



# Youth Bridges Through ART WORKBOOK for youth



A set of practical step by step exercises  
for young people to support self-discovery  
and help increase your self-esteem



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Find out more about the partners and project activities within the book or visit:

[www.youthbridges.eu](http://www.youthbridges.eu)

See other language versions (Romanian, Spanish, Polish) on:

[www.youthbridges.eu/workbook-for-youth/](http://www.youthbridges.eu/workbook-for-youth/)



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# Content

**Introduction** ..... 1

**Welcome to „Youth Bridges Through Art”: Your Creative Journey Begins!** .. 2

**Erasmus+** ..... 4

**INDEX** ..... 5

**1. Participatory Art Projects** ..... 8

**2. Expressive Arts Therapy Techniques** ..... 15

**3. Storytelling and Visual Narratives** ..... 22

**4. Community Murals and Public Art Projects** ..... 29

**5. Movement and Performance Art Workshops** ..... 35

**6. Art Journaling for Self-Reflection** ..... 41

**7. Collaborative Improvisation** ..... 49

**8. Mindfulness-Based Art Practices** ..... 56

**9. Positive Reinforcement and Reflective Feedback** ..... 67

**10. Cross-Cultural Art Exchanges** ..... 74

**11. Sensory Art and Accessible Materials** ..... 79

**12. Art as Advocacy Workshops** ..... 84

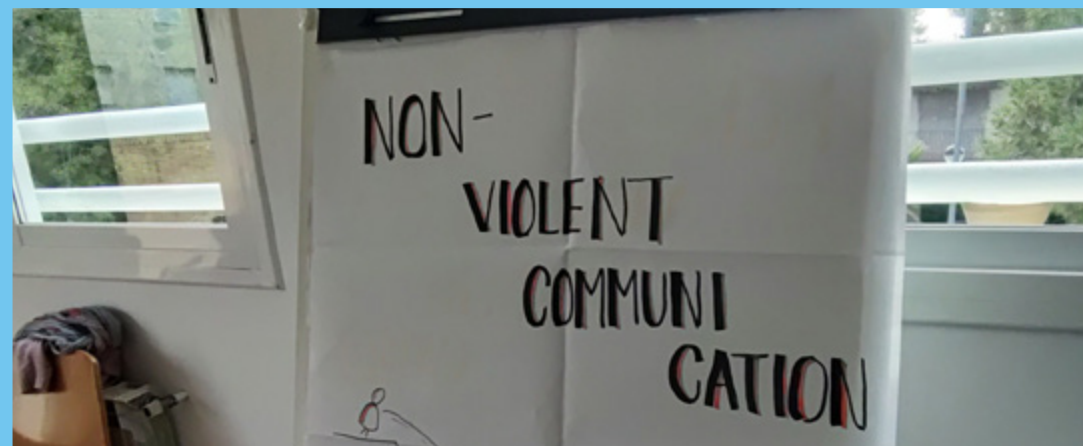
**13. Skill-Sharing Circles and Peer Mentorship** ..... 89

**14. Empathy-Based Group Art Exercises** ..... 94

**15. Digital Art and Media Literacy Workshops** ..... 99

**Partner organizations** ..... 103





## Introduction

Hey there!

Ready to dive into a world where your creativity knows no bounds and your voice truly matters? This workbook is your personal guide to exploring, expressing, and empowering yourself through the incredible journey of art.

Life as a young person can be a whirlwind of new experiences, challenges, and amazing discoveries. Sometimes, it can feel tough to find your footing or express exactly what's on your mind. That's where this workbook comes in. It's designed specifically for you, youth to help you:

**Discover Your Voice:** Through exciting activities like Participatory Art Projects, Storytelling and Visual Narratives, and Art as Advocacy Workshops, you'll find unique ways to share your thoughts, feelings, and experiences with the world.

**Boost Your Confidence:** Ever wanted to feel more sure of yourself? Activities like Expressive Arts Therapy Techniques, Movement and Performance Art Workshops, and Skill-Sharing Circles and Peer Mentorship are here to help you build self-esteem and recognize your own strengths.

**Connect with Others:** Art is a powerful tool for connection! You'll get to team up on Community Murals and Public Art Projects, engage in Collaborative Improvisation, and explore Empathy-Based Group Art Exercises to build connections and understand different perspectives.

**Find Your Calm:** Life can be stressful, but art can be a great way to relax and focus. Art Journaling for Self-Reflection and Mindfulness-Based Art Practices will guide you in finding peace and self-regulation.

**Embrace New Skills and Cultures:** From Digital Art and Media Literacy Workshops that teach you cutting-edge skills to Cross-Cultural Art Exchanges that broaden your horizons, you'll learn and grow in exciting new ways. We even include Sensory Art and Accessible Materials to make sure everyone can participate and enjoy!

This workbook is all about giving you the tools and space to be yourself, explore your creativity, and grow in confidence. Remember, there's no right or wrong way to do art – just your way. So, let's get started on this adventure together!



# Welcome to „Youth Bridges Through Art”: Your Creative Journey Begins!

Welcome, amazing young artists and innovators! We're thrilled to introduce you to „Youth Bridges Through Art,” an inspiring Erasmus+ KA220 project designed especially for youth like you. This initiative is all about empowering you to discover your unique voice, build connections, and make a positive impact through the incredible world of art. This workbook is your personal guide, packed with exciting ways to explore your creativity and grow with confidence.

„Youth Bridges Through Art” is a collaborative effort, uniting passionate partners from across Europe. We're proud to be working with Walbrzyskie Stowarzyszenie Młodzieży from Poland, Globers from Spain, and Asociația Culturală Atelierul European de Artă from Romania. Together, these organizations bring diverse expertise and a shared commitment to fostering inclusion and self-expression among young people. This international partnership enriches the project, providing a unique opportunity to connect with peers from different cultures and learn from a wide array of experiences.

Supported by the prestigious Erasmus+ program, this project is dedicated to creating safe and dynamic spaces where you can freely express yourselves, share your cultures, and learn from one another. We believe that music, dance, and theater, alongside the visual arts, are powerful tools for breaking down barriers and building lasting relationships. Through engaging activities and workshops, „Youth Bridges Through Art” aims to help you develop new skills, explore your identities, and cultivate a deeper understanding of the world around you.

Within these pages, you'll find a wealth of diverse methodologies that invite you to dive into various art forms. From Participatory Art Projects and Expressive Arts Therapy Techniques to Digital Art and Media Literacy Workshops, each activity is crafted to help you build essential life skills, boost your self-awareness, and enhance your ability to connect with others. You'll get to explore Storytelling and Visual Narratives, contribute to Community Murals, find calm through Mindfulness-Based Art Practices, and even engage in Skill-Sharing Circles and



Peer Mentorship. We also emphasize inclusivity by utilizing Sensory Art and Accessible Materials, ensuring that everyone can participate fully regardless of their abilities or needs.

This workbook is more than just a collection of exercises; it's a testament to your potential, a toolkit for self-expression, and a catalyst for positive change. We encourage you to embrace every challenge, celebrate every breakthrough, and use the power of your creativity to shape a brighter future for yourself and your communities. Get ready to connect, create, and inspire together as we embark on this exciting journey with „Youth Bridges Through Art”!



## Erasmus+

Did you know that there's a powerful program out there that helps young people like you explore the world, learn new skills, and connect with peers from across Europe? It's called Erasmus+, and it's the European Union's flagship program for education, training, youth, and sport. Erasmus+ isn't just for university students; it offers incredible opportunities specifically designed for youth, to participate in international projects and experiences that can truly change your life.



## INDEX

List of 15 methodologies to address non-formal art methods and inclusive training techniques that foster inclusion, self-confidence, and self-esteem. Each of these methods combines inclusivity with opportunities for self-discovery, helping participants feel valued while boosting their confidence and self-esteem.

### 1. Participatory Art Projects

Involve participants in creating collaborative art pieces, allowing them to express themselves freely and feel part of a larger community project.

### 2. Expressive Arts Therapy Techniques

Use art forms like drawing, painting, and music for personal expression and emotional healing, which helps individuals develop self-confidence and process emotions in a safe space.

### 3. Storytelling and Visual Narratives

Encourage participants to share personal stories through visual arts, helping them find their voice and strengthen self-identity.

### 4. Community Murals and Public Art Projects

Empower participants to contribute to murals or public art installations, promoting a sense of accomplishment and visibility within their community.

### 5. Movement and Performance Art Workshops

Use dance, body movement, and theater techniques to promote self-expression and body confidence, often allowing participants to work through inhibitions.



## 6. Art Journaling for Self-Reflection

Guide participants in keeping an art journal, where they can use mixed media to reflect on their personal journeys, build self-awareness, and enhance self-esteem.

## 7. Collaborative Improvisation

Create group-based improvisational activities, such as music jamming or collective drawing, which foster team-building, spontaneity, and trust among participants.

## 8. Mindfulness-Based Art Practices

Integrate mindfulness techniques, like breathing exercises and mindful drawing, to reduce anxiety and help participants focus on the present, aiding in self-regulation and self-acceptance.

## 9. Positive Reinforcement and Reflective Feedback

Use positive reinforcement and constructive feedback sessions after creative activities, helping participants to see their own progress and strengths.

## 10. Cross-Cultural Art Exchanges

Incorporate elements from diverse cultural art traditions, giving participants a broader perspective and promoting appreciation for their unique backgrounds and experiences.

## 11. Sensory Art and Accessible Materials

Use sensory-friendly and accessible materials (like textured papers, scented paints, etc.) to make art inclusive for people of different abilities and sensory needs.



## 12. Art as Advocacy Workshops

Empower participants to use art for advocacy, creating projects that express social or personal issues important to them, which can reinforce their voice and self-worth.

## 13. Skill-Sharing Circles and Peer Mentorship

Encourage participants to share artistic skills with each other in a structured way, helping build confidence as they recognize their own expertise.

## 14. Empathy-Based Group Art Exercises

Conduct exercises where participants respond to each other's art or collaborate on pieces about shared experiences, promoting empathy and social connection.

## 15. Digital Art and Media Literacy Workshops

Teach digital art skills, allowing participants to learn new technology and produce art that resonates with modern digital culture, increasing their confidence in contemporary platforms.



# 1. Participatory Art Projects

## Task 1

**Goal:** Reflect on the meaning of participation in art and how it relates to your life.

**Format:** Short written reflection.

**Instructions:** Write freely about what art, participation, and participating in art mean to you.

## Task 2

**Goal:** Explore perspectives on artistic participation through dialogue.

**Format:** Written Q&A (your question + imagined answers).

**Instructions:** Imagine you're talking to a theater actor. Write one thoughtful question, guess how they might respond, and then write your own answer.

## Task 3

**Goal:** Reflect on a past experience of co-creating something artistic.

**Format:** Written answers to guiding questions.

**Instructions:** Think about a group activity you were involved in (like a performance or a visual project) and answer all the questions.



### Task 4

**Goal:** Visualize how your identity is connected to others.

**Format:** Drawing or symbolic description.

**Instructions:** Use symbols, keywords, or a simple sketch to represent how your identity is linked to your family, culture, or community.



### Task 5

**Goal:** Reflect on your role and emotions in collaborative work.

**Format:** Short written reflection.

**Instructions:** After group work, answer all three questions honestly. Focus on your feelings and observations.

### Task 6

**Goal:** Create a metaphor for community-building through art.

**Format:** Written recipe (metaphorical).

**Instructions:** Write a fun or serious “recipe” (like for cooking) that explains how to build a strong community through art. Use ingredients like trust, listening, etc.

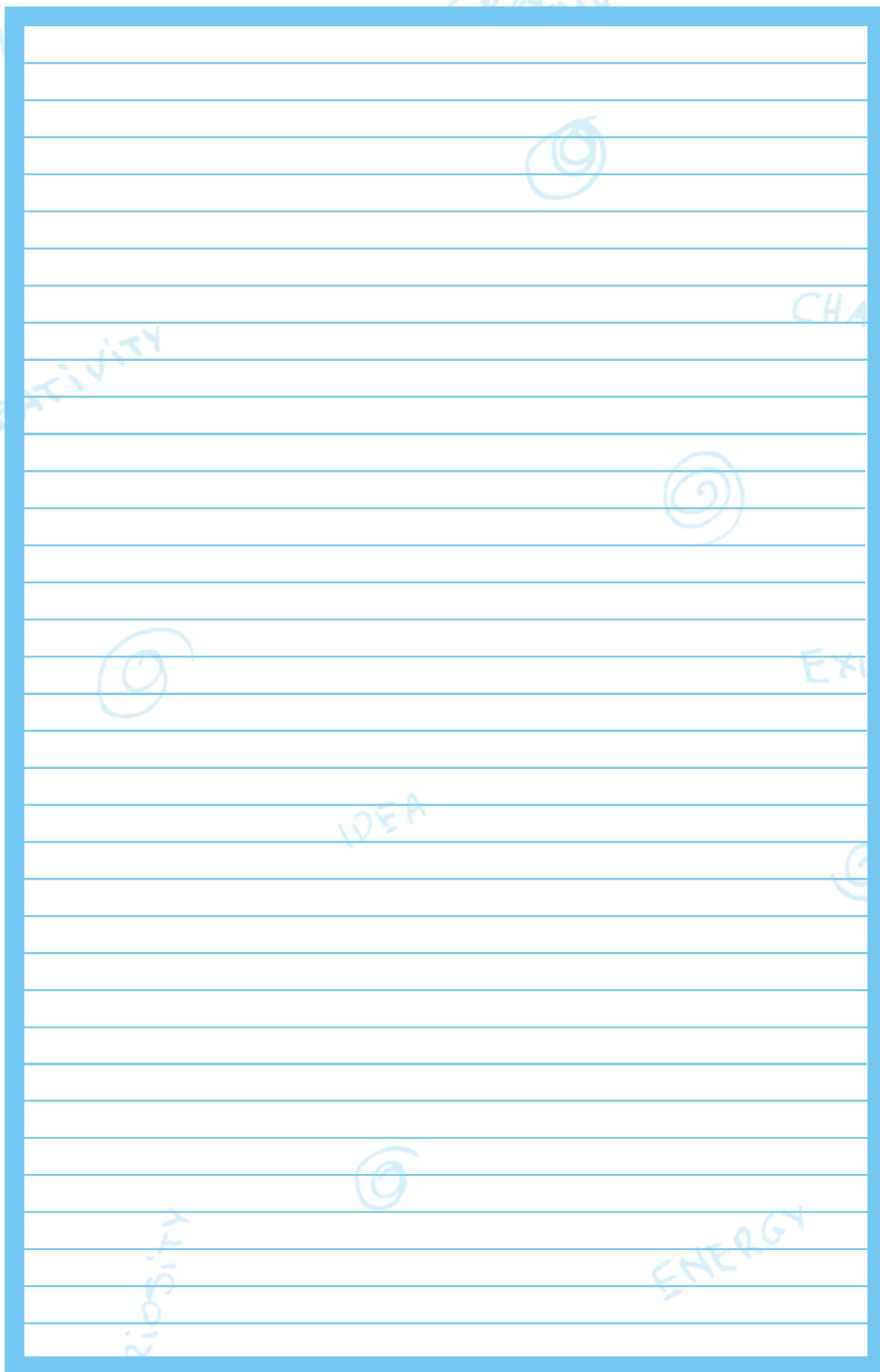
#### FUN FACT

*San Pedro Creek Culture Park in San Antonio is an example of urban space transformation through participatory art. The project includes a 2.2-mile park with art installations and community areas, engaging local residents in the creative process.*



Check it out...  
“Participatory Art” – Tate Modern  
(Article)





## Task 7

**Goal:** Deepen awareness of emotional moments in collaboration.

**Format:** Two-part written reflection.

**Instructions:** Describe the most moving part of today's activity and how it might influence your future actions or relationships.





## Task 8

**Goal:** Understand inclusiveness in participatory art.

**Format:** Short paragraph or list.

**Instructions:** Reflect on the idea that every voice matters. What does this mean to you? Write how you'd apply this in real life.



## 2. Expressive Arts Therapy Techniques

### Task 1

**Goal:** Start a conversation about emotions and art.

**Format:** Written question + answer.

**Instructions:** Write one question you would ask someone about emotions in art. Then, write your own answer to it.



Check it out...  
"What is Expressive Arts Therapy?" –  
American Art Therapy Association



## Task 2

**Goal:** Explore why art can express emotions better than words.

**Format:** Short written reflection or symbolic drawing.

**Instructions:** Write a few sentences or draw a simple symbol to express your idea.

### FUN FACT

*Expressive arts therapy is used in various contexts, from elderly care to support for children in hospitals. Research shows it can improve cognitive functioning and reduce stress.*

## Task 3

**Goal:** Imagine a story of expressing emotions through art.

**Format:** Drawing or written description.

**Instructions:** Create or describe a scene where someone uses art to express something they cannot say. Then describe what happens next.



## Task 4

**Goal:** Practice inclusive thinking in multicultural settings.

**Format:** Written ideas or drawing.

**Instructions:** List or draw emotions and colors that are universal. Suggest ways to make everyone feel safe in a diverse group.

## Task 5

**Goal:** Reflect on your emotional inner world.

**Format:** Drawing + short description.

**Instructions:** Draw your „inner landscape” from the activity. Note the emotions and what surprised you.

## Task 6

**Goal:** Reflect on your creative and emotional experience.

**Format:** Short written reflection.

**Instructions:** Describe how you felt during your creative process and what you learned about yourself and others.

## Task 7

**Goal:** Design an emotional safe space.

**Format:** Metaphorical “recipe” (written list).

**Instructions:** Write a list of “ingredients” for a safe space where people can express emotions freely (e.g., kindness, listening, privacy).



## Task 8

**Goal:** Explore how to build intercultural emotional dialogue through art.

**Format:** Written ideas or bullet points.

**Instructions:** Suggest practical ways to create a safe space for emotional sharing across cultures through art.



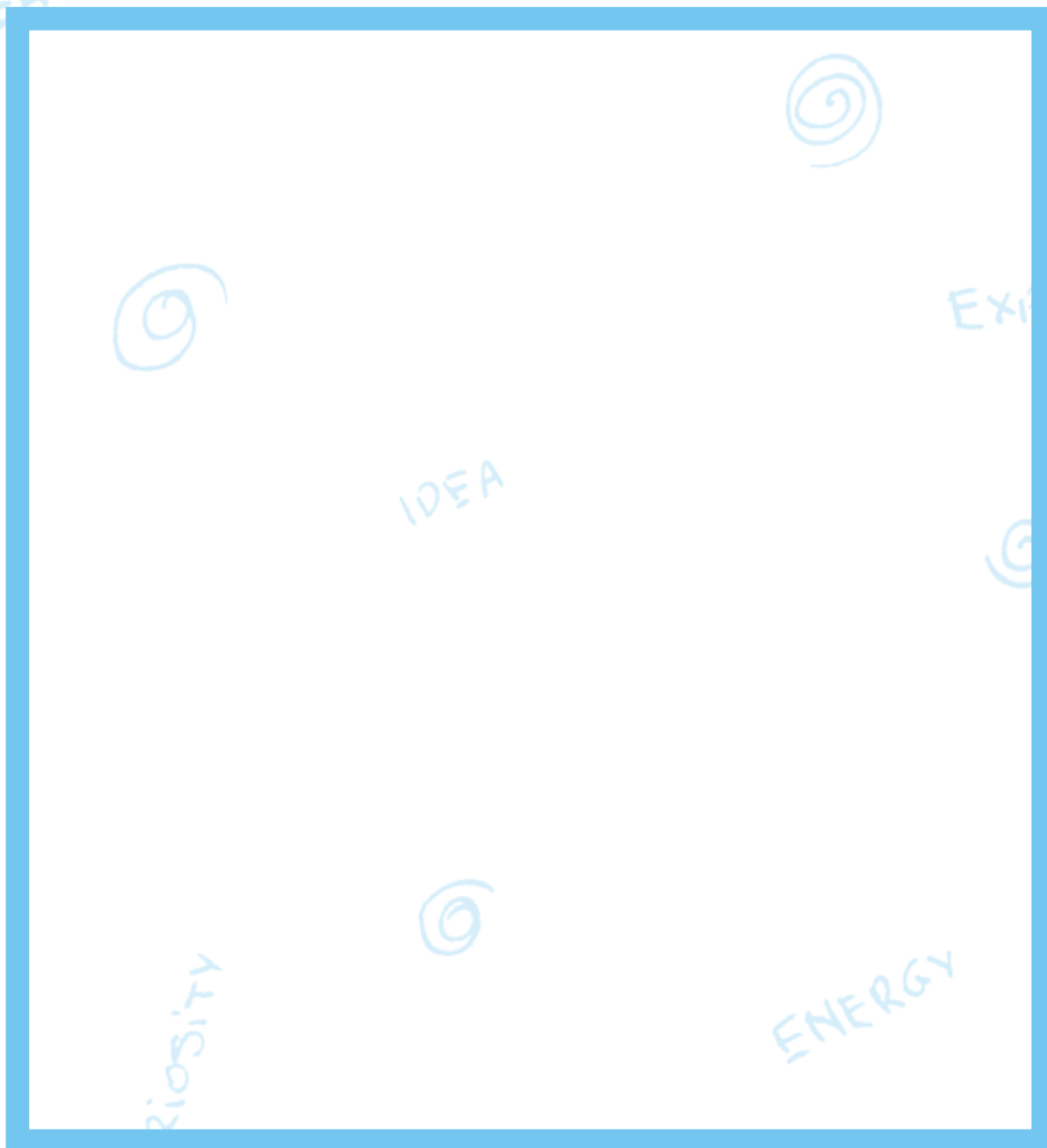
## 3. Storytelling and Visual Narratives

### Task 1

**Goal:** Express something personal through a symbol.

**Format:** Drawing + short explanation.

**Instructions:** Draw a symbol that represents an important part of who you are. Explain what it means.

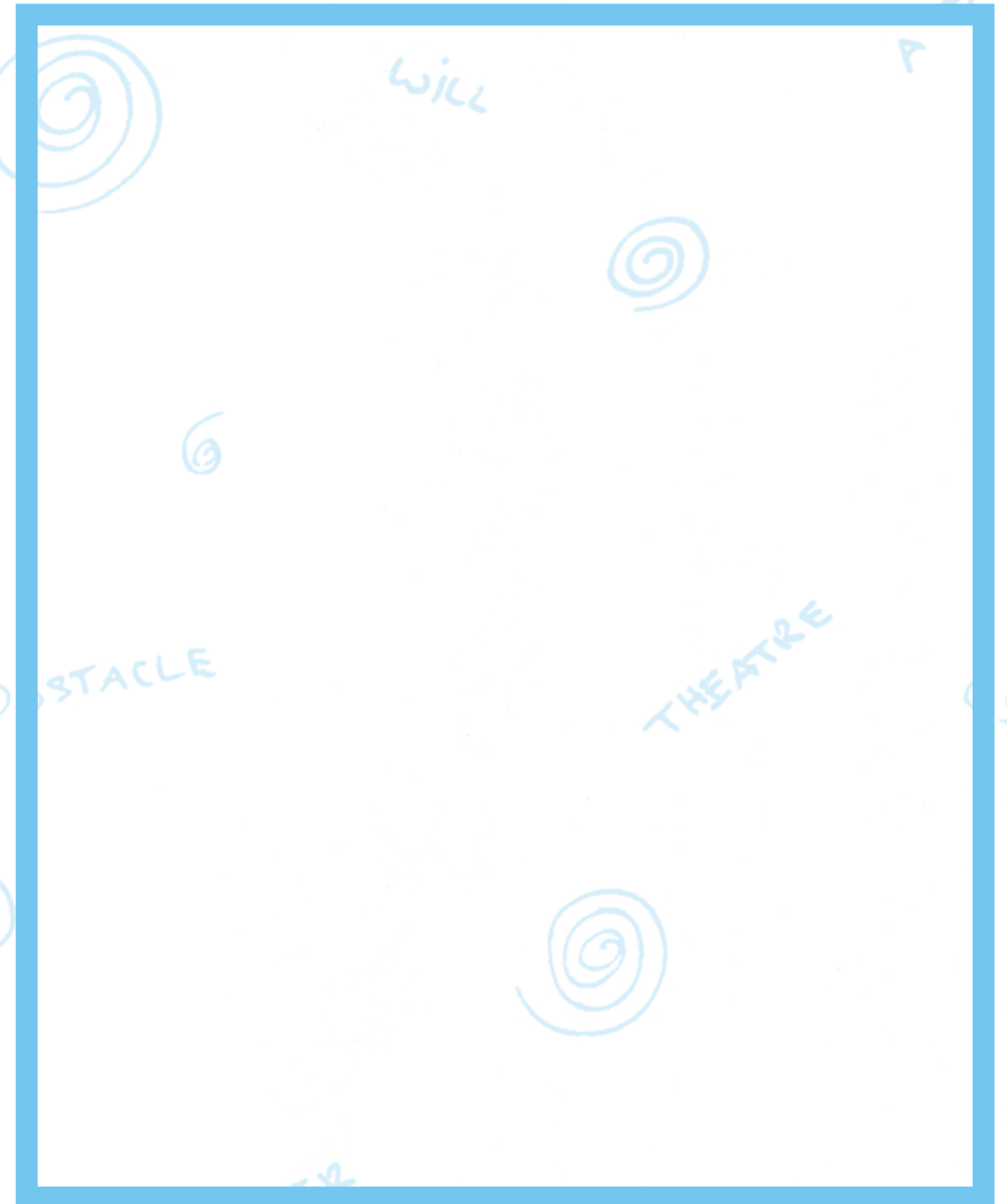


### Task 2

**Goal:** Practice visual storytelling without words.

**Format:** Drawing or abstract representation.

**Instructions:** Express a memory or emotional moment from your life using only symbols, shapes, or colors.



### Task 3

**Goal:** Reflect on the power of visual images.

**Format:** Short written reflection.

**Instructions:** Think of a powerful image you saw. What story or feeling did it carry? Describe it briefly.

### Task 4

**Goal:** Think about intercultural communication through art.

**Format:** Written reflection.

**Instructions:** Imagine someone from another country sees your symbol. What might they understand? What would you need to explain or change?



### Task 5

**Goal:** Describe the meaning behind your collage.

**Format:** Written reflection.

**Instructions:** Write what your collage shows and what it means. Mention key emotions, memories, or symbols.

#### FUN FACT

*Believe it or not, ancient people told entire stories using only pictures painted on cave walls!*

### Task 6

**Goal:** Self-discovery through art.

**Format:** Short written reflection.

**Instructions:** Write 2–3 sentences about what surprised you or what you discovered while creating your collage.



Check it out...  
Kim Anderson's Digital  
Storytelling Therapy





## Task 7

**Goal:** Connect your story with others'.

**Format:** Written reflection.

**Instructions:** How did it feel when others shared their visual stories? Did you find common ground? What did it make you think or feel?

Two overlapping circles, each containing horizontal lines for writing. The circles are outlined in blue. The background of the page features faint, light blue words and swirls: GROWTH, CREATIVITY, CHALLENGE, and EXPRESSION.

## Task 8

**Goal:** Identify universal visual language.

**Format:** List or drawing.

**Instructions:** Create a list or visual map of symbols and images that could be understood across cultures. Explain your choices.

A large empty rectangular box with a blue border, intended for drawing or writing. The background of the page features faint, light blue words and swirls: IDEA, ENERGY, and CURIOSITY.

A large empty rectangular box with a blue border, intended for drawing or writing. The background of the page features faint, light blue words and swirls: ART, WILL, A SECRET, THEATRE, OBSTACLE, WONDER, and MUSIC.



# 4. Community Murals and Public Art Projects

## Task 1

**Goal:** Observe and reflect on public art in your community.

**Format:** Short written description.

**Instructions:** Describe any murals or public art you’ve seen. What did they show? How did they make you feel?





## Task 2

**Goal:** Design a symbol for your community.

**Format:** Drawing or description.

**Instructions:** Invent a symbol that represents something important in your community. Explain why you chose it.



## Task 3

**Goal:** Use color to express values.

**Format:** List of colors + explanations.

**Instructions:** Choose three colors and write what they mean to you. Which could you use in a mural, and why?

### FUN FACT

*In Houston, over 40 murals have been created as part of the "Big Art. Bigger Change." initiative. These reflect themes like social justice and cultural identity, transforming the city center into an open-air gallery.*

## Task 4

**Goal:** Create a message for a public mural.

**Format:** Written or visual idea.

**Instructions:** Think of a story, image, or slogan that would be meaningful in your community. Describe it briefly.



**Check it out...**  
Community Murals in the EU  
(amazing works in European cities)



## Task 5

**Goal:** Reflect on the values expressed in your mural.

**Format:** Short written reflection.

**Instructions:** After group mural work, write what emotions and values were most important to you in the piece.

## Task 6

**Goal:** Reflect on collaboration in art-making.

**Format:** Short paragraph.

**Instructions:** Describe how your group worked together. What was easy or hard? What did you learn?

## Task 7

**Goal:** Understand the impact of public art.

**Format:** Written reflection.

**Instructions:** How could a mural help your community feel more seen? What impact could it have on outsiders?

## Task 8

**Goal:** Imagine the future of public art in your area.

**Format:** Brainstorm or proposal.

**Instructions:** Suggest ideas for continuing mural projects. Who could be involved? What themes matter most?

## 5. Movement and Performance Art Workshops

### Task 1

**Goal:** Increase awareness of your body and related emotions.

**Format:** Individual

**Instructions:** Draw a schematic of your body (it doesn't have to be realistic — it can be symbolic). Mark different areas where you feel tension, relaxation, or emotions. Briefly describe what is happening in those places.

**Reflection:** How does your body tell you about your current state?



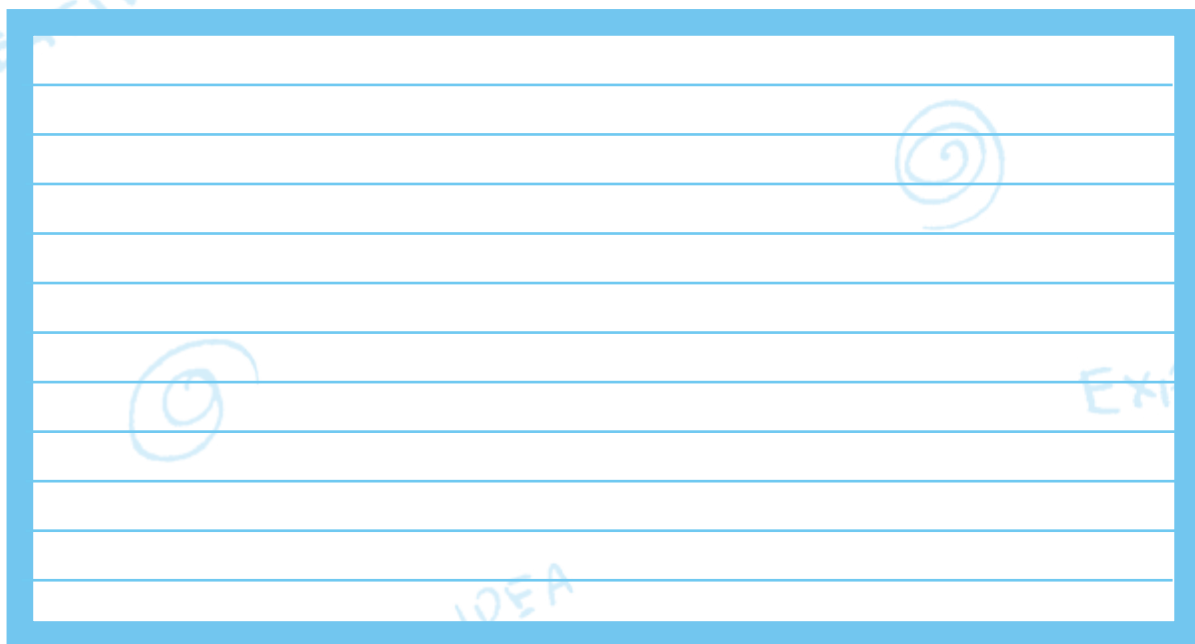
## Task 2

**Goal:** Understand your personal relationship with movement and dance.

**Format:** Individual

**Instructions:** Describe your experiences with movement. Do you like to dance? How do you feel when someone watches you while you move? Have there been moments when you felt free in your body?

**Reflection:** What are your resistances and dreams related to movement?

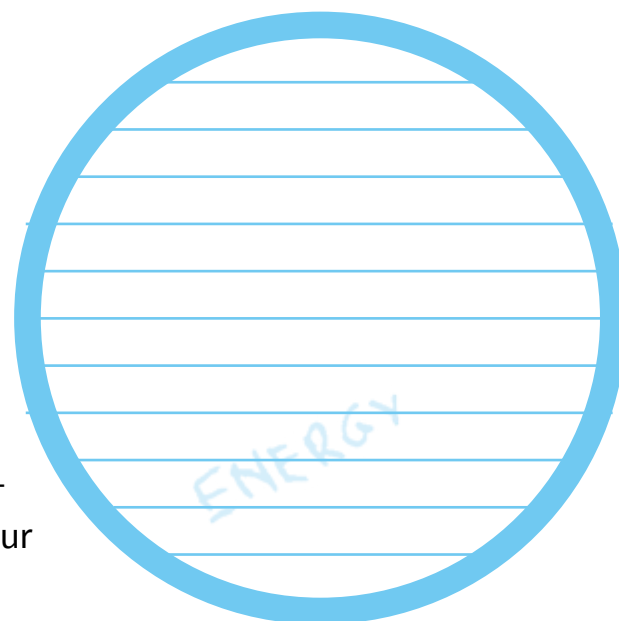


## Task 3

**Goal:** Release emotions through the body

**Format:** Individual or in pairs

**Instructions:** Choose one emotion (e.g., joy, anger, shame). For two minutes, express it only through movement, without words. If you do this in pairs, the other person tries to guess the emotion, then share your feelings.




## Task 4

**Goal:** Build trust, focus, and observation

**Format:** In pairs

**Instructions:** One person makes slow movements, and the other mirrors them like a reflection. After a while, switch roles. Then try to “sync” and move as if you were one person — without a leader. Write about your experience.



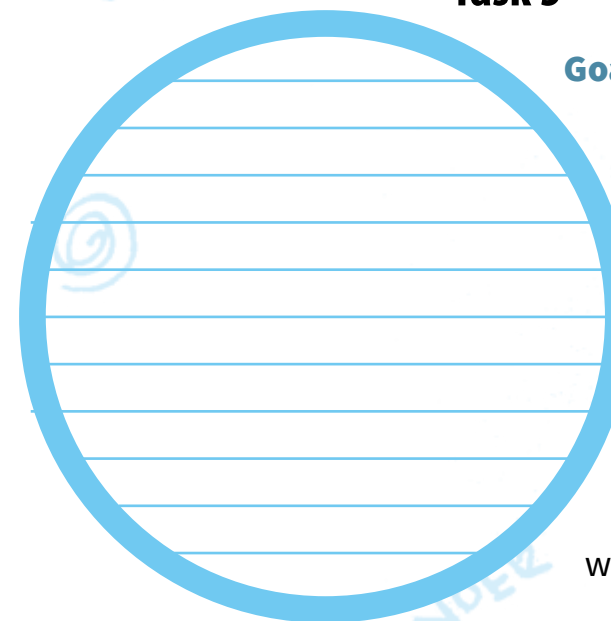
## Task 5

**Goal:** Enter a state of mindfulness and presence

**Format:** Individual

**Instructions:** Create your own ritual to start working with your body — it can be a short gesture, sound, or movement sequence. Repeat it before every movement activity. This will be your “opening” for expression.

**Reflection:** How does your approach change when you start with the same ritual?






IDEA

## 38

[illegible]

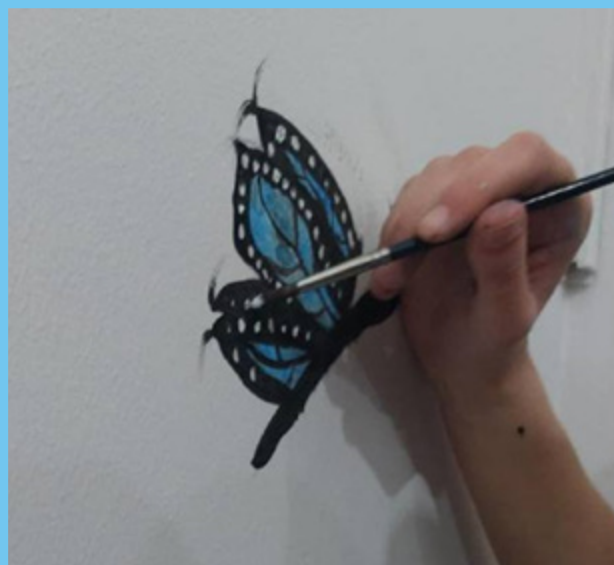
## Task 8

**Goal:** Consolidate the effects of the workshops

**Format:** Individual

**Instructions:** Plan a 5-minute daily movement practice that helps you connect with your body (e.g., morning dance, stretching with breath, free movement to music).

**Reflection:** How can you incorporate this into your daily life?



## 6. Art Journaling for Self-Reflection

### Task 1

**Goal:** Recognize your current emotional state and inner self-image

**Format:** Individual

**Instructions:** Create a self-portrait — but not a literal one. Draw, collage, or write what your face, body, or aura might look like if they expressed your current emotions. Use colors, symbols, or metaphors.

**Reflection:** What does this portrait say about you today?



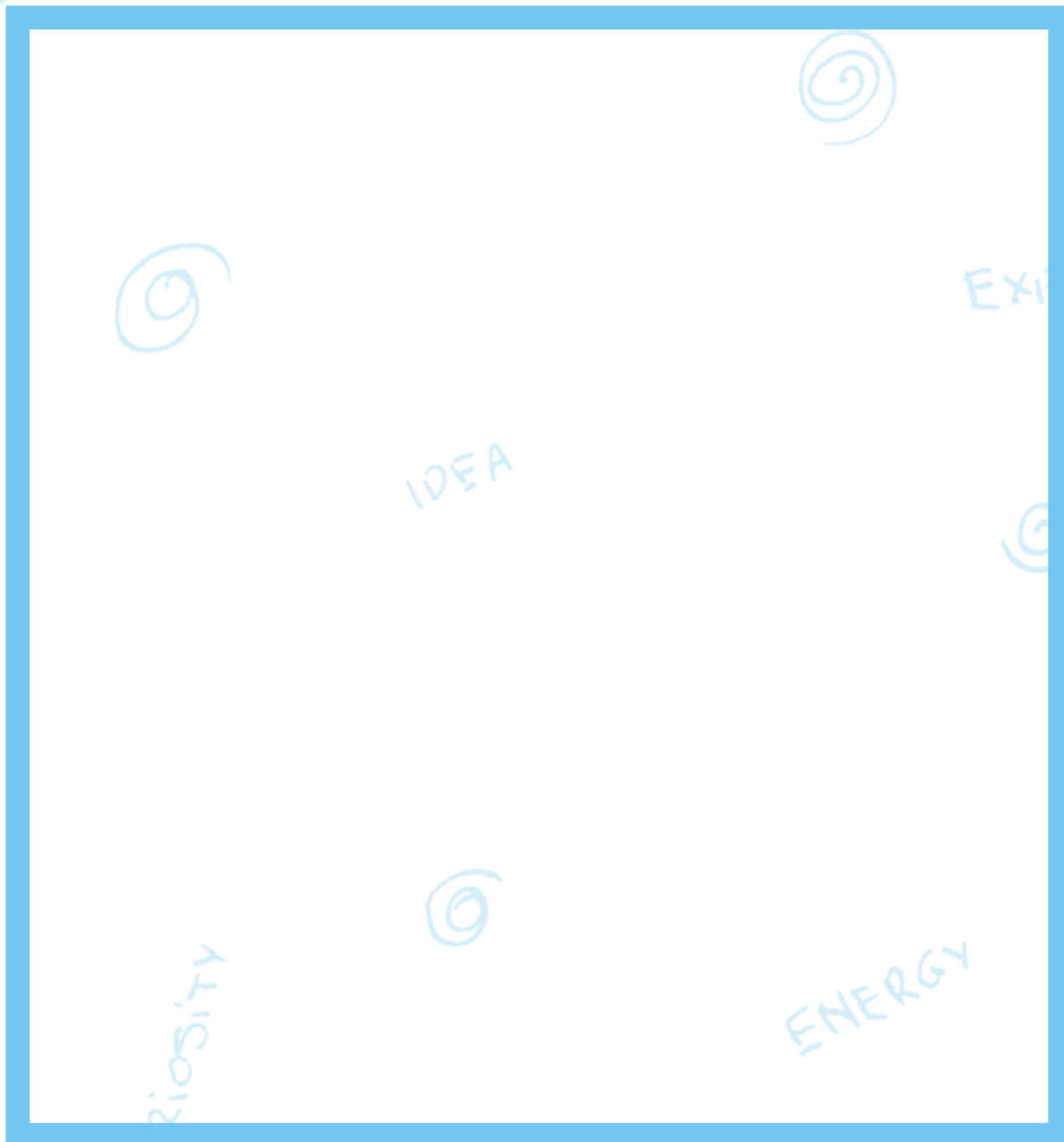
## Task 2

**Goal:** Explore your current needs, longings, and internal blocks

**Format:** Individual or in pairs (exchange and discuss your maps)

**Instructions:** Draw a map of your inner world — it can include places like “Zone of Fear,” “Talent Mine,” “Forest of Dreams,” or “Swamp of Self-Criticism.” Give them names and shapes.

**Reflection:** What draws your attention on this map? What do you want to discover or heal?



## Task 3

**Goal:** Connect with inner resources and a sense of agency

**Format:** Individual

**Instructions:** Create an artistic piece (drawing, collage, poem, or performance gesture) that symbolizes your strength. It can be something visible or hidden.

**Reflection:** What makes you strong — even if it's not seen?



## Task 4

**Goal:** Recognize the inner voices that support or limit you

**Format:** Individual or in pairs

**Instructions:** On one page of your journal, write what your inner critic says (e.g., “You’re not good enough”). On the opposite page, write the voice of support that responds with empathy and care.

**Reflection:** Which voice do you want to hear more often?

[illegible]

## Task 5

**Goal:** Embody emotions and create a metaphor for your present self

**Format:** Individual

**Instructions:** Complete the sentence: “Today I am like...” (e.g., a storm cloud, a spring flower, an abandoned house). Add a drawing or short note explaining why you feel that way today.

**Reflection:** What does this metaphor tell you? Is something shifting inside you?

## Task 6

**Goal:** Strengthen self-belief and build inner support

**Format:** Individual

**Instructions:** Write a letter from your future self — for example, from the year 2030. What does this version of you say to you today? How did they get through tough times? What have they achieved? How do they take care of you?

**Reflection:** What would you most like to hear from your future self?

### FUN FACT

*Keeping an art journal can be a tool for self-reflection and coping with difficult experiences, offering a space to express thoughts and emotions through art.*



Check it out...

Art Journaling Tips  
for Self Compassion and Self Awareness  
(Video)



## Task 7

**Goal:** Develop self-acceptance and tenderness toward yourself

**Format:** Individual

**Instructions:** List (or draw) at least 5 things you can thank yourself for today. Be honest and personal — they can relate to emotions, courage, exhaustion, or small decisions.

**Reflection:** How do you feel reading these words?





## Task 8

**Goal:** Establish journaling as a tool for self-reflection

**Format:** Individual

**Instructions:** Design a short ritual you'll do each time you sit down with your journal. It could be lighting a candle, playing a song, taking a deep breath, or making a special movement.

**Reflection:** What meaning does this ritual carry? What could it give you in everyday life?

[illegible]

Energy

## 7. Collaborative Improvisation

## Task 1

**Goal:** Recognize your beliefs and attitude toward improvisation

**Format:** Individual

**Instructions:** Finish the sentences:

Improvisation reminds me of...

[illegible]

When I improvise with others, I feel...


My biggest fear is that...


I would like to learn how to...

**Reflection:** What do you need the most to feel safe while improvising?

[illegible]

## Task 2

**Goal:** Self-awareness in a group setting

**Format:** Individual or in pairs

**Instructions:** Think about the role you usually take on in group situations — are you an initiator? An observer? Do you support others? Do you take the lead or follow?

Write down 3 words that describe your “group self.”

**Optional pair version:** Share your reflections with a partner and exchange insights.



Check it out...  
Spolin Games Online – library  
of improvisation exercises



## Task 3

**Goal:** Spontaneous rhythm-making and non-verbal collaboration

**Format:** In pairs

**Instructions:** Using hands, feet, clapping, whispering, tapping on objects — create a sound improvisation together. Start with a simple rhythm and really listen to one another. After a while, switch roles.

**Reflection:** Did you lead or follow more? What was challenging? What surprised you?

## Task 4

**Goal:** Create without control, build trust and mindfulness

**Format:** In pairs

**Instructions:** Draw together on one sheet of paper — no talking, no planning. It's not about the result, but about the shared process. You can draw simultaneously or take turns.

**Reflection:** Was there a moment when you had to let go of control? How did that feel?

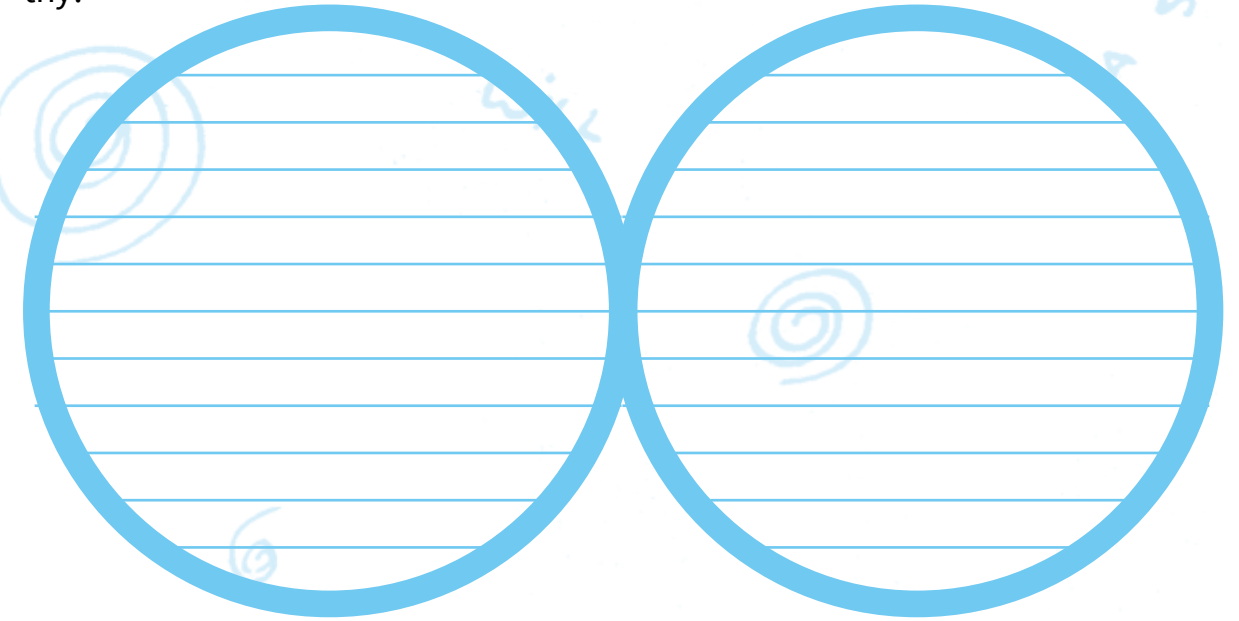


## Task 6

**Goal:** Reflect on relationships and non-verbal communication

**Format:** Individual

**Instructions:** Describe what appeared in the space between you and your partner during improvisation — tension? trust? laughter? uncertainty? empathy?



**Reflection:** What was new or eye-opening for you in this interaction?

## Task 5

**Goal:** Build a story with your body and trust your partner

**Format:** In pairs

**Instructions:** One person performs a simple movement. The other repeats it and adds a new one. Then the first person repeats both and adds another, and so on. Build a “movement story” of 8–10 gestures.

**Solo version:** Record yourself, adding one gesture at a time while watching the video.

### FUN FACT

Improvisation in art therapy, known as the “Yes, And...” approach, supports spontaneity and trust-building in groups, helping participants form deeper social connections.

Surprise! When artists create together without a plan, amazing and unexpected things can happen!



## Task 7

**Goal:** Apply improvisation skills in daily life

**Format:** Individual

**Instructions:** Think about everyday situations where you improvise — like conversations, cooking, or solving problems.

Write down 3 such situations and briefly describe how you can practice openness, responsiveness, and spontaneity in them.

## Task 8

**Goal:** Build a positive self-image as a creative person

**Format:** Individual

**Instructions:** Create a symbol, drawing, image, or phrase that will be your personal “light of improvisation” — something that reminds you of your creative potential.

You can write or draw it on the last page of your journal as your personal improvisation motto.

## 8. Mindfulness-Based Art Practices

### Task 1

**Goal:** Notice your current physical and emotional state

**Format:** Individual

**Instructions:** Sit comfortably. Close your eyes and slowly scan your body from your feet to the top of your head. What signals is your body sending? Where do you feel tension, calm, warmth?

**Then write or draw**

**What I feel in my body:**



**What I feel emotionally:**



**What distracts me most today:**



## Task 2

**Goal:** Become aware of your daily presence — or its absence

**Format:** Individual

**Instructions:** Write down your answers to the following questions.

### How often during the day do I stop and notice the present moment?

A light blue spiral graphic located at the bottom right corner of the page.

### In what situations do I escape into the future or the past?

[illegible]

## What does “being present” mean to me?



**Check it out...**  
Drawing Your Breath – A Mindful Art Exercise

### Task 3

**Goal:** Connect body and creativity through breath awareness

**Format:** Individual

**Instructions:** Take a sheet of paper and a pencil or crayon. Close your eyes or soften your gaze. For 2–3 minutes, draw flowing lines in rhythm with your breath — inhale = one line, exhale = another.



**Reflection:** What does your breath look like on paper?

## Task 4

**Goal:** Calm the mind, focus, and express the present moment

**Format:** Individual or in pairs (to compare mandalas)

**Instructions:** Draw a mandala (a circular drawing), starting from the center and moving outward, based on what you feel right now. Don't plan — follow your intuition. Use colors, lines, dots as you like.

### FUN FACT

*Focusing on the lines you draw or the colors you mix can be as calming for your mind as taking a deep breath.*

*Mindfulness-based art practices can improve mental stability, quality of life, and reduce stress by engaging participants in a creative process focused on the present moment.*

**Reflection:** What does your mandala say about you at this moment?

## Task 5

**Goal:** Strengthen presence through sensory awareness

**Format:** Individual

**Instructions:** Write down...

What do you see?

What do you hear?

What do you feel in your body?

What smells are around you?

What tastes do you remember from today?

Four overlapping circles, each containing horizontal lines for writing. The circles are arranged in a 2x2 grid, with the top two circles overlapping each other and the bottom two circles overlapping each other. The circles are light blue with a darker blue outline.

**Then choose one sense and create an abstract drawing inspired by it.**

A large empty rectangular box with a blue border, intended for an abstract drawing inspired by one of the senses.

**Reflection:** Which of your senses are the strongest? How do they affect your state of mind?

A rectangular box with a blue border and horizontal lines for writing, intended for reflection notes.

## Task 6

**Goal:** Integrate mindfulness into daily life

**Format:** Individual

**Instructions:** Create your own ritual of three conscious breaths — when will you do it? (e.g. before sleep, before entering school, after a stressful moment).

Draw or describe its “symbolic shape” (e.g. wave, mountain, tree).

**Reflection:** What does this short moment of pause give you?

## Task 7

**Goal:** Integrate body and emotions through inner reflection

**Format:** Individual

**Instructions:** Ask yourself: “What does my body need today?” Then write for 5 minutes without stopping. Don’t judge, don’t analyze — just write.

**Reflection:** Does your body’s voice differ from your mind’s voice?

## Task 8

**Goal:** Create a personal reminder of mindful living

**Format:** Individual

**Instructions:** Create a short manifesto (a phrase, list, drawing, or symbol) that reminds you how you want to be present in daily life. Add it to the final page of your journal as your personal anchor.

**Reflection:** What do you want to return to when life starts moving too fast?

## 9. Positive Reinforcement and Reflective Feedback

### Task 1

**Goal:** Reflect on the impact of positive feedback and how it influences emotions

**Format:** Short memory (4–5 sentences)

**Instructions:** Think of a moment when someone praises your work — a drawing, performance, or text.

**Write about:**

Who was it? What exactly did they say? How did you feel? How did it change your attitude toward creating?

#### FUN FACT

*In art therapy, positive reinforcement and constructive feedback help participants build confidence and grow personally through reflection on their own work.*



## Task 2

**Goal:** Develop the skill of giving positive, specific feedback

**Format:** A list of 3 example sentences

**Instructions:** Come up with 3 sentences that could boost someone's confidence during an art session.

Make sure each sentence includes something specific (e.g. "I really liked how you combined the colors — they're bold and expressive!").



## Task 3

**Goal:** Reflect on your own response to being evaluated

**Format:** Reflective journal (about 5 sentences)

**Instructions:** How do you usually react to praise? And to criticism?

Is it easy or difficult for you to receive feedback? Why do you think that is?

## Task 4

**Goal:** Understand the role of feedback in artistic and personal growth

**Format:** Short paragraph (3–5 sentences)

**Instructions:** Why do you think it's valuable to share opinions about creative work? What can this kind of exchange offer — to you and to others?



## Task 5

**Goal:** Hold onto meaningful positive feedback

**Format:** Quote + comment

**Instructions:** Write down one sentence someone said today about your work that stuck with you. Why was it important to you?

## Task 6

**Goal:** Recognize your personal strengths

**Format:** List + short explanation

**Instructions:** List two things others have noticed as your strengths.

**Do you agree? Why or why not?**



**Check it out...**  
The Art of Giving Meaningful  
Student Feedback

## Task 7

**Goal:** Explore how others perceive your creative work compared to your own view

**Format:** Comparison table or paragraph

**Instructions:** Think about your opinion of your work before you shared it — and what you heard from others (participants or facilitators) afterward.

This image shows a template for a worksheet or notebook page. It features a white background with a thick blue border. A vertical red line runs down the center, creating two equal-width columns. Each column contains several horizontal blue lines for writing. In the upper-left corner of the left column, the word "Activity" is written diagonally in a light blue font. In the lower-right corner of the right column, the word "Exit" is written diagonally in a light blue font. Additionally, there are two faint, light blue spiral drawings: one in the bottom-left area of the left column and another in the middle-right area of the right column.

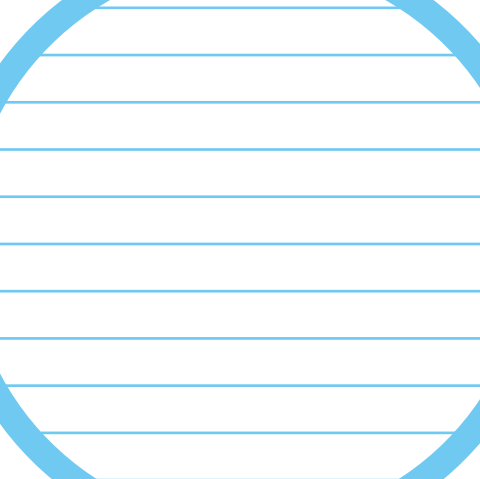
## What surprised you?

## Task 8

**Goal:** Identify areas for development based on feedback

**Format:** List of 3 points

**Instructions:** Based on the feedback you received, list 3 things you want to keep developing. Why these?

[illegible]

## 10. Cross-Cultural Art Exchanges

### Task 1

**Goal:** Open up to cultural diversity as a source of creative inspiration

**Format:** Short paragraph (approx. 5 sentences)

**Instructions:** Which cultures or elements of culture (e.g. colors, music, patterns) inspire you? Where do you know them from, and why are they interesting to you?

### Task 2

**Goal:** Reflect on the role of art in breaking down stereotypes

**Format:** Personal opinion + example

**Instructions:** Do you think art can help people better understand other cultures?

Give an example (from a film, exhibition, or event) that helped you realize something new.



### Task 3

**Goal:** Think about how to present your own culture to others

**Format:** Artistic project description

**Instructions:** Imagine you're creating a piece of art about your own culture. What would you show? What colors, symbols, or emotions would you use?



Check it out...  
L'AIR Arts Residency Program





## Task 4

**Goal:** Understand how art can bring different worlds together

**Format:** List or mind map

**Instructions:** Write down or draw 3–5 ways art can build intercultural understanding (e.g. joint workshops, mixed-media collages, dance performances).

[illegible]

**FUN FACT**

*Cross-cultural art exchanges, such as those linked to the Manila Galleon trade, have led to the creation of artworks blending elements of various traditions, promoting mutual understanding and respect*

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*Cross-cultural art exchanges, such as those linked to the Manila Galleon trade, have led to the creation of artworks blending elements of various traditions, promoting mutual understanding and respect*

## Task 5

**Goal:** Record a new cultural experience

**Format:** Short description (4–5 sentences)

**Instructions:** What did you see, hear, or experience today that came from a different culture? What was new, surprising, or inspiring about it?

ART

Will

## Task 6

**Goal:** Notice differences and similarities in intercultural creativity

**Format:** Two-column comparison (“Others” / “Me”)

**Instructions:** Choose one person from the workshop and compare your artworks:

### What was similar? (e.g. topic, style)

### What was different? (e.g. colors, techniques)

## What did you learn from this?

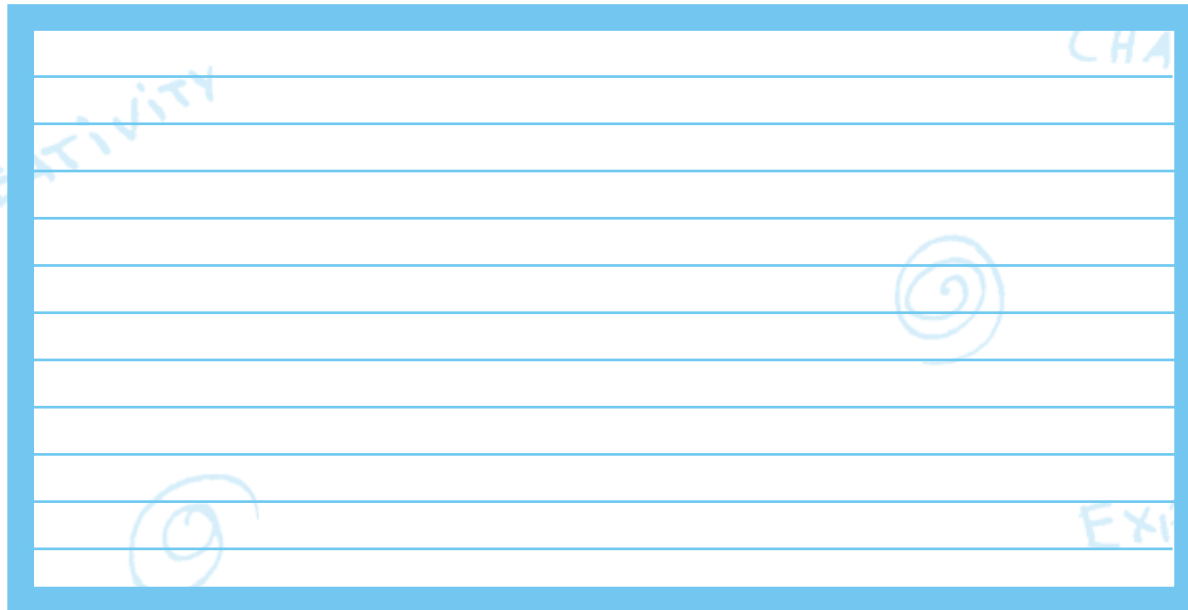
[illegible]

## Task 7

**Goal:** Reflect on how it feels to share your cultural background

**Format:** Mini-essay (5–6 sentences)

**Instructions:** How did you feel when you talked about your culture or expressed it through art? Did you feel proud, uncertain, curious?

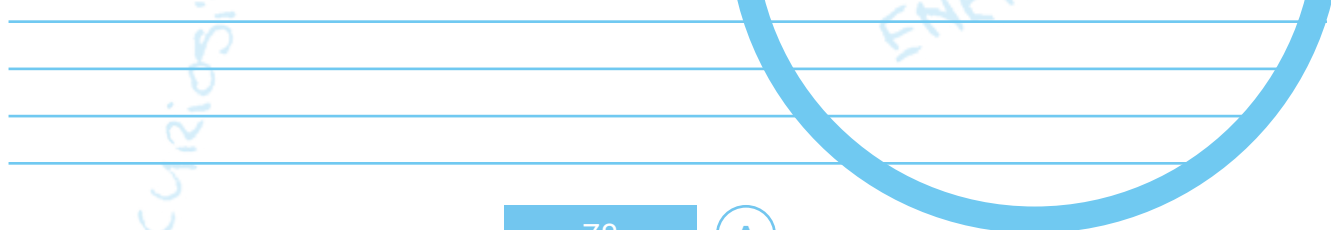


## Task 8

**Goal:** Apply intercultural learning to future actions

**Format:** 2–3 point declaration

**Instructions:** What do you want to keep from today's intercultural exchange? How will you use this inspiration in your life or creative work?



# 11. Sensory Art and Accessible Materials

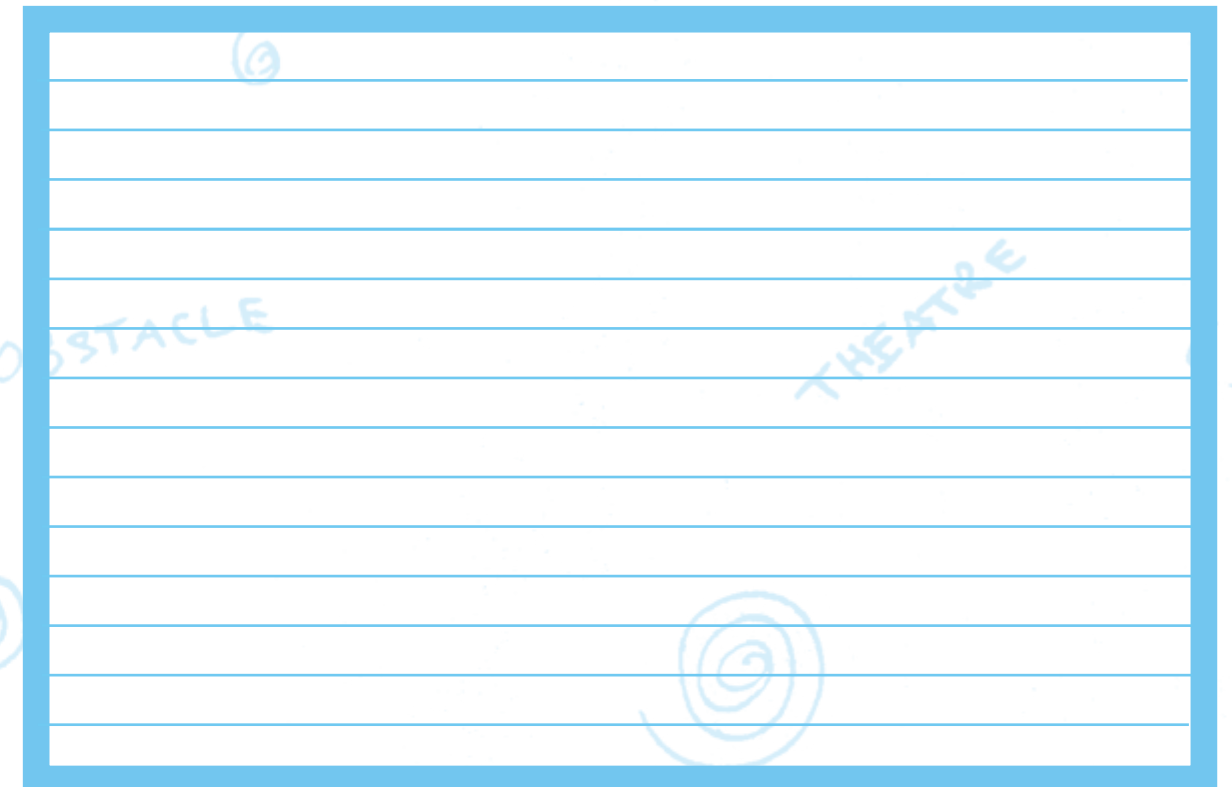
## Task 1

**Goal:** Reflect on your personal meaning of “community”

**Format:** Short description (4–6 sentences)

**Instructions:** Write what the word “community” means to you. Does it remind you more of family, a group of friends, your neighborhood, your class, or your country?

What feelings do you associate with being part of a community?



## Task 2

**Goal:** Identify possible roles you can take in an art group

**Format:** List + reflection

**Instructions:** List 3 roles you might play in an art group (e.g., idea generator, organizer, supporter).

Think about which role suits you best and why.

## Task 3

**Goal:** Recognize advantages of group creativity

**Format:** Bullet-point list

**Instructions:** Write 5 benefits of creating art together with others.

Think not only about the final product but also about the process.

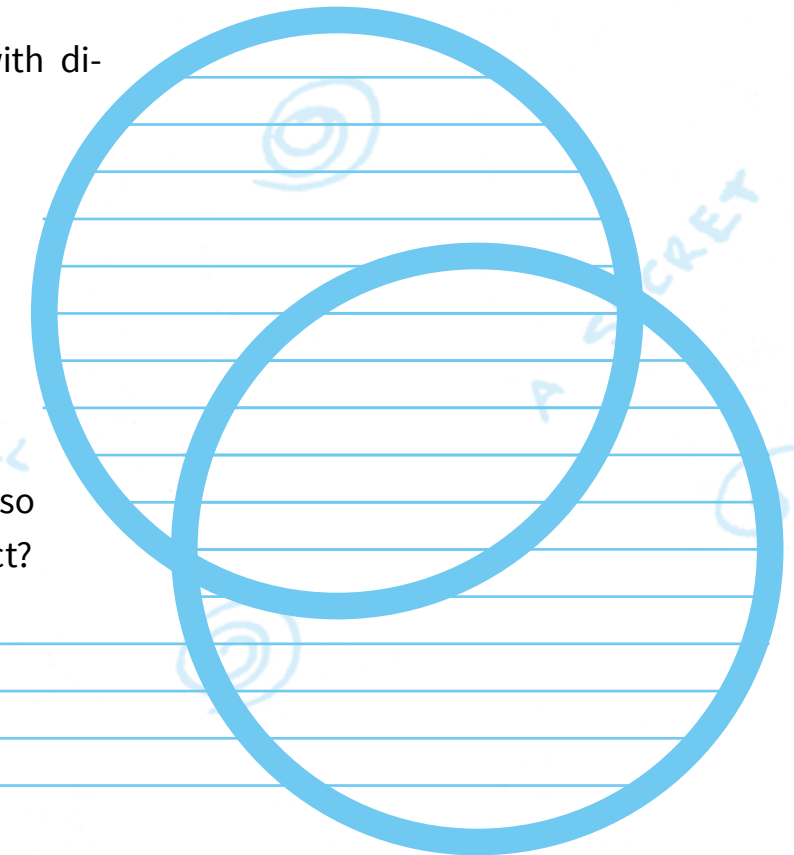
## Task 4

**Goal:** Prepare for collaboration with diverse group members

**Format:** Mini action plan

**Instructions:** Imagine someone in your group is very dominant, making it hard for you to share your ideas.

How can you work with this person so that you feel heard but avoid conflict?



## Task 5

**Goal:** Evaluate how the group collaboration went in practice

**Format:** Short reflection (4–5 sentences)

**Instructions:** Describe how cooperation in your group looked.

Did you feel like a team? What helped you work well together? What could be improved?



Check it out...  
Sensory-Friendly  
Craft Projects for Kids

## Task 6

**Goal:** Become aware of your input to the group work

**Format:** Self-assessment in bullet points

**Instructions:** List 2 things you brought to the group (e.g., a specific idea, encouraging words, commitment to the task).

What do you think would be different if you weren't there?

GROWTH


## Task 7

**Goal:** Realize the power of art in building community

**Format:** Short summary

**Instructions:** During the joint creative work, did you feel a stronger sense of community?

Who did you feel most connected to and why?

EXPRESSION

IDEA

ENERGY

## Task 8

**Goal:** Design a new artistic initiative to strengthen your group

**Format:** Idea description

**Instructions:** Come up with one artistic project that could bring your group closer together (e.g., mural, joint exhibition, shadow theater).

Write what it would involve and who could participate.

### FUN FACT

*Using sensory-friendly materials like wax crayons or adaptive scissors makes art more accessible to people with different needs and abilities.*




MUSIC



## 12. Art as Advocacy Workshops

### Task 1

**Goal:** Reflect on emotions linked to sharing your art

**Format:** Short note (about 4 sentences)

**Instructions:** How do you feel when you think about others seeing your artwork?

What is difficult for you about it, and what gives you satisfaction?

#### FUN FACT

*Believe it or not, a powerful drawing or painting can sometimes speak louder than words to bring attention to important issues*

### Task 2

**Goal:** Clarify the message or feeling you want to share through your work

**Format:** 2–3 sentences about your intention

**Instructions:** Think about what you want viewers to feel, see, or understand when they look at your work. Write 2–3 sentences expressing this.

### Task 3

**Goal:** Plan what to say about your work

**Format:** Short speaking plan (2–3 sentences)

**Instructions:** Write a short statement you could say at an exhibition or showing about your work.

What will you say first?

### Task 4

**Goal:** Recall positive feedback to boost self-assurance

**Format:** Note a positive experience

**Instructions:** Remember a time when someone appreciates something creative you did.

What was it? How did it make you feel? What did it give you?






### Task 5

**Goal:** Summarize your feelings after sharing your work

**Format:** Short reflection (about 5 sentences)

**Instructions:** How did you feel presenting your work?

What was the hardest part? What brought you the most joy or satisfaction?


### Task 6

**Goal:** Record memorable feedback

**Format:** Quote + reflection

**Instructions:** Write down one sentence someone said about your work that you remember.

What does it mean to you?





**Check it out...**  
Art as Advocate - Saint Louis  
Art Museum



## Task 7

**Goal:** Reflect on the importance of shared artistic events

**Format:** Summary paragraph

**Instructions:** Why is it important to celebrate together (e.g., exhibition, show, concert)?

What does it give the group? What does it give you personally?



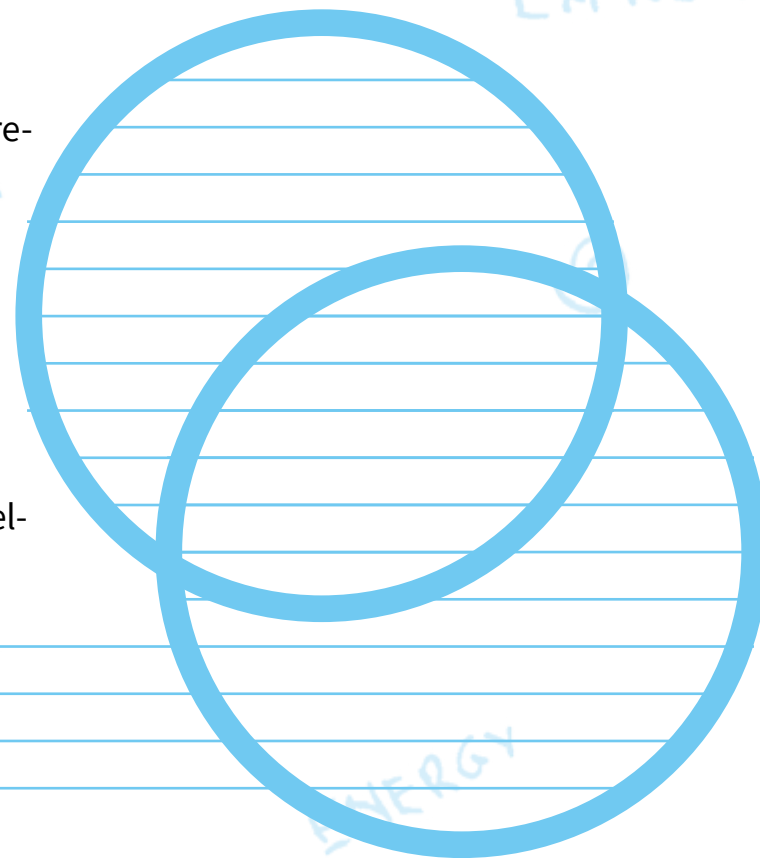
## Task 8

**Goal:** Transfer insights into future creative practice

**Format:** List 3 resolutions

**Instructions:** Write 3 things you want to take from this experience into your future creative journey.

These could be skills, thoughts, feelings, or habits.



## 13. Skill-Sharing Circles and Peer Mentorship

### FUN FACT

*Teaching someone else what you know about art can actually make you even better at it!*

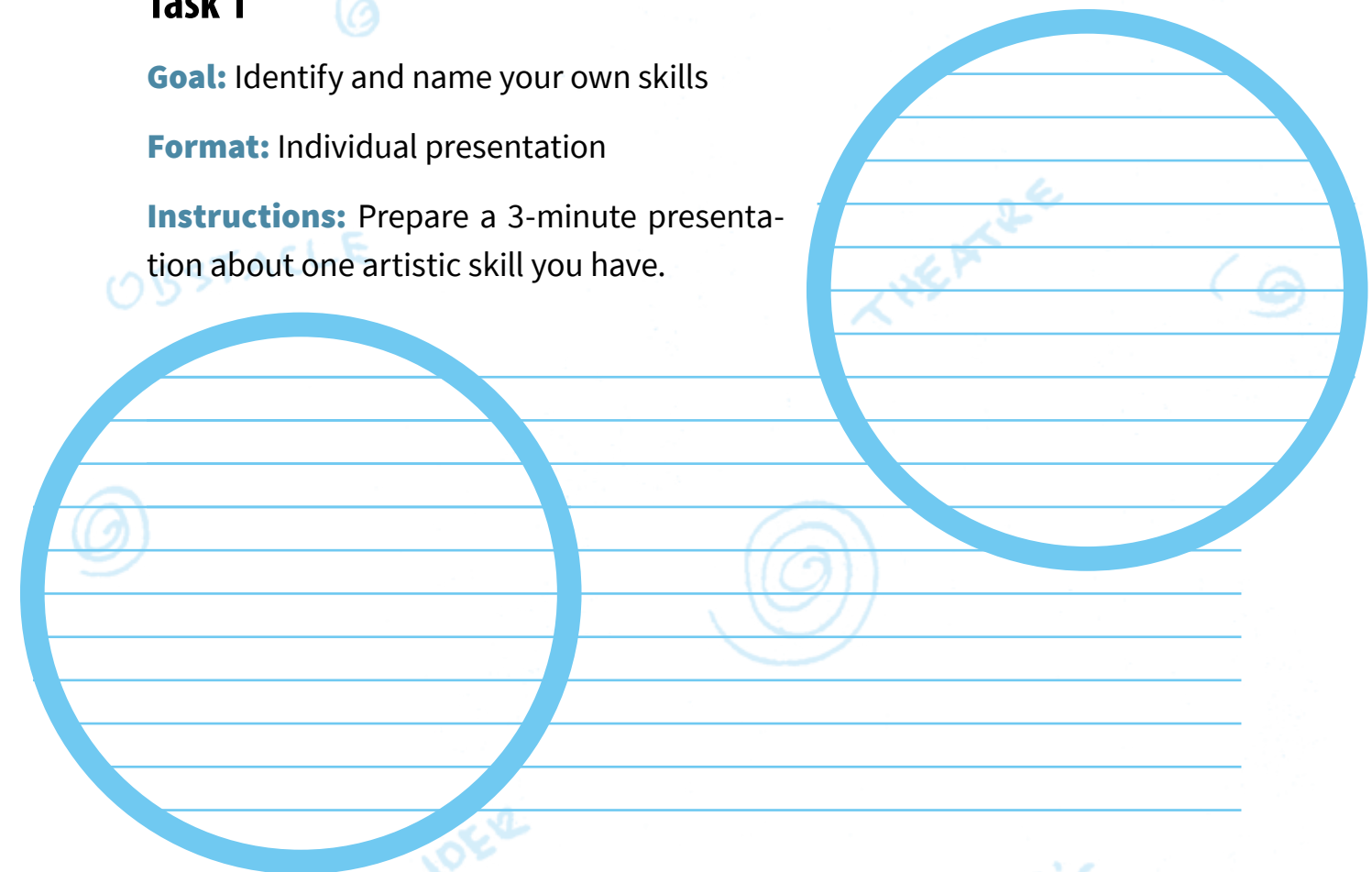
*Art mentorship programs, such as those run by the Art Mentorship Society, support skill development and community building through shared knowledge and experience.*

## Task 1

**Goal:** Identify and name your own skills

**Format:** Individual presentation

**Instructions:** Prepare a 3-minute presentation about one artistic skill you have.



## Task 2

**Goal:** Share knowledge as an “expert”

**Format:** Rotating thematic stations

**Instructions:** Prepare a mini-workshop (5 minutes) and demonstrate a technique to selected participants.



**Check it out...**  
Youth Peer Mentors – The Union  
For Contemporary Art

## Task 3

**Goal:** Visualize the whole group’s potential

**Format:** Collaborative work

**Instructions:** Create a map where everyone writes down their skills and interests.



## Task 4

**Goal:** Practice the mentor role

**Format:** Work in pairs

**Instructions:** Teach your partner a chosen technique within 15 minutes.

## Task 5

**Goal:** Develop skills in giving constructive feedback

**Format:** Work in groups of three

**Instructions:** After each presentation, give feedback using the formula: what worked + what can be improved.

## Task 6

**Goal:** Learn from each other

**Format:** Tandems

**Instructions:** Learn one thing from your partner and teach them something else.




## Task 7

**Goal:** Reflect on the learning process

**Format:** Group discussion circle

**Instructions:** Answer: What did I learn? What surprised me?


## Task 8

**Goal:** Organize your knowledge and prepare to share it further

**Format:** Individual work

**Instructions:** Create a mini-portfolio listing 3 things you can teach others.

A Venn diagram consisting of three overlapping circles, each containing horizontal lines for writing. The circles are arranged in a triangular pattern, with one circle at the top and two at the bottom, overlapping in the center and at the intersections.



## Task 1

**Instructions:** Tell your partner a story that changed something inside you.

## Task 2

**Instructions:** Create an artwork inspired by the story you heard.

Curiosity

IDEA

ENERGY

### Task 3

**Instructions:** Present your artwork and share your reflection on it.

## Task 4

**Instructions:** Listen to the other person for 3 minutes without interrupting, then summarize what you understood.

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The paper is framed by a thick blue border. Faint, light-blue watermarks are visible across the page: a small spiral at the top center, the word "STACLE" on the left side, and the word "THEATRE" on the right side. A larger, more prominent spiral watermark is located near the bottom center.

**Check it out...**  
40 Empathy Activities & Worksheets

## Task 5

**Goal:** Create a shared artwork based on different stories

**Format:** Groups of 4

**Instructions:** After listening to everyone's stories, create a group collage incorporating elements from each story.



## Task 6

**Goal:** Express emotions of others

**Format:** Mini-performance

**Instructions:** Act out a peer's story, focusing on the emotions involved (with respect).

## Task 7

**Goal:** Visualize emotions

**Format:** Drawing or painting

**Instructions:** Create an abstract image that represents the emotions from the story you heard.

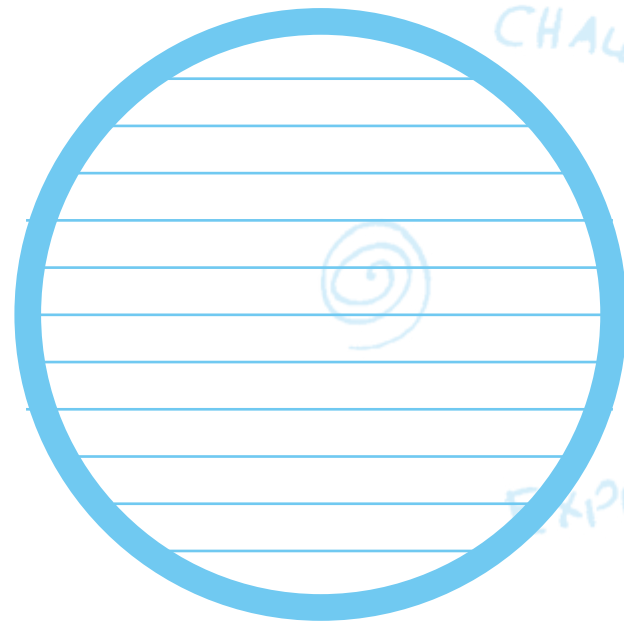


## Task 8

**Goal:** Close the process in a spirit of appreciation

**Format:** Group circle

**Instructions:** Say to one person in the group what you are grateful for today.



## 15. Digital Art and Media Literacy Workshops

### Task 1

**Goal:** Getting comfortable with technology

**Format:** Exercise using a program (e.g., Canva, CapCut)

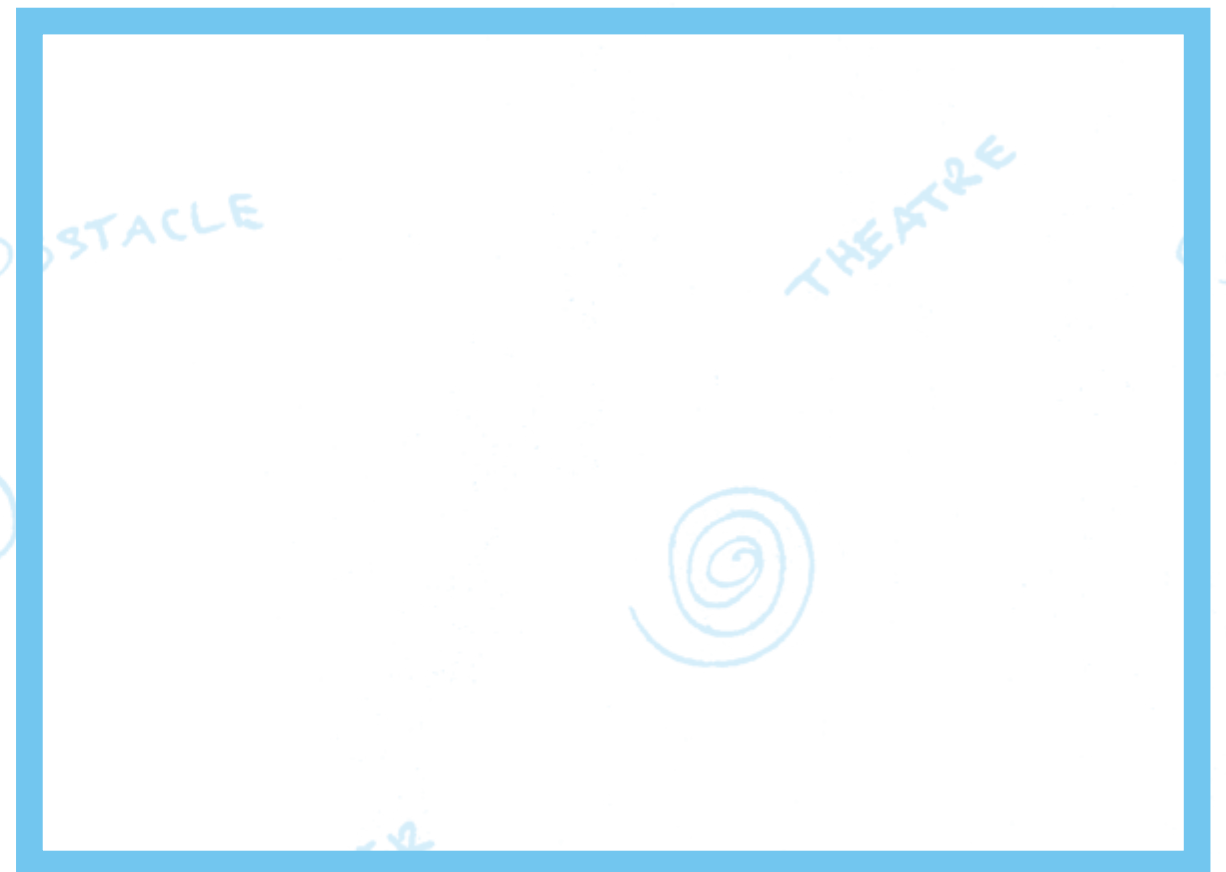
**Instructions:** Create a simple graphic project following a tutorial.

### Task 2

**Goal:** Reflecting on how we present ourselves online

**Format:** Individual work

**Instructions:** Design a graphic that represents you in social media.





### Task 3

**Goal:** Connecting digital art with social themes

**Format:** Individual or pair work

**Instructions:** Make a social awareness poster using a graphic design program.

### Task 4

**Goal:** Developing video content creation skills

**Format:** Short video (up to 30 seconds)

**Instructions:** Record a video with a social or motivational message.

### Task 5

**Goal:** Creative use of available materials

**Format:** Working with ready-made media

**Instructions:** Create a new artwork by remixing fragments of photos, sounds, or videos.



### Task 6

**Goal:** Reflecting on digital responsibility

**Format:** Discussion + task

**Instructions:** Design a poster promoting ethical rules for publishing content online.



**Check it out...**

Teaching Media Literacy through  
Digital Art | Digital for Life  
(Video)

## Task 7

**Goal:** Learning to present work in a virtual space

**Format:** Online gallery

**Instructions:** Upload your work to a group digital gallery (e.g., Padlet, blog, social media).

## Task 8

**Goal:** Summarizing the creative process

**Format:** Short video recording

**Instructions:** Record a 1-minute video talking about what you have learned.



### FUN FACT

The earliest examples of computer-generated art was made using an analog computer that was originally part of an anti-aircraft fire control system from World War II.





## Partner organizations

### Romania - Asociatia Culturala Atelierul European de Arta

In a world dominated by social media and misinformation, the Asociatia Culturala Atelierul European de Arta aims to be the compass that guides young people towards artistic, interactive, truthful and high quality activities. We carry out our activities in placement centres, social apartments and high schools where we propose cultural projects that address the needs of young people. When we are talking about art, our organisation focuses mainly on 2 forms of art: film production and dance. These activities come from the members' experience and passion for these types of art.

An objective of the association is to promote inclusion. "We want to bring together young people from high schools and from social apartments, to work together, to make friends. We want to create a better, more inclusive society, without prejudice and discrimination. The values we promote through our activities are equality, inclusion, friendship, tolerance, art.

Asociatia Culturala Atelierul European de Arta is an organisation that encourages its members to propose actions, to get involved in society. Most of the volunteers are between 16 and 35 years old. During the meetings it promotes active participation and engagement. If any of the volunteers proposes an idea, the whole team is there to support them, as long as they help improve the world in which we live. The association promotes open communication, knowledge sharing, learning new skills (from training or from each other), life-long learning, reflection and a proactive attitude.

#### Want to connect?

- Felix +40 723 671 204
- atelieruleuropean@gmail.com
- <http://normalitate.ro>
- [www.facebook.com/atelieruleuropean](http://www.facebook.com/atelieruleuropean)
- [www.instagram.com/atelierul.european](http://www.instagram.com/atelierul.european)
- [www.youtube.com/c/AtelierulEuropeandeArta](http://www.youtube.com/c/AtelierulEuropeandeArta)



### Spain - ASSOCIACIO GLOBERS

Globers promotes the concepts of development, inclusion and importance of volunteering, solidarity and tolerance to foster social cohesion and cooperation between the different EU countries. The institution focuses on the development of institutional capacities for individuals and institutions through training programs, conferences, workshops as well as the creation of alliances with other regional and international institutions.

Our mission: to drive improvements in society by educating, inspiring and mobilizing young people to raise their voices while creating real change through volunteering, non-formal education and active citizenship.

Our vision: to shape a new future by unleashing, recognizing and utilizing the full potential of youth.

Our activities are mainly aimed at young people between 13 and 30 years old from rural / remote areas, who face difficult geographical situations,

social, economic and educational difficulties.

Equality, inclusion and diversity are the fundamental values that underlie our work.

#### Want to connect?

- Nazareth +34 645 420 128
- [globers@globers.net](mailto:globers@globers.net)
- [www.globers.net](http://www.globers.net)
- [www.facebook.com/globers.net](http://www.facebook.com/globers.net)
- [www.instagram.com/we\\_are\\_globers](http://www.instagram.com/we_are_globers)
- [www.youtube.com/@Globers](http://www.youtube.com/@Globers)



## Poland - Wałbrzych's Youth Association

Wałbrzyskie Stowarzyszenie Młodzieży (WSM) is a youth-led organization established in 2006 to encourage young people to be active and aware of their surroundings. WSM is composed of young people and experienced youth workers who are committed to promoting the development, ambitions, goals, and challenges of youth. The organization's mission is to make the reality of youth life more meaningful, sustainable, and conscious by promoting and supporting volunteers, organizing leisure time for young people, developing their entrepreneurial skills, and raising awareness about the importance of a sustainable lifestyle. WSM's activities range from concerts, charity events, training, camps, and social campaigns to international training and youth exchanges. Additionally, the organization collaborates with schools, local governments, the business sector, and other non-profit organizations in Poland. WSM aims to find the best in young people and present it to a wider audience.

### Want to connect?

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- [www.facebook.com/wuesem](https://www.facebook.com/wuesem)
- [www.instagram.com/wu.es.em](https://www.instagram.com/wu.es.em)
- [www.youtube.com/@YouthWalbrzychWSM](https://www.youtube.com/@YouthWalbrzychWSM)





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Find out more about the partners and project activities within the book or visit:

[www.youthbridges.eu](http://www.youthbridges.eu)

See other language versions (Romanian, Spanish, Polish) on:

[www.youthbridges.eu/workbook-for-youth/](http://www.youthbridges.eu/workbook-for-youth/)



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