



Erasmus+
Enriching lives, opening minds.



Erasmus+ strategic partnership project

Innovative, Recreational, Stress Relief Youth Empowerment Strategies – JOY

2020-1-RO01-KA205-078667

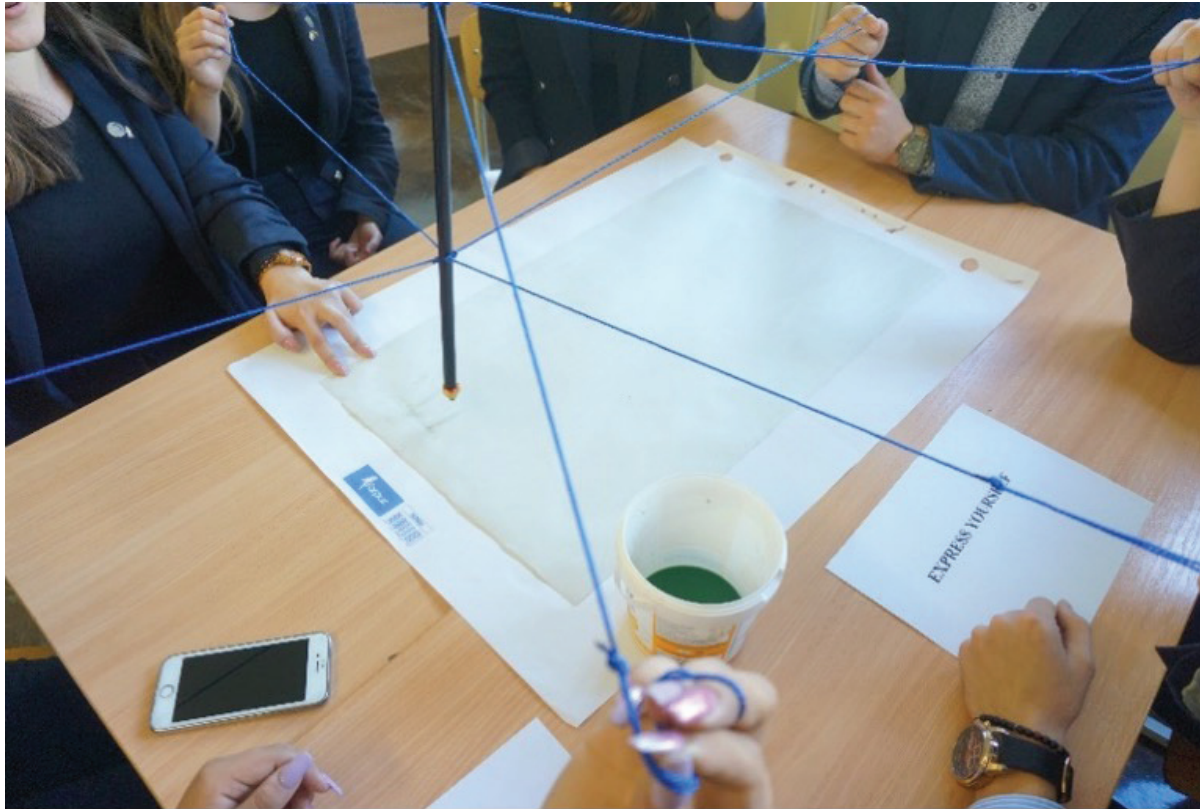
Intellectual Output 3

Youth burnout awareness and therapy workshops

Videos

Art therapy workshops

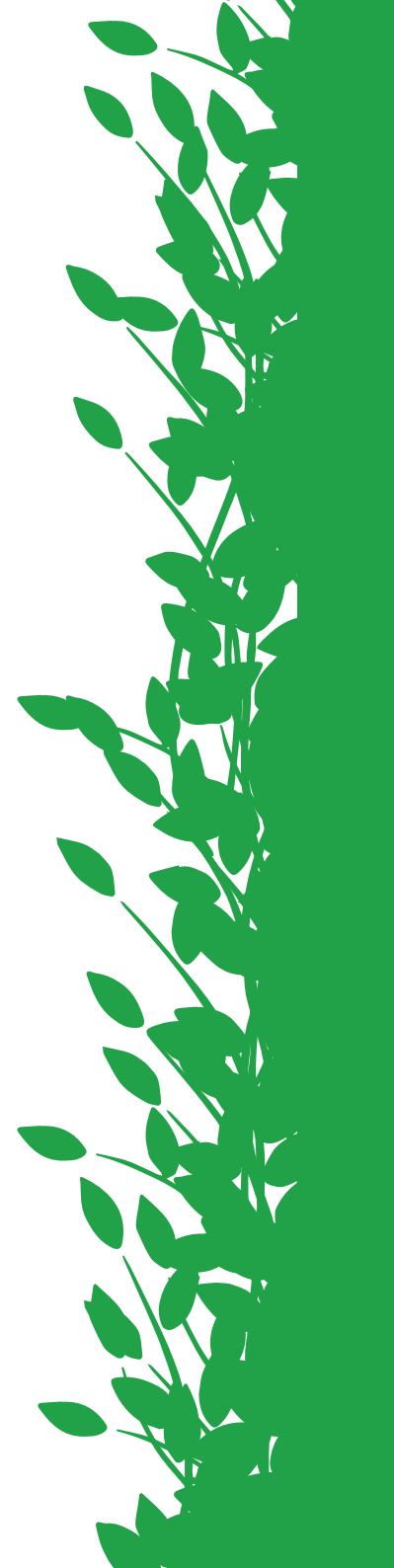
Painting with one pencil



Students should hold on to the tip of the ropes. They have to soak the tip of the pencil in colors and write it on paper sheet. Pencil is controlled by each team member.

Video:

https://youtu.be/s7u47_hjAgc



A map of my thoughts



During the sessions, clippings are cut from the magazines and everything is combined into one common card.

Video in Lithuanian language:

<https://drive.google.com/file/d/1zfWD-tx67anI7nT5TEyynpAUhDsik2ZS/view>

Handcraft workshops

Tiffany technique workshop



Students draw and then connect pieces of glass using special tools for glass work.
It is better if pieces of glass prepare trainer/teacher.

Video:

<https://www.facebook.com/tatiana.tsoro/videos/1590729537666135>

<https://www.facebook.com/1822144964731911/videos/2091927577753647>

Outdoor workshops

Graffiti workshop



Participants prepare the wall (paint it in white color as a background, preferably). Then they have to develop a sketch on the paper. After participants have to make a bigger version of the sketch on the wall with the pencils and only then can start using spray cans to color the wall.

Video:

<https://www.youtube.com/watch?v=QXhswgiidfk>

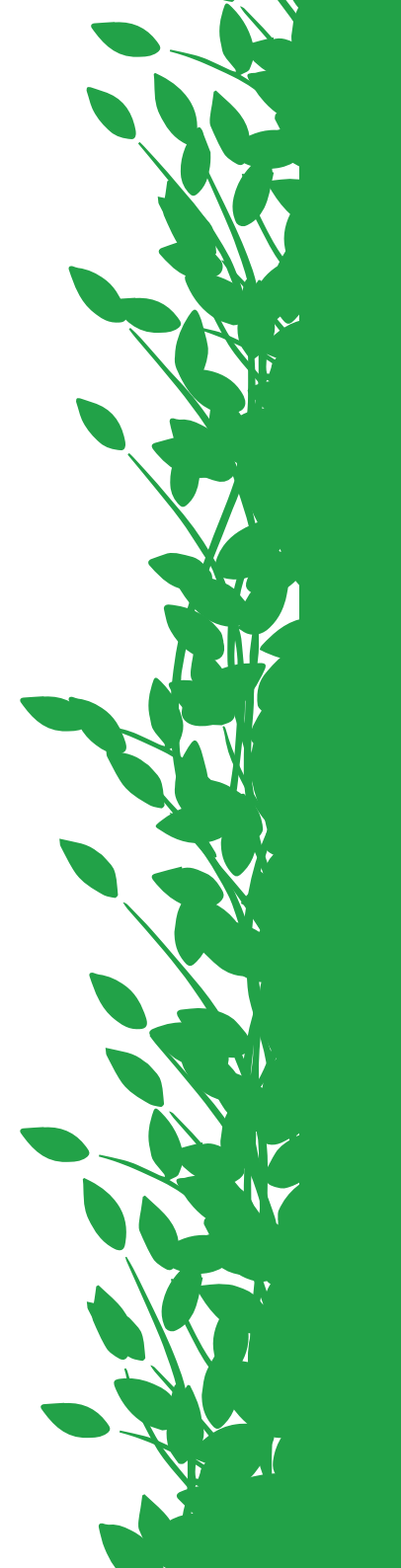
Yoga



In Yoga we try to build healthy living habits, increase the time we spend praying/doing meditation/breathing exercises/posture practice.

Video:

https://www.youtube.com/watch?v=laJt49_upzY



Relaxation technique

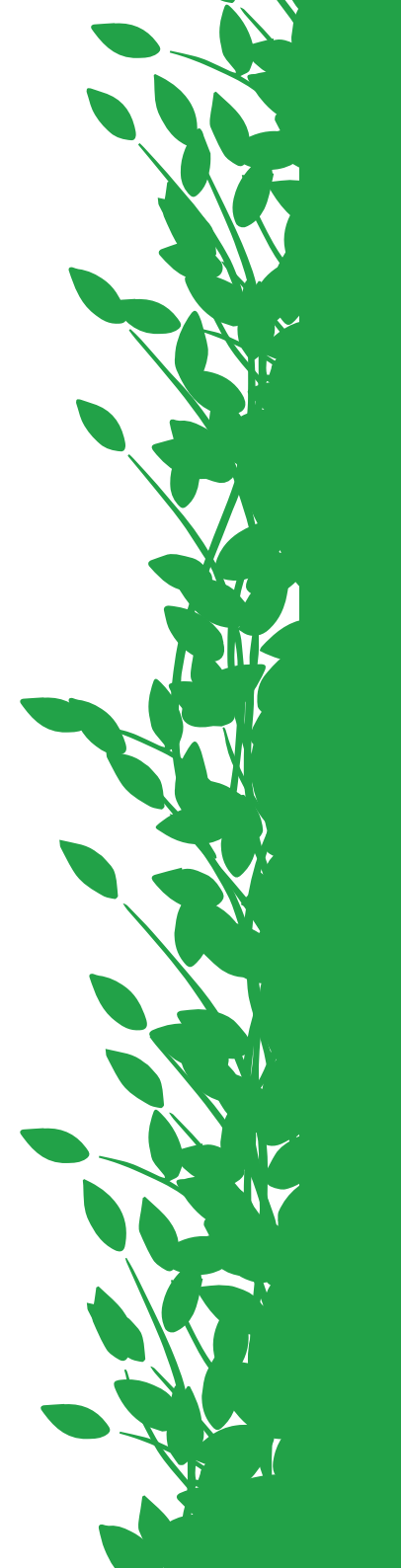


Relaxation techniques are a great way to help with stress management. It's a process that decreases the effects of stress on your mind and body. Relaxation techniques also are often free or low cost, pose little risk, and can be done nearly anywhere.

Video:

<https://youtu.be/pSf98KGhBg8>

https://youtu.be/dgHhzUA_LAQ



Drama workshop



We start with energizing the body: we shake the hands, then we imagine that we climb a mountain and in the end we shake our legs and we number from 8 to 1 then from 7 to 1 faster and faster, until we get to 1 (video in Romanian language).

Video:
<https://www.youtube.com/watch?v=BucxTXJworo>

This game makes you realise that YOU control your body and mind.

Video: <https://www.youtube.com/watch?v=okHSZ5qJTbs>

This game relaxes you and keeps you in the present.

Video: <https://www.youtube.com/watch?v=-1GE3vNyZ14M>

The game Sally

Video: <https://www.youtube.com/watch?v=x-rVSrSIS214>

Non formal methods workshops

Land art

Make limited durability art from materials you find in nature. Collect the branches, leaves, grass, cones etc etc and place them in patterns in relation to each other on the ground or on a table/bench in the way you feel is best for your expression. See an example below.



Land art video:
<https://youtu.be/-hYDvO8xRZQ>

Wreath of natural materials

You need a base wreath which you can buy in the store or make your own from straw. Use evergreen branches preferably and attach it to the base.

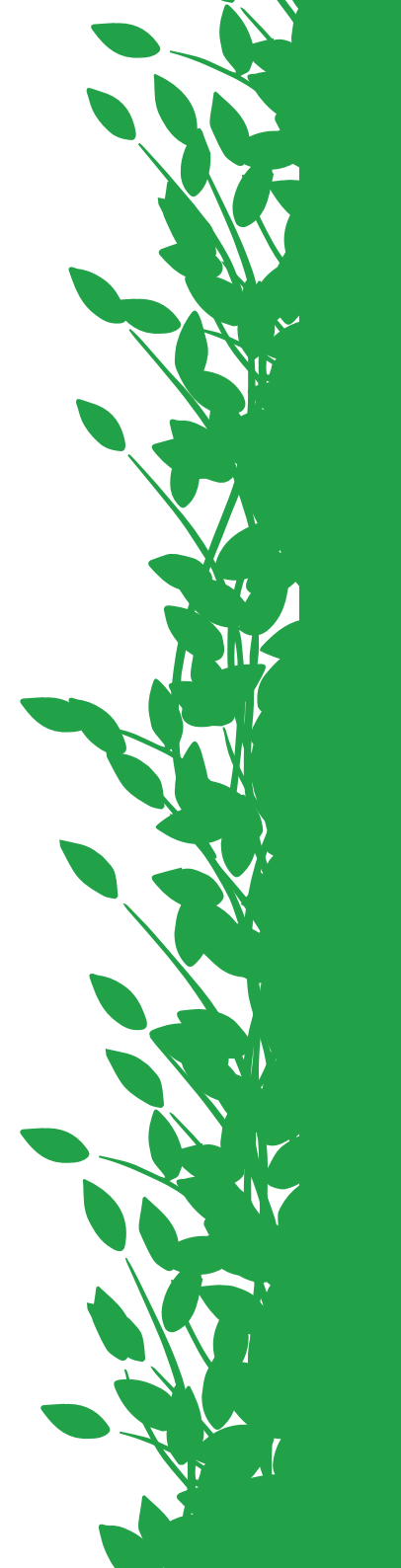
Door wreath

Wreath of nature materials video:
<https://youtu.be/nROTtVaeAIU>



Flower wreath (for head)

Wreath of fresh flowers:
<https://youtu.be/sjRdM5i88nE>



Meditation

You need a nice quiet spot that you like, either in a forest, in a park, by the sea or similar. Free your brain from all the disturbing thoughts and just focusing on listening to all the sounds in nature around you. Feel how it is to hug a tree.

Video:

<https://youtu.be/hR4LS68QUvg>

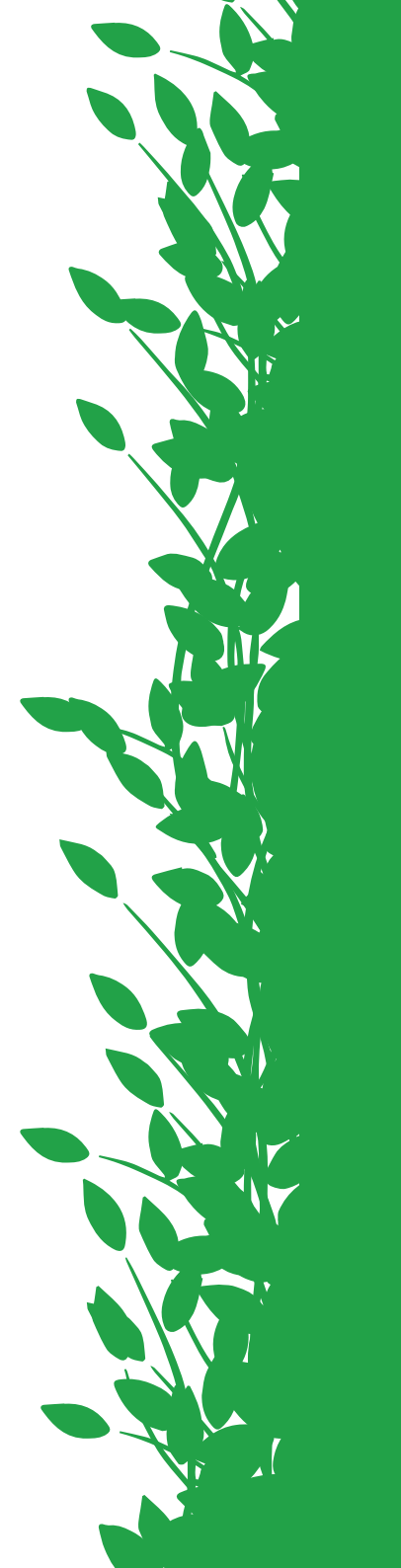


Yoga

Sun salutation
step by step

Video:

<https://youtu.be/BzNP-JWGVruw>





MITRA FRANCE



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