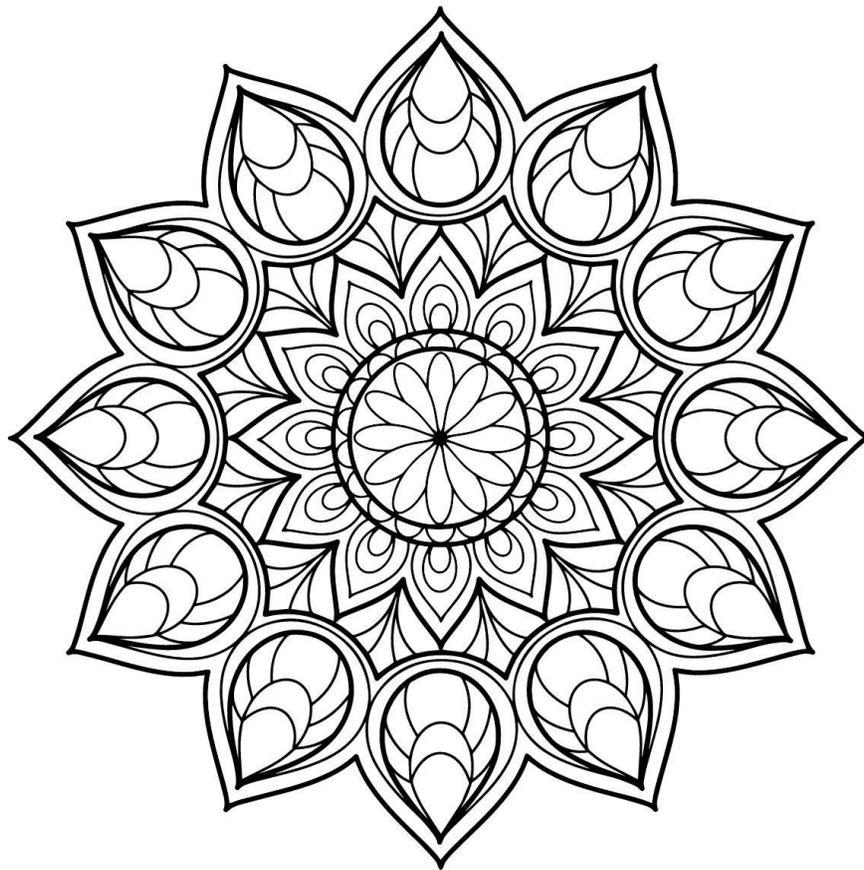


Be Present

A manual on Mindfulness in youth work



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Ifjúsági Stratégiai
Kutató Központ Alapítvány

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❖ Age group specifics

Kids (6-12):

Characteristics:

- Energetic
- Curious
- Starting to separate reality from fantasy
- Short concentration time
- Sensitive
- Difficult to understand feelings and expressions of others

Tips and tricks:

- ★ Give simple, short and clear instructions. Give instructions one sentence at a time.
- ★ Give more free time between activities
- ★ Activities connected with visible, tangible and easy to measure things. We can keep them focused easier with things they can see, touch, and hear.
- ★ Give examples with things from their daily life
- ★ Ask them to imagine and use their creativity to bring imagination into reality
- ★ Have tangible rewards
- ★ Praise people
- ★ Make games with role play
- ★ Add logic games

Teenagers (12-16):

Characteristics:

- Risk taking
- Vulnerable to peer pressure
- Aware of gender differences
- Difficult to share feelings and emotions
- Need to feel independent from the parents
- Want to be part of a group

Tips and tricks:

- ★ Think carefully of the activities so discrimination doesn't appear
- ★ Observe non-verbal language
- ★ Put clear guidelines
- ★ Make challenging activities and give rewards
- ★ Praise people
- ★ Activities which are related with the trends
- ★ Involve technology
- ★ The instructor needs to be involved as participants in the activities as well
- ★ Have activities outside

Youngsters (16-30):

Characteristics:

- Patient for longer activities
- Could go more into deeper conversations
- The gender differences are not so important

Tips and tricks:

- ★ Activities can be more longer
- ★ Add purpose to the activities to increase motivation
- ★ Give appropriate rewards
- ★ Make useful activities
- ★ Have activities outside in a little group
- ★ Give more responsible tasks

Adults (above 30):

Characteristics:

- Strong opinion on different topics

Tips and tricks:

- ★ Guide the reflection to their job and the appropriate interests
- ★ Not too many physical movements (always check if any special needs!)

❖ Logistics

(notes on venue specifics, facilitators, tools, etc.)

- Proper venue
- Air conditioner (if weather might get hot)
- Expected number of participants to prepare, enough number of needed tools (for example tables, chairs, pens, notebooks, yoga mats, computers, speakers, etc.)
- Essentials (bathroom, water, snacks)
- Finding partners, cooperation with foundations, organisations, local government, charities, couches, teachers, trainers
- Flat, silent floor
- Good localisation
- Proper interior
- Prepared program, timetable (for organizers or to share with participants)
- Place to sleep/eat or should participants take care of it by themselves
- Balance between educational part and rest/breaks/free time/sightseeing/shopping/napping
- In case of emergency - first aid kit, info about the nearest hospital
- Information about participants: diets, allergies, illnesses, medications, special needs, etc.
- Expenses, founding/sponsoring, payments
- Declaration of participations (for -18 people)
- Transport to the venue (if it is provided by organizers or by participants)
- Contact (email, phone number, address)
- Clothes suiting weather conditions
- Info about intercultural night
- If an event takes place abroad - info about local currency, different type of chargers, etc.
- Consent to use the image of the participants, all these important documents that everyone has to sign

❖ Resources

Tips & Tricks

- Outdoor activities
 - applications <https://apps.apple.com/gr/app/mindfulness-coach/id804284729?l=el>
 - <https://apps.apple.com/gr/app/the-mindfulness-app/id417071430?l=el>
- Yoga
 - <https://www.verywellfit.com/essential-yoga-poses-for-beginners-3566747>
- Camping groups
- Volunteering
- World café
- Podcasts
- YouTube Motivational channels
 - <https://youtu.be/ZToicYcHIOU>
 - <https://youtu.be/EkbM5EfFyME>
- Online Emotional training courses
 - https://www.open.ac.uk/courses/choose/welcome?qclid=Cj0KCQjwwJuVBhCAA RIsAOPwGATF2O5gTA_7-Kb69oQxHOfV49ewdNybhKis7qTtuHsU6rgox3dL31YaArI_EALw_wcB&qclsrc=aw.ds
- Google websites for Mindfulness
 - <https://www.mindful.org/>
- Exercises based on mbsr:
 - <https://www.themindfulword.org/2012/mbsr-mindfulness-based-stress-reduction/>

Time & Equipment

- ★ Human resource of all age groups
- ★ Parks / gardens / yoga mats
- ★ Books <https://www.businessinsider.com/guides/learning/best-mindfulness-books>,
- ★ Self-care journal <https://www.myndmap.co/products/my-journal-planner-red>
- ★ Athletic equipment
- ★ Training hall
- ★ Projectors
- ★ Experienced trainers
- ★ Papers / cards / pencils etc.
- ★ Camping equipment
- ★ Internet Data
- ★ Relaxing Music
- ★ Radio

❖ Be mindful of...

(Tips & tricks for Facilitators)

- Create a flexible timetable; it has to adapt to the needs on the group
- Use appropriate and inclusive vocabulary avoiding stereotypes so that all participants feel part of the process
- Observe the no-verbal language of the participants
- Try to keep motivation active and change rhythms
- Build interest whenever possible
- Initiate non-trustworthy people to participate when possible
- Ask the participants to search for a person with whom they feel comfortable for doing the different activities
- Be close to the group in order to create a trusting atmosphere
- Take into account the various personal and cultural backgrounds of the participants
- Appreciate participants' opinions and remind them that all opinions, feelings and thoughts are valuable.
- Give participants advance notice of what they'll need for the session. Example: comfortable clothes, water, towel...
- If it will be a course throughout more than one day, secure a group commitment. Example: talk about why they are doing the course or make them write something about what they expected or what they will contribute.

❖ Exercises & Activities

Long Activities

- From 15 minutes to up to an hour.
- Usually (but not always) more preparation needed
- Use them after an icebreaker/energizer

Short Activities

- 5-15 minutes
- Mostly no extra props needed - great to play anywhere, any time!
- Reflection questions can be used for some, but feel free to skip them - sometime games are just for a bit of fun. :)
- When looking for new habits, try doing some of these as part of your daily Mindfulness routine

❖ Long Activities

- 2 lines exercise -

Goal: Show how we are unaware of a lot of things that are happening around us when we are not paying special attention to them

Tips and tricks:

- Age group: suitable for every age group
- Number of people: more than 10
- Suggested place: could be done everywhere, it just needs to be quiet so people can hear each other and broad enough so can fit two lines of people
- Extras: none

Time: 15 minutes

Equipment: Trainer, Active participants

Preparation: Each person should find a partner

Description:

1. People get in pairs and split into two lines
2. Suggest a topic which each pair should discuss for 30 seconds
3. Stop them and make them to stand with their back to each other and close their eyes. Then ask them a question totally unrelated to the topic that they have discussed and related to something of the appearance of the person. For example, ask each participant what is the color of the eyes of the other person and they will see how they actually haven't noticed.
4. Repeat the same procedure but with different examples.

Questions for reflection:

- Why do you think that you haven't noticed the things that we asked you in the other person?
- How did you feel?
- Do you feel that there is anything which could be done so you can start noticing such things?

- Apricot meditation -

Goal: Be in the moment, feel focused on a task, train your ability to focus.

Tips and tricks:

- Age group: >5
- Number of people: 2 and more
- Suggested place: calm, silent one, where you can hear the person leading you
- Extras (*like clothing, anything specific*): place to sit, can be a chair

Time: around 15 minutes, but can be shorter for kids

Equipment: dried fruit for every participant, apricot works fine but can be also a raisin

Preparation: Find a good spot for people to feel relaxed. Prepare an instruction to lead an activity so it can be done easily and fluently.

Here is an example to help you:

- LOOK at the apricot. Really concentrate. Let your eyes roam over the fruit and pick out all the details– the colour, areas of light and shade, any ridges or shine. Before moving on, you might want to close your eyes, as this can heighten your other senses and help you focus.
- TOUCH the apricot. Feel its smallness in your palm. Explore the raisin's texture with your fingers. Is the skin waxy? Are there any edges? Is it soft or hard?
- SMELL the apricot. Bring it close to your nose and with your deep inhalations and exhalations, concentrate on any scents and fragrances you can detect. Does it smell sweet? Or perhaps earthy? Has this triggered your taste buds or made your tummy grumble?
- TASTE the apricot. Place it in your mouth, noticing how your hand instinctively knows where to go. Don't chew yet, just spend some time concentrating on how the apricot feels on your tongue. Turn it over in your mouth and feel its texture on the roof of your mouth. Take one or two bites into the fruit, without swallowing it yet. Fix your mind on the sensations just released into your mouth. How does it taste? How does this develop as the moments pass? How has the raisin changed? Do the smaller pieces of fruit feel different?
- HEAR the sounds you make as you chew it and swallow. Notice when you have really explored the sensation of the apricot in your mouth, notice your intention to swallow it and then follow with the physical action.
- If you can, track the sensation of the apricot going into your tummy. Now take a moment to notice how your whole body feels.

- When you are ready, start to awaken your mind. You might want to move the hands and feet a little, slowly open your eyes and take a few deep breaths.

Description:

1. Find a good spot and invite the group for an exercise.
2. Give every participant a dried apricot (or another dried fruit).
3. Start the activity, follow the instructions given before.
4. After the meditation, give some time to the participants.
5. Ask for people's feelings.

Questions for reflection: How do you feel after the activity? How did you feel before? Where was your mind? Will you do it again sometime?

- World Cafe -

Goal: Having an opinion about different questions from a diverse group.

Tips and tricks:

- Age group: children, teenagers, young and adults.
- Number of people: 15 plus
- Suggested place: wide room

Time: More than 20 minutes

Equipment: Large Flipchart paper, writing tools

Preparation: Topics, Questions

Description:

- Divide people in teams based on the amount of topics.
- Groups discuss the topic and write down their opinion on the paper.
- After 5min the group changes clockwise. One member stays on the same topic to explain it to the others.
- All of the groups go through all the topics.
- After all the topics are visited and opinions are pointed down, one person of the group stays and presents the summary of the things which are written on the paper.

Questions for reflection:

- How did this activity make you feel?
- Could you handle other people's opinions during the discussion?
- Did you find the topics interesting: What other topics would you include?

- Comfort zone -

Goal: To make the participants see each other's comfort zones and make them more aware of other people's needs and fears.

Tips and tricks:

- Age group: Kids, teenagers, young adults, adults, seniors.
- Number of people: +10
- Suggested place: Big enough space so everyone can fit.

Time: Unlimited

Equipment: Sticky notes

Preparation:

1. The facilitator prepares several statements in regards to people's comfort.

Some examples:

- I am comfortable flying on a plane
- I can call someone on the phone
- I can speak in public
- I can wake up at 5am

2. The facilitator preps the floor before the activity starts to mark the 3 comfort zones.

The 3 comfort zones are as follows; the facilitator should arrange them in a circle starting from the middle:

- Comfort zone;
- Learning zone;
- Panic zone.

Description:

- The facilitator explains the comfort zone concept to the participants.
- The facilitator asks the participants to start moving in random directions in the given space within the circles.
- When the facilitator reads
- a statement, the participants should choose a zone they think they belong in.
- Do this with all the statements that were prepared.
- Afterwards the facilitator asks reflection questions to the group.

Variations:

Instead of using the circle, the participants can have 3 walking modes. Slow, normal and rapid.

- Comfort zone - slow;
- Normal - learning zone;
- Rapid - panic zone.

Another way to modify this task is to use hands for participants to signify their comfort zones. It can also be done sitting.

- Low hand - comfort
- Middle hand - learning zone;
- Hand fully held up - panic zone.

Questions for reflection:

- Did you discover something new?
- How did it make you feel?
- Did something surprise you?

- Glitter jars -

Goal: create shiny jars which can be used as a anti--stressful toys

Tips and tricks:

- Age group: 7+
- Number of people: does not matter
- Suggested place: room with tables and chairs
- Extras (*like clothing, anything specific*): *with small kids need a lot of attention, be careful with small elements that can be swallowed, ask for more leaders to care about safety and cleaning after the activity (it can be really messy)*

Time: about 30 minutes

Equipment: plastic/glass jars, water, washing liquid/oil/glue, glitter, food's paints, other small things that you want to put in the jar

Preparation: find a room big enough to fit amount of people from your group, prepare tables and chairs, enough number of jars, glitter, paint, washing liquid, etc., enough number of leaders, tissues

Description:

1. Hand in one jar for every participant.
2. Give them a proper amount of washing liquid/oil/glue and tell them to gently add water to theirs jars.
3. You can start using paint to make the liquid change to colour.
4. Use different glitters and other elements to prepare your own unique artwork.
5. Get rid of bubbles by pouring them into the sink.
6. Make sure to lock the jars strongly.
7. You are done!

Questions for reflection:

- Ask participants to describe every jar one by one, by themselves and by the others.

- Think about what each colour means to you, with what you are connecting to this colour.
- Tell participants about different ways to use those toys, for example as an anti-stressful toy.

- The house we all share -

Goal: see how different and similar people are based on their preferences

Tips and tricks:

- Age group: children, teenagers, young adults?
- Number of people: at least 9 people
- Suggested place: a place with enough space to expand several sheets of paper
- Extras like clothing, anything specific:

Time: 25-30 minutes

Equipment: 3-5 big sheets of paper, coloured markers

Preparation: none

Description:

- Divide people in 3-5 teams (you can use coloured balls to sort them)
- Give each team a sheet of paper and coloured markers
- Each team draws a house, divided in two floors - one floor is their living room and the other one contains their separate rooms (they should divide that floor in five if they are five people in the team)
- Each team has 10 minutes to discuss things they like and if everyone likes a certain thing they draw it in the living room. If not, they draw it in their separate rooms. (Example: Person 1 says they like dogs and everyone agrees because they also like dogs, so they draw a dog in the living room. Person 2 says that they like strawberries and person 1 says they also like them, but person 3 doesn't, so story will draw strawberries only in the separate rooms of person 1 and 2, etc.)
- After the time passes, each team has their turn at showing their house to the other teams and they have to guess what the certain things in the living room of their house are.
- The next step is to do the same in pairs, trying to guess what is in the other person's individual room. (They could take photos of their rooms to show them to each other)

Questions for reflection:

- What did you learn from this exercise? (How different people are and that one needs to be mindful of others' preferences)

- MBSR wave emotion meditation -

Goal: To help release strong emotions

Tips and tricks:

- Age group:
- Number of people: +1
- Suggested place: Quiet place
- Extras (*like clothing, anything specific*)

Time: 15'

Equipment: -

Preparation: If you need, have some pointers on what word you wish to use, especially if the language you use is not your and/or the participants' first language.

Description:

- A particularly useful activity when your mind is very busy and you're finding focusing difficult. Watch the passing thoughts without judging them. Just watch them like the clouds passing by. Identify (or say out loud) each mood, thought, feeling, and sensation that comes up, such as sore neck, pizza, best friend, anger, tingling, empty stomach, pizza again, grandma, I miss her... Worry or Urge "Surfing" for fears, worries, urges, cravings, etc.
- Be aware of the warning signs—the worry, fear, anxiety urge is approaching. Imagine the wave as a fear, worry or urge— it crests then falls. Ride the wave without giving into the fear, worry or urge. Let the urge pass. Celebrate your effort to ride through the urge. Accept that new worries, fears and urges will appear.
- Imagine for a moment an ocean wave as it approaches the shore. It's steep and tall and hasn't crested yet into a breaker. Now imagine the wave nearing a group of gulls floating on the water. The birds don't fly away. They simply ride up the facing slope, round the top and drift down the long back of the wave.
- That's what you can learn to do with your worries, anxieties, and fears (WAFs). All emotions are wave-like and time-limited. They ebb and flow. Life's a wave: emotions build up, eventually reach a peak, and drift away. WAFs come and go in a similar way. They don't last forever, even if it feels like they will. In this exercise we invite you to ride the wave of one of your WAFs.
- Now think of a recent event where you felt afraid, panicky, nervous, worried or upset. Visualize the scene and remember how you felt. Notice the worrying and disconcerting thoughts. Perhaps you'll notice images of disaster, too. Keep focusing on the upsetting scene as well as on the judgments you make about it and what's happening inside you.

- Let your anxiety rise until it's at least a 4 or 5 on a scale of 10.
- Observe what your body might be doing. Notice the sensations and how your mind evaluates them. Simply label them all with "I am noticing..." Notice the sensations of warmth and tightness. If there's a thought that it's dangerous, that you're losing control, just let your body and mind do their thing.
- As you do this, notice the emotional wave in the room with you. At this point, the wave is tall and scary. You may feel that it'll go on forever; that you may drown. Just allow the wave to run its course without controlling or blocking it. If you refuse to ride out the wave and try to fight it, you'll never get over the top. You'll stay stuck on the wave's leading edge.
- Notice the emotional wave with you. Be aware of the point where it stops climbing. Feel it levelling off and starting to diminish. Experience the slow ride down the back of the wave. Accept wherever you are on the wave. Don't hasten to get past it. It moves at its own speed—all you can do is let go and let it carry you. Keep watching this until it completely passes.

Questions for reflection:

- What did you like? What did you dislike?
- How did you feel?

- Mirror dancing -

Goal: observing, listening and cooperating with your partner. Trying to understand and support each other.

Tips and tricks:

- Age group: above 10 years old
- Number of people: work in pair
- Suggested place: any quite and large space
- Extras (*like clothing, anything specific*)

Time: at least 10 - 30 minutes

Equipment: none

Preparation: none

Description:

- Two people standing in front of each other
- You can turn on the music or not, that's ok! But your task is that you need to focus on the partner and imitate every single movement of him/ her

- Notice: do not talk when you guys are dancing

Questions for reflection:

- Is this practice reliable for you?
- Do you think it helps you to become mindful?

- Mission impossible -

Goal: Warm up / ice breaker
See how group organize

Tips and tricks:

- Age group: All
- Number of people: +10
- Suggested place: Big room or outdoors
-

Time: 45 minutes

Equipment: folded papers.

Preparation:

A number of folded papers with different challenges written inside:

1. Find the person with the shortest pinky finger.
2. Make a selfie chain. (Take a selfie of one taking a selfie... of taking a selfie, of taking ... you get it.) Upload to Facebook group.
3. Take a pictures of the youngest and the oldest participant (upload to fb group)
4. Find your inner peace
5. Teach something to each of the trainers
6. Build a human pyramid! (Stay safe please!)
7. Dance for 3 minutes (the more people, the better)
8. Sing Happy Birthday in as many languages as you can.
9. Compliment (say nice things) to 8 people! (Or more. Kindness is cool)
10. Collect & write up all birthdays in the team (month + day is enough!)
11. Write a poem about your travel journey here!
12. Find three things you all have in common
13. Find the person with the largest feet!
14. Do a music performance.
15. Create a cheer for the team + teach to everyone. Get loud. (All of you needed).
16. Have a silent minute. No talking or noises. All team.
17. Make the room nicer!

18. Build a tower with at least 7 levels.
19. Create a statue with exactly 3 feet + 5 hands touching the ground!
20. Make someone fly across the room. (Stay safe!)
21. Show me a magic trick.

...etc. Add your own! :)

Other activities that can be done:

- Change hairstyles
- Make the numbers from 0 to 10 with your body
- Order in a line by: date of birthday, height, number of feet, t-shirt color from light to dark, etc.

Another option is to put the challenges in folders and in each folder have a punctuation.

Description:

- The 21 papers are spread on the floor of the room in a random order.
- There are 45 minutes to complete the maximum tasks the group can. The group can open all the papers they want taking into account that when time finishes, all tasks completed will score 5 points and open papers with the task not done is -5 points.
- The group has to organize and the timer starts. The group has to show to the educator the task done to be valid.

Questions for reflection:

- How did you organize as a group?
- How did you decide to do the task?
- Has it changed the dynamics from the beginning to the end?
- What did you like the most from the activity? What did you not like about the activity?

- Picture cards -

Goal: Feel connection with the pictures representing your mind and perceptions.

Tips and tricks:

- Age group: Teenagers and adult
- Number of people: Group of more than 10
- Suggested place: Hall or open places like parks, garden,
- Extras (*like clothing, anything specific*): hexagonal pictures or bee hive-like pictures, any picture cards, postcards, images, etc.

Time: 15-20 minutes

Equipment: hexagonal pictures or bee hive-like pictures, comfortable places for seats

Preparation: relaxing and open mind

Description:

- Putting pictures that have quotes on it, let the crowd walking around and look at it.
- Sitting around forming a circle surrounding a whiteboard, leaving a space in the center.
- Let the people put the pictures on the center board then listen to their thoughts

Questions for reflection:

- Why did you choose this picture?
- What do others think about this quote and pictures?

Notes: Here we used We! Engage Cards and Ideas & Focus cards, but feel free to use any pack of cards/images you see fit.

- Sea of Islands -

Goal: To show what each participant has taken from the training

Note: Great to use together with Ship meditation.

Tips and tricks:

- Age group: every age group
- Number of people: does not matter
- Suggested place: in a room
- Extras (*like clothing, anything specific*): draw a sea full of islands named for example: “connections”, “knowledge”, “change”, “respect”

Time: 10-15 minutes

Equipment: draw both the sea of islands and the footsteps each participant will receive

Description:

- Ask every participant to think about what they have taken from this training
- After making their decision, everyone should put their “footsteps” on the island they think it matches their perception
- Then, explain why they have chosen such island

Questions for reflection:

- How do they feel after the exercise?
- Is there anyone else on their island as well?

- Scaling about mindfulness -

Goal: How mindfulness can be relative in different surroundings?

Tips and tricks:

- Age group: 18 - 28
- Number of people: More than 12
- Suggested place: Wide hall or open space like a park
- Extras: none

Time: at least 30 minutes

Equipment: Trainer and active participants

Preparation: Prepare questions to be asked and ranged within the scale of 0 to 10

Description:

- Gather like-minded / active participants
- Give them some awareness about mindfulness and its benefits
- Prepare different questions related to mindfulness
- Divide the area of the activity into two areas of agreement and disagreement or on the scale from 0 to 10
- Questions could be like is mindfulness an old school of thought, mindfulness is a popular BS, I work with mindfulness on daily basis, I have some great methods to be mindful, I have at least one mindful activity, I want to learn about mindfulness etc.
- There is no competition but just to get to know how people react differently according to their temperament.

Questions for reflection:

- A healthy discussion on selecting different scales
- Why do you agree / disagree on the above mentioned questions?
-

- School of fish dance -

Goal: realize grow awareness within a group

Tips and tricks:

- Age group: children
- Number of people: at least 5
- Suggested place: inside or outside, just so participants have enough space to move
- Extras: Doing this with actors or dancers ensures they will not be uncomfortable leading

Time: 5-10 minutes

Equipment: none

Preparation: make sure to explain and show the activity well beforehand

Description:

- Participants gather in the middle of the space
- They all turn one direction
- Whoever is in the front starts doing some movements and others copy them
- Whenever that person turns to some direction, everyone turns in the same direction and in this way there is another person 'in the front'
- This person in the front is now the leader showing the moves
- Repeat

Questions for reflection:

- Did you notice the dynamics of the group? Who wanted to lead and who didn't?
- Do you feel more connected to each other?
- Was it difficult to move with everyone around you?

- Ship meditation -

Goal:

- Guided meditation for self-reflection to become aware of your connections, resources, emotional experiences, realizations, fears, support system.
- Becoming aware by visualizing what you were imagining, creating a picture that would reflect your current state
- To put the individual focus on where you're heading to, and realizing that even though we're doing the same thing the way we are getting the is different

Tips and tricks:

- Age group: min. age 15 (could be done with younger kids)
- Number of people: 5-30
- Suggested place: silent place where they can hear you well and have a personal space
- Extras (like clothing, anything specific): none

Time: 30-40 minutes

Equipment: paper sheets, coloured pencils and felt pens, hard surface to draw on

Preparation: have the meditation text in hand

Description:

- Encourage people to find a comfortable position and personal space for a long meditation
- Lead the meditation with the following questions:
 - How does your boat look like? What is it made out of? Who are you with? Are you alone? What have you experienced so far this week? What feelings have you experienced? What kind of connections did you make? What realizations did you have? What do you already have in your boat? What do you still need to have in it? Where is your boat heading? Are you going in the flow or against it? What is the water like? Are there some creatures around? Where are they? What sounds do you hear? Are there any boats around you and where are they?

- Ask people to draw what they imagined during the meditation. Here are some questions to ask:
 - How big is your boat? Which parts does it have? Which resources does your boat have? Which parts in your boat are bigger and which parts are smaller? What drives your boat? What is your engine? Which parts need maintenance? Which parts need improvement?
- Discuss but remind people that it's personal and they are welcome to not share their own journey and picture.

Questions for reflection:

- Was it easy to imagine and draw?
- How do you feel now?
- Did you learn something? Do you recognize part of your life in your drawing?

- Touch - a Mindfulness game -

Goal: To become more aware of your senses

Tips and tricks:

- Age group: 8 +
- Number of people: At least 2 people
- Suggested place: Someplace to sit down
- Extras - *interesting objects for people to touch*

Time: 10 + min

Equipment: Objects, Blindfolds

Preparation: Safety instruction

Description:

- Split people up in pairs
- Let the people find their spot
- Make participants imagine something that they love to hold in their hands.
- Let the pairs describe the object by not saying what it is and making the other person guess it.
- In the 2nd part of the game, make people sit back to back.
- This time the facilitator gives the participants objects to explain, but this time the person who is explaining the item is blindfolded.
- After one explains and the other guesses, they change the roles and the other participant explains his item.

Questions for reflection:

- How does the touch of the object make you feel? Was it easy to explain what it is?

- Did you enjoy this activity?
- Did you try to use other senses to guess what object you are explaining?

- Walking with shoulders touching -

Goal: Be aware of other people. Become more empathetic and careful about people's needs and vulnerabilities. Learn to cooperate. Find a common rhythm.

Tips and tricks:

- Age group: 7+
- Number of people: at least one pair and a person to look after them
- Suggested place: can be interior or exterior. Park is okay, but it can also be in the city.
- Extras (*like clothing, anything specific*): avoid any dangerous place, where someone can hurt themselves.

Time: Around 15 minutes

Equipment: None

Preparation: Pick a safe spot to conduct activity. Make sure there is a perfect amount of people to make pairs and there is enough place to walk freely. If it's possible it's good to choose a place where people can be barefoot.

Description:

- Invite people to create pairs and if possible take their shoes off.
- Tell people to touch each other with their shoulders and try to stay in this position.
- Then invite them to walk around for a minute, just to check how to move together.
- Ask one person in the pair to close their eyes and let the other person guide them for 3 minutes.
- Then ask them to switch roles and continue for another 3 minutes.
- After the time passes, invite your group to share their feelings.

Questions for reflection:

- How did it feel?
- Were you feeling safe?
- Was it better to lead or to be led?
- Can you say more about your experience?

- Walking and balancing -

Goal: To relax

Be aware of your body

Release tension

Tips and tricks:

- Age group: children, teenagers, young and adults.
- Number of people: 2+
- Suggested place: Outdoor (grass or sand)

Time: 10 minutes

Equipment: none

Preparation: Instructions

Description:

- Everybody takes off their shoes and starts walking in the space.
- Then we keep on a place and stay with one foot trying to balance one side to the other side, in front and behind. You can try to go more extreme and see how far you can go in your balance.
- We will try to walk in small motions feeling how the whole foot touches the floor.

Questions for reflection:

- How does it feel?
- Is it any different from how you normally walk? How?

❖ Short Activities

- 3 good things that happened to you -

Goal: share your feelings and give each other positive energy

Tips and tricks:

- Age group: children, teenagers, young and adults.
- Number of people: 2+
- Suggested place: schools, families, trainings, workplace, friendship

Time: 5-10 minutes

Preparation: positive energy, open to share

Description:

- Divide people in groups (2 people each group)
- Each person takes a few minutes to describe 3 good things that happened in their day and have a discussion about that
- If someone feels comfortable, they can tell something about the previous procedure with the whole group

- Balls of energy -

Goal: spreading positive energy

Tips and tricks:

- Age group: all
- Number of people: 2+
- Suggested place: wherever

Time: 5 minutes

Equipment: none

Preparation: none

Description:

- Divide people into small groups (2-5 people)
- Instruct them to imagine they are holding a ball. That ball represents their energy.
- They throw that imaginary ball to the other participant.
- Repeat 3. point as many times you want.

- Reflect

Questions for reflection:

- How do you think you pass the right energy?
- How can you change bad energy?
- Do you feel more connected to your partners? If yes, how?

- Compliments -

Goal: To make each other feel good about themselves.

Tips and tricks:

- Age group: children, teenagers, young and adults.
- Number of people: 2+
- Suggested place: schools, families, trainings,
- Extras like clothing, anything specific

Time: 5-10 minutes

Equipment: none

Preparation: positive energy

Description:

- Divide people in two teams (A, B)
- Each participant of the team A has to compliment someone of the team B. Each time that someone compliment someone else, they can go to the other team
- We finally gather in one team and positive aura is released

Questions for reflection:

- How do you feel now, after the activity?

- Gratefulness every day, any time -

Goal: Draw people's attention to be grateful for good things in their life, help them create situations or remind them of actual good moments.

Tips and tricks:

- Age group: 6–...
- Number of people: 2 and more
- Suggested place: easy to relax, sit and think. Not too noisy.
- Extras like clothing, anything specific: comfortable place to sit or lay.

Time: no more than 5 minutes but can be adapted for longer sessions.

Equipment: none, except longer sessions, where a written scenario can be useful to fluently lead the people through the session.

Preparation: create 3-5 main questions and then a couple more, exploring every main one.
For example:

- **Think about your last week- how many times did you say “thank you” to other people or showed it by a gesture? (main)**
 - Why did you say it?
 - Was it enough?
 - Did you appreciate someone’s actions and tell them that?

- **Think about how many times in the last month have you said “I love you” to your family, to your parents, siblings?**
 - Do you and if yes, why do you need to say that?
 - Do you really feel grateful for their presence?

- **Think about now**
 - Do you feel safe?
 - If you do, do you think that there can be people right now in different parts of the world not that lucky?
 - Is there someone who you want to thank for it?

Description:

- Ask your participants to find a comfortable spot.
- Wait for the silence in the room.
- Tell your participants that it is an imagination exercise, let them focus on themselves and their actions. You can advise them to close their eyes.
- Slowly guide them through the questions. Give them time to think after each one.
- After all questions, say gently thank you and give them time to come back.

Questions for reflection:

- How did you feel during this exercise?
- Did some important thought come to your mind?
- Are you asking these kinds of questions in your everyday life?
- Would it be worth it to do more often?

- **Ha ha ha laughing** -

Goal: Release tensions

Connect with others
Create a positive and relax environment

Tips and tricks:

- Age group: +3
- Number of people: 4-10
- Suggested place: Soft floor
- Extras (*like clothing, anything specific*)

Time: 5'

Equipment: -

Preparation: -



Description:

- One person lies down on the floor. Another person comes and lie down putting their head on the belly of the other person and so on (like the image).
- When everybody is lying down with their head on someone's belly, first person in the line say "ha", second one "ha ha", third one "ha ha ha" and so one.
- If anyone laughs, we have to start again.

Questions for reflection:

- What did you find easy in this activity? What was difficult?

- Hi, Ha, Ho (movements) -

Goal: To make people energized and to get their attention

Tips and tricks:

- Age group: From age of 10
- Number of people: 5 - 40
- Suggested place: Anywhere, with enough place for people to make a circle

Time: 5 - 15 min

Equipment: Nothing

Preparation: None

Description:

- Invite people to stand in a circle and explain the rules of the energizer.
- There are three different words in connection with three different movements.
- First player pronounces HI and with joined palms waves from the top of the head down – as if he has a sword in his hands, like he wants someone to cut in half.

- A person who is halved pronounced HA and raise his palms from down to up over the head.
- Two persons beside pronounced HO and then sweep also with connected hands to the stomach of the “HA” person, also like they cut him with the sword.
- Afterwards that “HA” person continues to play with pronouncing HI, and “cutting” somebody else in the circle.
- Game continues until most of the people are cut out of the circle.

Questions for reflection:

- Do you feel more energetic now?
- Did you enjoy the activity?
- Is it easy to understand it?

- Lama Game -

Goal: Have fun

Talk about emotions

Tips and tricks:

- Age group: children
- Number of people: +2
- Suggested place: Anywhere
- Extras (*like clothing, anything specific*)

Time: 3 minutes

Equipment: -

Preparation: -

Description:

1. Everyone has a lama in their pocket. We put our hand there and take out a Lama. □
2. Happy lama □ ↗
3. Sad lama □ ↘
4. Very-very angry lama □ ↕↘↕
5. Super lama □ ↗↗
6. Crazy lama □ ↕↔↕↔
7. Do not forget the Dalai lama 🙏 □ □ ♀

Notes: Add your own! There is an infinite version of llamas. :)

- Listening and drawing -

Goal: Focus your concentration either on one of the speakers or on both of them to complete the image

Tips and tricks:

- Age group: suitable for every age group
- Number of people: more than 3
- Suggested place: quiet place where you can hear the facilitators and concentrate on their voice
- Extras: *none*

Time: 10 minutes

Equipment: piece of sheet and a pen or pencil

Preparation: have a comfortable place for drawing, it's better to have a table and a chair where people can sit

Description:

- Two people who have prepared in advance two different speeches about a place which the other participants could illustrate
- The two facilitators stand at a place where everyone can hear them and explain the assignment. Explanation - everyone should draw what they hear while listening to the facilitators.
- The facilitators start reading their speech simultaneously and the participants should decide on their own how exactly to draw what they hear. They can focus only on one of the voices or on both.
- The idea of the task is to show the participants that it is very difficult to focus on two things at the same time because eventually you would miss something.
- You can implement this to different age groups with describing different illustrations

Questions for reflection:

- How did you feel?
- What do you think that the purpose of this exercise was?
- Did you have a tactic?
- How well did you manage to do the task?

- Little stretching -

Goal: To release tension, feel relaxed.

Tips and tricks:

- Age group: children, teenagers, young and adults.
- Number of people: +2
- Suggested place: anywhere, better outdoors.



Time: 5 minutes

Equipment: -

Preparation: -



Description:

- We organize the group in a stand up circle.
- The educator guides some stretches showing to others as an example.
- Stretching the neck: Put your hands on your back. Put your shoulders up and roll them back and down, your chest has to be open. Look slowly to the right moving all your head and then go to the left. Repeat that 10 times while you breathe. After that, move your head up and down for 10 times. Do it gently.
- Stretching the hips: make a step forward with one foot, bending your knee 90°. The other leg has to be straight. When it finishes we change the feet. (As we see in the photo 1). Also another good stretch is the pigeon yoga pose (photo 2).

Questions for reflection:

- Do you feel you have released any tension?

- Mindfulness observation: walking -

Goal: Improve Well-being

Relax

Be aware of your walking

Tips and tricks:

- Age group: +3
- Number of people: +1
- Suggested place: Outdoor (grass)
- Extras (*like clothing, anything specific*)

Time: 5 minutes

Equipment: -

Preparation: -

Description:

- We invite you to take out your shoes to do this activity
- Now you can stand up. We will walk around the room in silence during one minute.
- Feel how your feet touch the ground when you are walking.
- How do your feet touch the ground?
- Does it sense light? Strong?
- Do the whole feet touch the ground? Or just one part?

Questions for reflection:

- What did you like about the activity?
- How does it make you feel?
- Do you have any improvement or idea for the activity?

- Mindfulness with Colours -

Goal: increase self-awareness

Tips and tricks:

- Age group: all
- Number of people: 6+
- Suggested place: wherever

Time: 10min

Equipment: coloured stickers

Preparation: statement of feeling

Description:

- Put the stickers on the floor (have in mind the distance between the stickers according to the number of the participants)
- Start asking the “statement of feeling” and ask from the participants to stand on the colour that represents for them this feeling

Example of a Statement of feeling:

- Stand on the colour that represents sadness for you

Notes: Feel free to use more abstract words as well, e.g. peace, freedom, etc.

- Pizza massage -

Goal: Relax and make a massage of the person sitting next to you. Use this as a morning activity or after some activity that was intense so stress is revealed

Tips and tricks:

- Age group: 3+
- Number of people: 10+
- Suggested place: Participants should stand up and make a circle - enough space is needed
- Extras (*like clothing, anything specific*)

Time: between 5 and 10 minutes

Equipment: no equipment is required

Preparation: not required

Description:

- 1. Make a circle and turn to your left or right (you have to see your neighbour's back)
- 2. Start preparing the pizza by making the dough: gently massage your neighbour's arms, back and arms
- 3. Then put on some sauce: to do so, gently move your palm on your neighbour's back
- 4. After that it's time for vegetables: start „chopping“ veggies with your hands on your neighbour's back
- 5. Put some cheese on top: gently pinch your neighbour's back
- 6. When the pizza is ready, put it in the oven - give a little push to your neighbour

Questions for reflection:

- How are you feeling after this activity?
- Where do you feel more relaxed?

- Shaking -

Goal: Release stress

Tips and tricks:

- Age group: children, teenagers, young and adults.
- Number of people: 5 plus
- Suggested place: in a place that you can feel comfortable. It could be a park or any wide room

Time: 5 minutes

Equipment: comfortable clothes

- **Description:**
- We need to gather in a safe place
- The group members should try the best to be in a relaxed state of mind
- They should follow the instructions of the trainer asking them to perform the physical exercises
- However, the members should be careful to do the exercises at their ease to avoid any injury
- They should try their best to release their stress while avoiding negative thoughts along with shaking their bodies as per the instructor asks them to do.
- The shaking exercises should be done from both sides of the body as balance needs to be maintained

- Square breathing -

Goal: To release stress, calm your mind.

Tips and tricks:

- Age group: children, teenagers, young and adults.
- Number of people:1+
- Suggested place: everywhere

Time: unlimited

Equipment: not needed

Preparation: Sit in a chair, stand, or lie down on your back with one hand on your chest and one hand on your stomach. When you sit on a chair, ensure that your back is supported and your feet are firmly on the floor. Breathe normally for a moment, make sure you use your chest and stomach.

Description:

1. Inhale in counting to four slowly. Feel the air enter your lungs.
2. Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.
3. Slowly exhale through your mouth for 4 seconds.
4. Repeat step 2
5. Repeat 1-4 steps as many times as you want.

- Squeeze and release -

Goal: Relax tension in our bodies

Tips and tricks:

- Age group: +3
- Number of people: +1
- Suggested place: anywhere
- Extras (*like clothing, anything specific*)

Time: 3 minutes

Equipment: -

Preparation: -

Description:

- Close your eyes and look for tensions in any muscle of your body.
- Squeeze the muscle where your tension is and the release.
- Do it until you feel the tensions has been released.
- Scan your body and look for other tensions and repeat.

Questions for reflection:

- Do you feel more relaxed? How?
- Where do you feel it?
- How is this technique helpful for you?

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