to their partner and explain why they chose specific features or symbols. Encourage partners to express gratitude and share how they felt seeing themselves through someone else's eyes.
9. Facilitate a group discussion using questions like:
  - What was it like to create a portrait of someone else?
  - How did it feel to see yourself represented through someone else's perspective?
  - How can understanding others' unique qualities strengthen relationships and teamwork?
10. Summarise the key takeaways, reinforcing how empathy and understanding contribute to stronger peer support and social cohesion. Encourage participants to apply the same empathetic approach in their daily interactions.

### Recommendations for Youth Workers:

- **Adaptations:** If time is limited, simplify the portraits by focusing on quick sketches or symbolic representations.
- **Set Expectations:** Reinforce that this is a positive and supportive activity, focusing on strengths and qualities rather than physical accuracy.
- **Adapt for group needs:** Be mindful of participants who may feel shy or uncomfortable drawing. Offer abstract options like symbols or words to represent their partner.



- **Encourage continuing the practice:** Suggest ways participants can apply the activity's lessons in everyday life, such as acknowledging others' strengths or practising active listening.

# Handbook Conclusion

At the heart of youth work is the belief that every young person has value, potential and the right to be heard. The activities in this handbook reflect that belief and aim to invite and engage young people to express their emotions, share their stories and strengthen their sense of self and belonging in ways that are accessible, creative and affirming.

Whether delivered in a group setting or adapted for one-to-one support, these sessions offer more than just engaging exercises. They offer meaningful opportunities to build trust, to model empathy, and to hold space for growth which is so important for building resilience and developing well-being routines. As you bring these activities into your own practice, we encourage you to make them your own. Adapt them, expand on them, respond to the energy in the room. Trust in the process and in the knowledge that even small moments of connection can have a lasting impact.





# RISE AND SHINE

Supporting front-line youth workers and youth educators to manage their well-being, and to continue to support young people



**Co-funded by  
the European Union**

Funded by the European Union. The views and opinions expressed are those of the authors and do not necessarily reflect those of the European Union or the Czech National Agency for International Education and Research. Neither the European Union nor the grant provider can be held responsible for them.  
2023-2-CZ01-KA220-YOU-000175004