



Youth + Art = Wellbeing

GUIDEBOOK

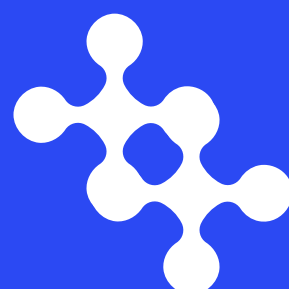


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We add Wings 

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ORGANIZATIONS

BAC - Slovakia

BAC Slovakia is a newly founded informal group of young people with a primary focus on improving European youth's entrepreneurial, leadership, soft skills, and civic engagement. We aim to create strong international networks of like-minded people who work hard on themselves, want to inspire others and improve society. As a newly formed group, we are assembling a team of four ambitious young people who aim to organize Youth exchanges and Training courses with a long-lasting positive impact on participants, involved organizations, and society in general.

Group members have rich experience with Erasmus projects as individuals, event-organizing, and civic participation. Throughout their studies and professional lives, they've gained theoretical and practical knowledge and expertise in the fields of business, marketing, event management, or soft skills.



ANDCTR Asociația Natională de Dezvoltarea Continuă a Tineretului din România - Romania



ANDCTR aim is to support and promote the social responsible development of the society and the environment, through social, cultural and learning activities. Through our projects we intend to develop and to exchange good practice in the youth work with other associations around the world, aiming to provide support for youngsters from our community into any type of social initiative that they will have, focusing more on developing awareness in relation with the negative environment changes. Our association is organizing community events like fairs, concerts, workshops, debates etc, with the aim of providing youngsters from our community with the opportunity to understand the community reality and to empower them with tools in order to be able to be elements of change in the community.

ORGANIZATIONS

Mirko Mileski Scout Unit - North Macedonia

Mirko Mileski Scout Unit primarily exists since 1953, and as of 1996, we are an official NGO, being one of the oldest scout units in North Macedonia. Since the organization was founded, we are actively part of the national scout alliance and of the World Scout Association. Our main goal as an NGO is to support the development of young people to their full physical, intellectual, societal, and spiritual potential as individuals and also as active citizens in local and national communities.

The main learning tool is non-formal education through scout activities which are mostly exhibited in open places very connected to nature. Our main objectives are: to promote active citizenship, and youth activism and to build an inclusive society based on cooperation and collaboration. As a scout organization, we are relying on core values that are basic for every scout, such as honesty, loyalty, bravery, friendship, humbleness, and perseverance, also every activity that we do goes in the direction of preserving nature's flora and fauna.



Noored Ühiskonna Heaks (NYH) - Estonia



Noored Ühiskonna Heaks (NYH) is a non-governmental organization, which unites people of different age, social class, nation and interest who have the same goal: make the world of 21st century a bit better and friendlier to its inhabitants. We act as a platform where young people would have the opportunity and support to develop the changes they want to see in society and, therefore, grow as citizens. NYH under the slogan "Good for society - good for us". Young people create a better World not just in the name of faceless "everybody", but in the name of their friends, colleagues and family, in the name of the future generations. Our target group is young people from 14 until 25 years old who are interested in self-development and participation and Youth Workers (no age restrictions) or Leaders who is interested to work directly with young people for the professional and personal development. Currently we have 75% of our active members as young people and 25% as youth workers.

HOST ORGANIZATION

Uskrzydlamy/We add Wings - Poland

Uskrzydlamy/We add Wings is non-governmental, non-profit organization which was founded in 2007. Since that time Uskrzydlamy organized a lot of national and international projects on the topics of bridge building, active citizenship, entrepreneurship, inclusion, intercultural dialogue, theater, music, democracy, street campaigning and change making.

The target group of the organization are young people with fewer opportunities (geographical and economical), youth and children as well as the educators from local schools. On the international level we cooperate with like-minded NGOs, youth workers, activists, trainers, change makers.

Our mission: bringing positive change to the community and especially youth; tolerant, open-minded society, inclusion of vulnerable groups, social activism, gender equality, development of skills and competences of young people and youth workers, development of entrepreneurial education, recognition of non-formal learning, promoting volunteering and intercultural cooperation and solidarity, contribution to the strengthening of youth to become active in their own community, promotion of non-violent culture /culture of peace, sustainability and ecology.

Main activities: workshops, meetings, training courses for youth workers and leaders, school stuff; youth exchanges, educational trips and local events, art festivals, educational and development projects.





INTRODUCTION

HOW TO USE THIS GUIDEBOOK?

This guidebook was created as part of the “Youth + Art = Wellbeing” project, where young people from different countries came together to explore how art can support mental health and personal growth. Throughout the exchange, participants designed creative workshops inspired by their experiences, ideas, and the tools they discovered during the project.

The following pages present ready-to-use workshop scenarios, which you can implement in your school, community center, or organization. Each workshop focuses on promoting well-being, emotional expression, teamwork, and creativity through different forms of art. The activities are designed to be flexible and can be adapted to your group’s needs, age, and context.

To successfully run these workshops, we recommend reading through the full description of each session, preparing the materials in advance, and creating a safe and supportive space for participants. Feel free to adjust the exercises to the time you have available or combine elements from different workshops. Remember, the main goal is to create an atmosphere where young people can express themselves, connect with others, and experience the power of art as a tool for well-being.

Colours of wellbeing

OBJECTIVES

Express yourself through colours to understand your inside

KEY LEARNINGS

- expressing your inner emotions
- creative imagination

TARGET GROUP

- young creative people
- young adults

DURATION

- 60min

MATERIALS NEEDED

- paint
- papers
- tissues
- scissors
- soft papers/colourful papers
- glue
- cups, water



ENERGIZER

Meditation, meditation music

MAIN ACTIVITIES

- 1) Choose your spirit animal/thing and draw or paint it
- 2) Colours of your soul/aura/emotions and express them on the paper.
- 3) Painting the music

EVALUATION

Find a friend or someone you feel comfortable and reflect on what was done during the workshop

STEP BY STEP DESCRIPTION

Energizer

The workshop begins with a short meditation exercise to help participants calm their minds and connect with their inner emotions. Guided by soft meditation music, everyone takes five deep breaths, allowing them to relax and focus. This moment of stillness prepares the group to express themselves freely through colors and creativity in the following activities.

Main Activity

Participants are introduced to the challenge of creating art without using traditional tools like paintbrushes, pens, or markers. Instead, they must explore materials available in the room, using their hands, fingers, and other creative methods to express themselves. They start by choosing a spirit animal or object that represents them and painting it in a personal, intuitive way. Next, they visualize their soul, aura, or emotions through colors, translating these inner feelings onto paper. The final activity involves “painting the music”—listening to music that resonates with them and expressing the emotions it evokes through abstract forms and color combinations. By embracing spontaneous creativity, participants explore how art can serve as a powerful tool for emotional expression and self-discovery.

Evaluation

To close the session, each participant finds a partner they feel comfortable with and shares their reflections on the process—what they created, how they felt, and what emotions surfaced. The workshop concludes with a group reflection, where everyone expresses their experience in a single word, summarizing the impact of the session. This final exchange allows participants to process their emotions, gain insight into their creative expression, and appreciate the therapeutic power of colors.

Erasmus Oscars

OBJECTIVES

Create confidence for people in themselves

KEY LEARNINGS

- How to adapt to everyday situations
- Expressing yourself
- Teamwork
- Thinking on the spot
- Working under pressure

TARGET GROUP

- Young people wanting to improve their acting and adaption abilities

DURATION

- 90min

MATERIALS NEEDED

- Paper & Markers
- Create some sort of an Oscar statue to award / another prize of your choice



STEP BY STEP DESCRIPTION

Energizer

The workshop begins with two engaging energizers designed to build confidence, loosen up participants, and prepare them for improvisation. The first, Om, starts with everyone making a continuous sound in a particular note, trying to match the tone of the group. As the sound waves interact, they create interesting effects that help participants practice vocal projection and harmony. The game evolves with one person in the center pointing at others in a sequence, building up volume, intensity, and pitch until everyone shouts together, releasing energy and tension. The second game, Bunny, introduces an element of surprise and humor. Each participant pretends to hold a bunny, performing a small action with it before passing it to the next person. Once the bunny has made its way around the circle, the twist is revealed—the action they did to the bunny must now be done to the person next to them, sparking laughter and breaking any remaining hesitation before the main activity.

Main Activity

Participants are divided into four groups and given 20 minutes to create a short scene based on a scenario and environment assigned randomly on paper slips. The groups brainstorm and prepare, with workshop leaders available for guidance. Once ready, each group takes turns performing a 1-2 minute scene, staying in character and improvising as needed. At a set moment, the workshop leaders introduce an unexpected disaster—fire, robbery, heart attack, or another challenge—which forces the actors to adapt in real-time. About 30 seconds after the disaster starts, the scene is frozen, and the audience is invited to observe and analyze the situation, answering questions about the characters, their reactions, and how they might respond in real life. During this pause, an audience member has the chance to step into the scene, adding a new dynamic before the performance resumes. Each group continues acting until their ideas run out or they reach the 3-minute mark. If a group struggles, a facilitator may step in to help guide the story forward. After each performance, the other teams try to guess the environment, disaster, and general topic of the scene, strengthening their observational and analytical skills. Once all groups have performed, participants vote for the best performance—excluding their own group. The winners are announced, and the Oscar award is presented in a fun ceremony to celebrate creativity, adaptability, and teamwork.

Evaluation

To reflect on the experience, everyone gathers in a circle and expresses their feelings through body language and a brief verbal explanation. Each person creates an image with their body that represents how they felt about the activity, followed by one or two sentences sharing their thoughts. This final reflection encourages self-awareness, reinforces key takeaways, and allows participants to appreciate the confidence, teamwork, and adaptability they developed throughout the workshop.

Jiggling and wiggling for well-being

OBJECTIVES

Promoting physical activity as a way to improve wellbeing and emotional balance and discover the art of moving, develop body awareness

KEY LEARNINGS

Leaving comfort zone, teamwork, communication between the group, bettering the trust, bonding activity

TARGET GROUP

People aged 15-40 who enjoy movement as a way to relax and have no problem working with other people

DURATION

- 50-70 min

MATERIALS NEEDED

- speaker, small objects (pens, pencils,...), some toilet paper, objects we can use as obstacles



STEP BY STEP DESCRIPTION

Energizer

The session starts with two short energizers aimed at warming up the participants and preparing them for teamwork and movement. The first is the Snake Game, where the group is split into two teams. Each team forms a line, holding onto the shoulders of the person in front. The last person in each line has toilet paper attached, and the team's task is to protect their own paper while trying to catch the other team's. This dynamic game helps build coordination and team spirit. Next, participants spread out for the "Pick a Bale of Cotton" dance. Everyone moves freely while following a sequence of kicks and steps that gradually increase in intensity, helping the group get energized and ready for the main activities.

Main Activity

The main part includes several exercises focused on movement, communication, and teamwork. It starts with the Greek Dance, where pairs perform coordinated kicks and steps, followed by the Swedish Dance, which adds turns, jumps, and partner changes in a moving circle. Next, the group tackles the Blanket Game, working together to flip a blanket without stepping off, testing cooperation and problem-solving.

Then, participants form two groups for the Human Knot, where they tangle hands and must untangle themselves without letting go, building trust and critical thinking. The final challenge is the Coordination Game. Small teams collect objects from a field full of obstacles. One person is blindfolded, another gives silent directions through body language, and a third helps guide. This task enhances communication, teamwork, and focus.

Evaluation

The session ends with a meditation to relax and reflect. Following a guided video, participants calm down and process their experience. This final moment allows them to connect with their emotions and thoughts after an intense physical session. Good time management and clear communication are essential, especially during the blindfolded task, to ensure the activities run smoothly and everyone benefits from the workshop.

Captain Planet

OBJECTIVES

Connecting with nature

KEY LEARNINGS

Introspection through art and nature creativity, teamwork , communication, self reflection, connection with nature , impact of the art into the wellbeing

TARGET GROUP

10-20 people aged 16-28

DURATION

- 60min

MATERIALS NEEDED

wood,branches, paper, rocks, thread, coins, leaves, glue, scissors, materials can be adapted focusing in using materials from nature



STEP BY STEP DESCRIPTION

Energizer

Brain storm energizer (The facilitator instructs the participants to replicate the gestures of the person on their left and not to change the movement until that person has changed it as well so that the movements come in waves. The facilitator begins the first movement by tapping their fingers on the floor/table. When the person sitting on the left of the facilitator has done the movement, the facilitator starts another movement which creates a louder sound. The movements progress in waves until the sound reaches an intensity mimicking a rain storm)

Main activity

After the energizer divide the participants in 4 equal groups considering the 4 elements of nature

- Fire (red)
- Earth (green)
- Water (blue)
- Air (white)

The facilitator writes the four elements of nature on colour paper (red, blue, green, white) and the symbols they represent(fire-passion, transformation, courage; earth- stability, balance, patience; water- emotion, flexibility, intuition; air- creativity, communication, freedom). The participants are then asked to choose an element they feel connected to and to form four teams of equal sizes. The teams are then invited to their working stations and are asked to read and follow the instructions written on the back of their papers. They are tasked to create a dreamcatcher(team earth), a boat(team water), windchimes(team air) and a letter about future wellbeing and then make an origami dragon out of it (team fire).

In order to connect all the participants from the four teams and also to emphasise the connection and harmony that the elements share, the facilitator asks the participants to stand up and close their eyes. The facilitator proceeds to describe the sounds and sensations of the four natural elements and have the participants place their hand on the part of their body which they feel that represents each respective element.

Evaluation

The facilitator asks the participants to sit in a circle, either on a chair or on the floor, and, using a yarn/thread ball, each participant tosses the ball to another person, saying a word that describes how they feel in connection with nature. After everyone has had the ball, the process is reversed as the participants toss the ball all the way back to the facilitator and say a word that describes how they feel about the workshop

Museum of arts

OBJECTIVES

To be more conscious while experiencing art, to connect with art on a personal level

KEY LEARNINGS

To be more conscious while experiencing art, to connect with art on a personal level

TARGET GROUP

Any age, 16-20 people (4 groups of 4-5)

DURATION

- 80min

MATERIALS NEEDED

Big paper sheets, art supplies (markers, crayons etc.), pens, papers/notebooks, speaker, tv/other big screen; everybody should have a phone



STEP BY STEP DESCRIPTION

Energizer

The workshop begins with a simple group energizer designed to engage participants and create a sense of focus. Everyone walks freely around the room as a group and works together to count from one to twenty. Only one person can say a number at a time, and the same person cannot speak twice in a row. If two people speak at the same moment, the group must start over from one. This short game encourages attention, coordination, and group dynamics, setting a relaxed tone for the activities that follow.

Main Activity

Participants are then divided into four groups, rotating through four art-based stations designed to explore emotions and personal reflection through different forms of art. At the music station, participants listen to songs and draw their visual interpretations on large sheets of paper. Each group adds their impressions to the drawings created by the previous team, creating collaborative art pieces that reflect the music's mood and energy. Next, at the movie station, the group watches selected scenes from three films. After each clip, participants reflect on personal experiences connected to the scene's themes, answering thought-provoking questions about love, destiny, and life's choices.

At the sculpture station, participants choose a sculpture and imagine its story, writing a short monologue from the sculpture's perspective. They reflect on its emotions, thoughts, and the moment it was captured, practicing empathy and creativity. Finally, at the painting station, participants observe several paintings and select one that resonates most with them. They answer questions about the artwork's emotions, colors, and personal connections, then share their reflections in a group discussion, deepening their understanding of how visual art can evoke memories and feelings.

Evaluation

To close the workshop, participants are invited to choose any piece of art – from the session or elsewhere – that represents how they feel at that moment. They share their choices with the group and explain the emotions or reasons behind their selection. This final reflection creates space for personal expression, strengthens group connection, and allows everyone to process their experiences, emotions, and learnings from the workshop.

THANK YOU

We would like to express our sincere gratitude to all the participants who contributed their creativity, energy, and openness throughout this project. Your ideas, reflections, and hard work made these workshops possible and turned them into meaningful experiences that we are proud to share.

A special thank you goes to our partner organizations, leaders, and facilitators for their support, dedication, and collaboration at every stage of this project. Your commitment to creating a safe space for learning, creativity, and connection was invaluable.

Together, we created something that we hope will continue to inspire others. We believe that the impact of this project will reach far beyond these pages — carried forward by every participant and organization involved.



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