

**Choose  
life**



# COOL-FUN TOOLKIT



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# CHOOSE-LIFE

Implementing a drug-  
(ab)use prevention program  
& shaping youth policies  
with disadvantaged young  
people for psychosocial  
well-being promotion

Co-editors:

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## Introduction



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## Thank you for choosing to explore the Cool-Fun toolkit!

It's inspiring to see your commitment to preventing risky behaviours!

As part of the CHOOSE-LIFE project, this 24-month initiative under the Erasmus+ KA3 program focuses on implementing a drug-(ab)use prevention program and shaping youth policies to promote psychosocial well-being. Rather than relying on mere information provision, this approach integrates soft skills training, which has proven to be more effective in fostering long-term behavioural change.

As a key resource within this initiative, this toolkit serves as a catalogue of healthy leisure activities for young people, offering structured and engaging alternatives that contribute to your well-being and personal growth.

Best wishes!

The CHOOSE-LIFE Consortium



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## Presentation of the Toolkit



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As part of the CHOOSE-LIFE project, this toolkit helps prevent risky behaviours among disadvantaged and vulnerable youth by providing positive leisure alternatives. Instead of just giving information, it focuses on practical experiences and skill-building, proven to be more effective in promoting long-term well-being.

This toolkit is more than just a collection of activities—it's a **gateway to new experiences, friendships, and skills that support your personal growth.**





This toolkit is packed with activities that help you feel good, both mentally and physically, while giving you fun alternatives to risky behaviours.

Whether you're into creating, moving, discovering, or playing, these activities help you develop strong social skills, build self-expression, and work together as a team. **By boosting your mental and physical health, you'll make healthier choices and build a positive future for yourself.**

**Ready to have fun and take on new challenges?**

**This toolkit has got your back!**





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**We can't wait to see this toolkit in action, helping you discover fun, healthy ways to enjoy your free time!**

Get ready for **24 awesome activities** designed to make your free time fun, creative, and meaningful!

This toolkit is packed with **healthy leisure activities**, organized into four exciting dimensions:

-  **create** – Express yourself with arts, crafts, and hands-on projects.
-  **mOve** – Get active with sports, outdoor challenges, and movement-based fun.
-  **discOver** – Explore culture, history, and new experiences that open your mind.
-  **pLay** – Engage in interactive games and activities that bring people together.



## What's Inside?

24 exciting activities across four key dimensions

### Simple and engaging activity sheets with:

- ✓ Step-by-step instructions
- ✓ What you'll need
- ✓ Expected outcomes
- ✓ Tips to adapt activities to different settings

### Why You'll Love It?

- ✦ Activities are fun, interactive, and easy to do.
- ✦ Designed for all skill levels and interests.
- ✦ Helps you develop new skills and connect with others.
- ✦ No expensive materials needed—just creativity and enthusiasm!



## How to use Cool-Fun Toolkit?

Using this toolkit is super simple! Just follow these steps:

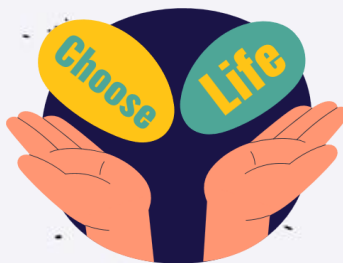
1. Choose an activity from one of the four categories: create, mOve, discOver, pLay.
2. Check the materials list—most activities use things you already have!
3. Follow the step-by-step guide and enjoy.
4. Reflect on your experience—what did you learn? How did you feel?
5. Try another activity and keep exploring!

Whether you're using this toolkit alone, with friends, or in a group setting, it's designed to help you learn, grow, and have fun while making healthier choices.



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## EU Perspective & Advice



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## Alignment with EU Policies & Strategies

This toolkit is built on key EU strategies designed to support your mental and physical well-being – helping you stay clear of harmful substances and live your best life.

- ✓ **EU Youth Strategy 2019-2027:** Empowers you with a voice, opportunities, and tools to succeed.
- ✓ **European Youth Goals:** Sets goals to secure your health, education, and future.
- ✓ **EU Strategy on the Rights of the Child:** Protects your right to a safe and healthy childhood.
- ✓ **EU Drugs Strategy 2021-2025:** Fights substance abuse and promotes a drug-free life.
- ✓ **EU Strategy on Mental Health and Wellbeing:** Supports your mental health just like your physical health.
- ✓ **The Skills Agenda:** Gives you skills to make healthy, smart choices.





## How This Connects to Europe's Priorities

This toolkit supports the priorities of the European Commission for 2024–2029:

- **Healthy people = strong societies**  
Taking care of your body and mind builds a better future for everyone.
- **Your voice matters in democracy**  
Informed, confident youth are key to defending freedom and values.
- **Skills for life**  
Learning to make healthy choices helps you grow, work, and thrive.
- **Protecting what matters**  
Avoiding harmful substances keeps you — and your community — safer.
- **Europe working together**  
Across countries, we're building a healthier, smarter generation.





## Best Practices & Cross-Cultural Exchange

This toolkit is built on successful projects and teamwork across Europe, showing what really works to keep youth healthy and drug-free:

### [Youth in Europe – A Drug Prevention Programme](#)

Proven ways to help young people make smart choices.

### [European Drug Prevention Prize](#)

Celebrating the best ideas fighting substance abuse.

### [EPPIC – Exchange prevention practices on poly-drug use among youth in criminal justice systems](#)

A network connecting experts to share knowledge and support youth.

### [OSCE – Organization for Security and Co-operation in Europe](#)

Working across countries to promote safety and well-being for all young people.



## Inclusivity & Accessibility Across Europe

This toolkit promotes equal chances and makes sure everyone can access support — no matter where you're from or your background:

- ✦ [EU Youth Dialogue](#): Giving all young people a voice in decisions that affect their lives.
- ✦ [EU Youth Test](#): Checking if policies really work for young people everywhere.
- ✦ [Global platform for NGOs](#): Connecting organizations across borders to fight drug-related issues together.

## Evaluation & Impact on EU Youth Development

This toolkit is based on tracking progress and listening to young people to make real change:

- ✓ [Checking if goals are met in effectiveness, efficiency, and coherence.](#)
- ✓ [A mid-term check on progress and improvements of Youth Strategy \(2019-2023\).](#)
- ✓ [Easy-to-understand facts about the situation of young people in Europe.](#)
- ✓ [Real opinions from young Europeans about their biggest challenges and priorities.](#)



**Whether you love being creative, staying active, or trying something new, these 24 activities will help you have fun, connect with others, and build skills for life!**

**Ready to dive in?**



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1) CREATE – Express & Innovate  
Encouraging artistic and creative expression through hands-on projects



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# Art for Social Change

**Overview:** This workshop tackles the topic of social change and rising awareness about drug abuse prevention.

## Resources needed:

- Paper, big size paper and post-its
- Colour pencils and water colours
- Scissors
- Glue and scotch tape
- Small booklet
- Internet, Laptop and a projector

## Expected Outcomes:

- Use art as a tool to address personal and community issues, raise awareness and advocate for change.
- To enhance critical thinking, problem solving skills and discuss solutions social inclusion, mental health and wellbeing.
- To foster self reflection, inspiration, self awareness.

**Adaptability:** This workshop can be implemented in an online setting, using platforms for meetings (e.g. Zoom) and collaborative art making (e.g. Miro, Drawchat, Sketchboard etc.)  
 The workshop can be implemented with different target groups and group sizes.





## Activity sheets

1. Facilitator gives welcome and introduction to the workshop speech. (5 min)
2. Ice breaker: "Draw your mood". Facilitator instructs participants first to draw their mood and later present it. (10 min)
3. Short group discussion: Facilitator asks the participants: "How is art used for social change?". (10 min)
4. Facilitator should have prepared examples to show to the participants after they brainstorm (murals, music, sculptures, poetry etc.)
5. Short group discussion: Facilitator asks the participants:
  - Why do people turn to drug abuse?
  - What role do society, culture, and trauma play in this, and how significant is it?
6. Self-reflection session: Facilitator instructs participants to draw their life visual map (story, values, dreams etc.) (15 min)
7. Participants presentation and open discussion about choices and influences (10 min)



## Activity sheets

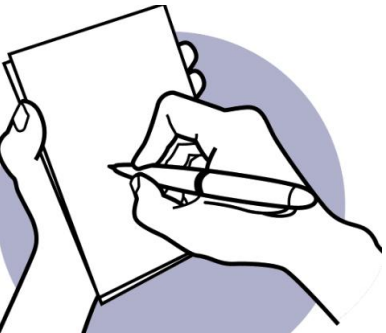
8. Group work: Facilitator splits the group into 4 groups (depending of the size of the group). Each group has a task to create a different art piece. (1h)

- Group 1: Write a poetry / song piece that addresses drug abuse and troubles that come with it.
- Group 2: Create / draw a mural concept that addresses drug abuse.
- Group 3: Write a short book of messages for people who are struggling with drug abuse addiction.
- Group 4: Create a campaign concept (online and offline) for raising awareness and prevention of drug abuse.

9. Group presentation and discussion. (15 min)

- Debriefing questions:
- What did you learn? How can art influence behaviour? How can art be used to engage young people?
- What would you do in your community?

10. Thank you and closing.



# DIY Upcycling Challenge

**Overview:** This workshop engages participants in creative hands-on upcycling challenge that environmental awareness with drug abuse prevention.

## Resources needed

- Recycled bottles, cans, old textile and fabric
- Cardboard, strings, tapes, small wood pieces, plastic bags
- Scotch tape, 4 pairs of scissors, markers
- Internet, laptop and projector

## Expected Outcomes

- Foster and enhance creativity and empathy.
- Enhance group collaboration and critical thinking.
- Create space inclusive space for shared decision making and problem solving.

**Adaptability:** This workshop can be done in an online setting using platform for online meetings (e. g. Zoom) with the same structure but individual work and individual creations (at home) instead of group work.



## Activity sheets

Previously: Facilitator should instruct participants before the workshop day to bring a object that was once useless and later got a value or a meaning and a couple of old objects they do not need or would not ever use.

1. Facilitator gives welcome and introduction to the workshop and the topic of upcycling. This should include showing inspiring examples.(10 min)

2. Ice breaker: Facilitator instructs participants to present the object they brought with them and shortly share the story. (10 min)

3. Short group discussion: How awareness messages can be powerful and examples sharing. Participants should brainstorm slogans and keywords and visuals regarding drug prevention. (10 min)

Group work: Facilitator splits the group into 4 groups (depending on the size of the group). Each group has a task to create something on their designated topic (1:45 h)

Group 1: Create an upcycled object that delivers a message related to resilience.

Group 2: Create an upcycled object that delivers a message related to hope.

Group 3: Create an upcycled object that delivers a message related to negative impact of drug abuse.

Group 4: Create an upcycled object that delivers a message related to personal growth / mental health.

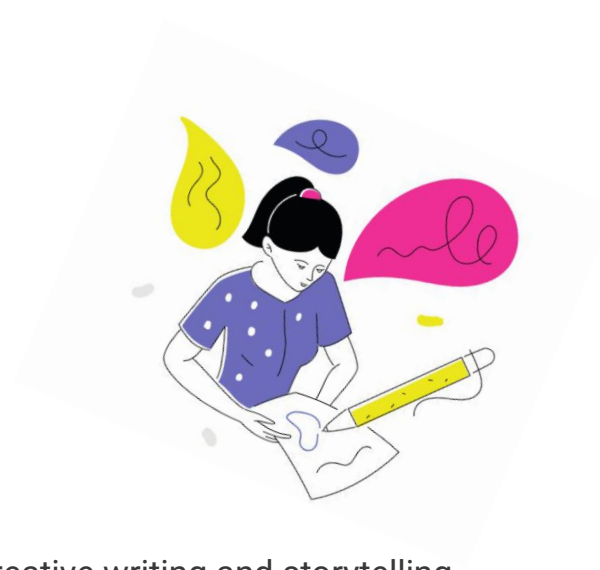
4. Group presentation and discussion. (15 min)

Debriefing questions:

- What did you learn? How did this workshop change your view on waste? Was it challenging to combine waste with a social issue?
- What would you do in your community?

5. Thank you and closing.





# Creative Writing & Storytelling Workshop

**Overview:** This workshop tackles the topic of drug abuse and its prevention through creative writing and storytelling.

## Resources needed:

- Paper and post its
- Pens and pencils
- Scissors and scotch tape
- Internet, laptop and projector

## Expected Outcomes:

- To empower participants to use storytelling as a tool to address drug abuse and its prevention.
- To enhance mutual understanding.
- To enhance critical thinking and self reflection.

**Adaptability:** This workshop can be implemented in an online setting, using platforms for meetings (e. g. Zoom) and collaborative writing (Google docs, Mural etc.). The workshop can be implemented with different target groups and group sizes.





## Activity sheets

1. Facilitator gives welcome and introduction to the workshop speech. (5 min)
2. Ice breaker: "6-word story". Facilitator instructs participants to write a 6-word story about something meaningful to them and later present it. (10 min)
3. Short group discussion:  
Facilitator asks the participants: "How storytelling shapes empathy, identity and social change?". (10 min)
4. Facilitator should have prepared examples to show to the participants after they brainstorm (writers, poets and campaigns about addiction, loss, peer pressure, social pressure, hope and recovery).
5. Short group discussion:  
Facilitator asks the participants: How are drugs portrayed in music, TV shows and films? What do you think how big of an influence do these have on individuals and society on a larger scope. (10 min)
6. Writing session: Facilitator instructs participants to write a short story about a moment of choice, change or some pressure. This story can be their personal experience or a fictive one. (30 min)  
Guiding questions:
  - What was the situation?
  - Who was there?
  - What was the decision?
  - What were the consequences?
7. Participants presentation and open discussion about choices and influences. (10 min)





## Activity sheets

8. Group work: Facilitator splits the group into 4 groups (depending on the size of the group). (1h)

Groups have the following tasks:

- Group 1: Create a fictional character, a young person in an emotional distress. Write about his/her fears, troubles, hopes, decisions and plans.
- Group 2: Write a letter to your generation / group of people who are drug abusers.
- Group 3: Write a poem about healing, self love and hope.
- Group 4: Create a fictional character, an old person, a rehabilitated drug abuser. Write a story about his life, ups and downs, challenges etc.

9. Debriefing questions:

- What did you learn?
- What did you learn from all the stories that were written today?
- How did you feel during today's sessions?

Write 1-3 sentences to close the day.

10. Thank you and closing.





# Photography

**Overview:** This creative and interesting activity will help young people express their emotions through photography.

## Resources needed:

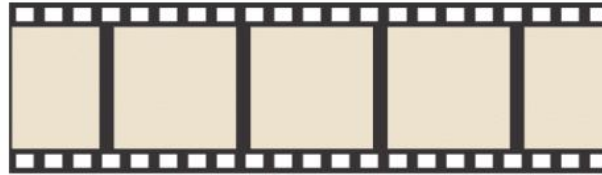
- Camera (smartphone or photo camera)
- Exhibition materials (white board)
- SD cards

## Expected Outcomes:

- Strengthened self-expression and creativity.
- Enhanced technical skills.
- Boosted teamwork and focus.

**Adaptability:** Suitable for individuals or groups. It can be performed outdoors or indoors.





## Activity sheets

1. Create a pair or group of 3.
2. Let these teams share topics among themselves and discuss the number of photos and their formats.
  - Ideas for the shots - City themed photo series
  - Historical buildings, streets, museums
  - Street art and Graffiti's
  - Buses, trams, markets
  - Skate areas, parks, pets
  - Capture a hidden gem

Thematic shots - Capture photos that can represent an emotion and label them such as Hope, Strength, Courage, etc.

3. If the activity is outside, teams will need more time for photos. Let each group present the photographs they took (this could be done physically and/or online if needed).
4. Create a discussion session. The groups will then ask each other these questions:
  - Why did I choose this theme?
  - What emotion does it hold for me?
  - What is my takeaway from this photo?
  - What did I learn while taking it?
5. After presentations, let each team rate the other team's photograph by selecting the best one they took. The best photos can be displayed on the wall or made into a Canva poster. Teams can arrange this activity as a weekly challenge.

**Wrap-up reflection questions:** What did you learn about yourself during these sessions? Which photo are you mostly proud of and why? How have these activities changed the way you see the world around you?



It may help:  
[Coursera: Photography Basics and Beyond: From Smartphone to DSLR Specialization](#)



# Daily Journaling for Emotional Expression

**Overview:** This simple, but powerful tool encourages individuals to explore and express their thoughts and emotions in a safe, personal space. By writing regularly, participants can better understand their thoughts, reduce stress, and build emotional awareness.

## Resources needed:

- Notebooks/journals
- Pens/pencils
- Tablet/phone
- Prompt sheets and themes (Optionally)

## Expected Outcomes:

- Strengthened emotion regulation and mental clarity.
- Development of a personal archive of healing and growing.
- Creation and adaptation of positive coping mechanisms .

**Adaptability:** It can be done online (using tech), and offline. It can be completed anytime, anywhere. Requires little or no technology. It's low-cost activity but trauma-informed and sensitive activity.





## Activity sheets

On different days throughout the week participants should try to write on the topics below:

1. Draw and describe your escape zone. They can use [Canva](#) or sketch it with a pencil.
2. Write about places, symbols, monuments or any other thing that represents their emotions.
3. Participants should list four things they can see, three they can hear, two they can touch, one they can smell and taste.
4. They should list the things adults need to understand about people in their age group.
5. Write something, they learnt or observed that day. They can do it as a junk journal by creating a folder/page using souvenirs, magazine/newspaper extracts or receipts.
6. Write positive affirmations.
7. Write a short story about daily experiences.



It may help:  
[Canva](#) for templates and journal design  
and [Notion](#) for digital journaling

### Wrap-up reflection questions:

- What did you learn about yourself this week through writing and reflecting?
- Was there a moment during journaling that made you feel calm, happy, or understood?
- How might daily journaling help you in the future when you're going through something difficult?





# Music & Well-Being

**Overview:** This activity uses music as a powerful tool for self-expression. Participants can share who they are by writing lyrics, creating beats, or simply connecting with music through listening. It's a creative way to tell personal stories, explore emotions, and build connection with others through rhythm and sound.

## Resources needed:

- Sound and music equipment (like physical or digital guitar, piano or violin)
- Notebook, pens, open space
- Softwares like: [Bandlab](#); [Soundtrap](#); [Audacity](#); GarageBand (found on Apple devices)

This activity can be complemented by [Unmute through Music](#), allowing participants to share their stories and emotions more actively.

## Expected Outcomes:

- Strengthened social bonds via group projects
- Boosted self-confidence and expression
- Improved emotional awareness and self-discovery

**Adaptability:** This activity is suitable for all age-groups. It's also adaptable in rural and urban contexts.





It may help:  
[How to use BandLab](#)  
[Audacity Tutorial](#)  
[How to use Soundtrap](#)

## Activity sheets

1. Ice-breaker: Participants should play a beat or instrument, and others should rate it.
2. Ask the participants the type of beats they are into.
3. Create pairs or groups of mixed ages and backgrounds.
4. The groups or pairs should write 1-4 verses and chorus based on a theme of their choice. The structure of the verses or lyrics should adhere to the rules of songwriting. Rhyme and rhythm should be in harmony.
5. Participants should use softwares like Bandlab, Soundtrap, GarageBand and Audacity for custom beat making.
6. They should create album cover using [Canva](#) and have posters of their singles/albums.
7. Each group should perform their songs/lyrics to the other.
8. No reward points. It should be a community concert. Cosplay as your favorite musician, if possible.

### Wrap-up reflection questions:

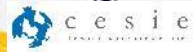
- What part of the activity did you enjoy the most—writing, beat making, performing, or creating visuals?
- Was it easy or challenging to agree on a theme or lyrics? What helped your group work together?
- What emotions came up before, during, or after performing?



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**2) MOVE – Active & Energized**  
**Engaging in physical activities that promote fitness and teamwork**



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# Group Sports Tournament - Social Football Event

**Overview:** A 5-a-side social football tournament involving ≈50 young people (ages 16–20) in the juvenile justice system, currently in reparation programs. Each team represents a victim of the mafia, keeping their memory alive. The initiative blends sport, civic education, and socialization to foster justice, inclusion, and solidarity.

## Resources needed:

- 5-a-side football field
- Trained facilitators/coaches (social football methodology)
- Educational materials (e.g., on mafia victims & civic engagement or topic chosen)
- Sports equipment and logistics (refreshments, transportation if needed)



An example: [D\(i\)ritti in Rete](#)

## Expected Outcomes:

- Schools integrating inclusive sports to promote participation and teamwork among students.
- Community centers using the activity to foster active citizenship and social inclusion.
- Rehabilitation settings applying the approach to support recovery through structured, positive engagement.

**Adaptability:** Easily replicable in schools, community centers, or rehabilitation settings, with flexibility in sport type and age group. Core values— inclusion, active citizenship and participation—remain central.





## Activity sheets

**1. Planning & Community Engagement:** Identify target group of young participants (ages 16–20) (e.g., create partnership and collaboration with local schools, youth centers, or associations and define objectives and schedule for the activity).

### 2. Team Formation & Theme Assignment

- Form balanced teams
- Assign each team a topic related to active citizenship (e.g., *environment, equality, inclusion, democratic participation*)
- Provide background materials and resources and introduce the topics with some non formal activities

### 3. Tournament & Thematic Expression

- Run 5-a-side matches in tournament format.
- Encourage teams to express their theme (e.g., through team names, slogans, or visual elements).
- Ensure inclusive, respectful play.

**4. Reflection & Closing Event:** Host group discussions and gather feedback and explore follow-up opportunities.





## Cycling

**Overview:** Inspired by the global Critical Mass movement, a collective bike ride reclaims public space to raise awareness on social justice, active citizenship, and environmental sustainability. The ride stops at symbolic places for moments of reflection, art, and testimony, turning the city into an active participation. It's a non-competitive, inclusive and creative experience promoting justice and peaceful participation.

### Resources needed:

- Bicycles (personal, rented, or shared)
- Route plan with symbolic/historical stops
- Volunteers/coordinators for logistics
- Optional: t-shirts, banners, flags, creative materials



Our Inspiration:  
"Cycling for Justice" - [Critical Mass](#)

### Expected Outcomes:

- Participants engage in active citizenship by reclaiming public space through peaceful, symbolic action.
- The activity raises awareness on social justice and environmental issues in a creative, accessible way.
- Youth and community members strengthen their sense of belonging, expression, and collective responsibility

**Adaptability:** Suitable for cities, towns, or rural areas. Flexible format: one-off, monthly, or annual event. Can focus on various themes: environment, resistance, civic memory. Ideal for youth, schools, and intergenerational groups.



## Activity sheets

### 1. Planning & Community Engagement

- Define objectives and key messages.
- Involve schools, youth groups, and civic organizations.
- Coordinate with local authorities for safety and permits.

### 2. Route Design & Thematic Stops

- Map a route through symbolic or historical sites.
- Select locations for artistic or civic actions (testimonies, readings...).
- Ensure accessibility for all participants.

### 3. Explain the route and goals: Facilitate moments of engagement at each stop (civic stories, performances).

### 4. Reflection & Follow-up:

- End with a collective moment (discussion, feedback, celebration).
- Share photos/stories online or in local exhibitions.





# Retake the space – Clean-Up Action Day

**Overview:** “Retake the space” is a simple, short-format civic action in which a group of citizens - especially young people - come together to clean, care for and creatively reactivate a small public space. The goal is to foster a sense of ownership, community responsibility and pride in shared environments. Inspired by popular urban care movements, and the Estate Liberi Camps, the action turns a few hours of collective effort into a visible and symbolic gesture of active citizenship.

## Resources needed:

- A small neglected public area (bench, corner, pathway, green area)
- Basic cleaning tools (gloves, garbage bags, brooms)
- Low-cost creative materials (chalk, flowerpots, signs, temporary art)
- Simple communication tools (poster, social media message)



Our inspiration:  
[E!State Liberi!](#)

## Expected Outcomes:

- Participants develop a sense of ownership and responsibility toward public spaces.
- The activity strengthens community bonds through visible, hands-on civic engagement.
- Youth experience how small collective actions can promote environmental care and active citizenship.

**Adaptability:** Easy to implement in any urban or semi-urban setting. Ideal for schools, youth groups or neighborhood groups. It could be put in practice like a single action or recurring event. It can be adapted to different themes (environment, inclusion, identity); inclusive for all ages, no special skills required.





## Activity sheets

1. **Choose the space:** Identify a small, accessible area that needs care and make sure the place is safe and does not require special permissions
2. **Prepare materials and invite people:**
  - Gather basic cleaning materials (brooms, gloves, bags).
  - Invite participants.
3. **Take action:**
  - Clean up the area together: pick up litter, sweep up, remove weeds.
  - Add a splash of colour or creativity: draw with chalk, decorate a bench, plant something and talk to neighbours or passers-by to raise awareness.
4. **Celebrate and share:**
  - Take 'before and after' photos and videos and share them to inspire others.
  - Leave a simple sign or message ('This space has been cared for by the community').
5. **(Optional) Follow-up.**





# Outdoor Adventure & Survival Skills

**Overview:** A practical and adventure-based outdoor activity where young people connect with nature, build survival skills, and learn how to enjoy the wild responsibly. Through tasks like fire-lighting, shelter-building, hammock camping, and outdoor cooking, they develop confidence, teamwork, and mental resilience. The forest becomes a safe space for growth, challenge, and reflection—supporting healthy coping strategies and reducing risky behaviours, all while promoting care for the environment through Leave No Trace principles.

## Resources needed:

- Hammocks with wide tree straps (to keep trees safe)
- Fire-starting kits (like matches, flint & steel), campfire cooking gear: grates, sticks, pots, foil
- LNT guidelines, easy recipes & ingredients, a notebook or journal, trash bags (leave it better than you found it!)



**LNT GUIDELINES:**  
[The 7 Principles](#)

## Expected Outcomes:

- Participants develop outdoor survival skills and practice low-impact camping techniques.
- Youth build confidence, teamwork, and resilience through hands-on challenges.
- The activity fosters environmental awareness and engagement in healthy, nature-based activities.

**Adaptability:** Can be done in forests, parks, or adapted for indoor or virtual settings (using models, videos, or interviews). Suitable for small or large groups, beginners or advanced. Easily tailored to different climates, locations, or accessibility needs— while promoting connection with nature and Leave No Trace values.





## Activity sheets

1. Get to know the Leave No Trace rules. Make sure you understand the LNT principles.
2. Find someone with experience in the outdoors: a survival instructor, scout, forest educator, guide, or bushcraft enthusiast. Ask them e.g. about their first hammock camping experience, what was hard or fun, their top 3 must-haves for the forest, and how they leave no trace.

### Time for adventure:

#### 3. Hammocking

- Hang your hammock using wide tree straps (to protect the trees!). Check: do you have a tarp? Are you sleeping in a dry spot?
- You can listen to birds and identify them with apps like BirdNET or Merlin, play a podcast, relax with a meditation or read a book, and write a journal to capture your thoughts or sketch what you see around you.
- For those keen or more experienced: try a night in the hammock under the open sky and night sky observation.

#### 4. Cooking on a campfire (while respecting Leave No Trace)

- Learn how to safely light a fire – use an existing fire ring or a metal fire bowl.
- Cook something simple: stick bread (flatbread), pot soup or one-pot meal, hot cocoa or maybe nettle tea.

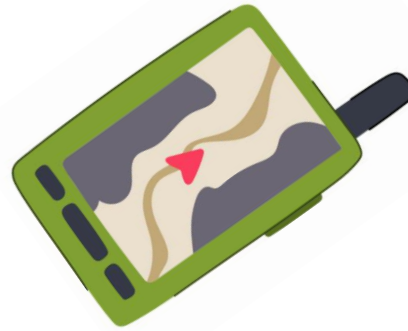


### Wrap-up Reflection Questions:

Grab a mug of tea, chill by the fire, and talk about stuff like:

- Can nature be your escape from pressure, boredom, or screens?
- What was the most useful thing you learned today – and when might it come in handy?
- What challenged you the most – and how did you deal with it?
- Could you imagine doing this instead of hanging out in the city or scrolling all evening?
- What would you do differently next time to be better prepared or more chill?





# Geocaching/Treasure Hunt

**Overview:** Geocaching is a modern outdoor treasure hunting activity where participants use GPS coordinates to find hidden containers (“caches”). It combines adventure, exploration, and critical thinking. This physically engaging activity fosters real world navigation skills, teamwork, planning, and problem-solving. Geocaching is a powerful educational and preventive tool, offering shared excitement, meaningful interaction, and a fun, healthy alternative to screen-based entertainment.

## Resources needed:

- Smartphone with GPS or compass – essential for marking coordinates and navigating the area
- Geocaching app (Geocaching, C:Geo) or printed maps with hidden points that participants need to find
- Pens and notebooks – for writing down clues, noting information



[How to find a treasure?  
What is Geocaching?](#)

## Expected Outcomes:

- Participants strengthen spatial orientation and logical thinking through problem-solving tasks.
- The activity enhances teamwork, communication, and group cohesion.
- Youth experience active, meaningful leisure that supports addiction prevention.

**Adaptability:** The activities have adjustable difficulty levels, tailored to the age and needs of the group. Caches are hidden in various locations – in the city, in the park, and in the forest. In case of bad weather, some of the activities may be moved indoors, where a simulation using a map will be conducted.





## Activity sheets



First steps: [Geocache Types](#)

1. Split into teams of 3–5 players. Each team needs a phone with a geocaching app or GPS device, a pen, and a small item to trade.
2. Create an account for yourself or your team on Geocaching.com

### Geocaching Task Checklist – Treasure Hunts Challenges

- Find at least 3 caches in the area
- Identify the size of each cache (micro, small, regular)
- Trade a small item in one cache (if available)
- Draw or describe the most interesting place where a cache was hidden
- Read and sign the logbook inside the cache
- Take a team photo at one of the cache locations

For advanced players: Try a multi-cache or a mystery puzzle, plan and hide your own geocache, find a night cache using a flashlight or locate a cache with a trackable and follow its journey.



#### 1. Create an account

Create an account online or through the Geocaching® app to view a map of geocaches near you.



#### 2. Find a geocache

Use the app to navigate to a geocache nearby. Don't forget to bring a pen!



#### 3. Share your experience

Once you find the geocache, sign and date the logbook. Place the geocache back where you found it and log your experience online.

### Wrap-up Reflection Questions:

After the hunt, gather with your team for a short reflection session:

- What was the most unexpected or fun challenge?
- Did you notice how geocaching made you observe your surroundings differently?
- What skills did you use most today – and how might they help you in everyday life?
- Would you like to design your own cache or challenge?
- How did your team work together – what worked, and what could be improved?





# Maritime Education & Water Sports

**Overview:** Maritime education is a multidisciplinary program designed to engage young people with the world of water. It combines hands-on experience with water sports, environmental science, maritime culture, and navigational skills. Through this innovative approach, students gain both practical abilities and key competencies aligned with modern educational goals.

## Resources needed:

- Ropes, life jackets, floating objects (e. g. sponge, ball)
- [Morse code guide](#) and torches/flags
- Materials for simple water filter



Prepare for activities:  
[How to tie the knots?](#)  
[Semaphore Signalling](#)  
[Water filter](#)  
[Kayak Safety Rules](#)

## Expected Outcomes:

- Participants learn basic water safety, emergency responses, and essential navigation skills.
- Youth develop teamwork, communication, and coordination through practical challenges.
- The activity fosters problem-solving and confidence in a safe, engaging environment.

**Adaptability:** The program can be adapted to various water environments, including rivers, lakes, seas, and ponds or streams. It may include topics such as aquatic ecology, maritime history, and culture. Activities are suitable for all age groups. Sailing is not included due to equipment and certification requirements, but if available, it can support prevention by fostering responsibility, teamwork, discipline, and adaptability.





## Activity sheets



More water activities:  
Kayak keep away

0. Before you start: Take a moment to explore the basics: sailing knots (e.g., bowline, clove hitch, figure-eight), Morse code, maritime signals, water safety, and what to pack for a kayaking or sailing trip.

1. Split into teams of 3–5 players. Rotate through 4 challenge stations (8–10 min each). Total activity time about 40 minutes.

### 2. Challenge stations:

- **Knots task:** Tie three essential sailing knots: the bowline (used to make a fixed loop), the clove hitch (for attaching a rope to a post), and the figure-eight knot (to stop a rope from slipping). Each team member must try at least one knot, and the group should explain in what situation each knot would be useful on the water.
- **Morse code task:** Use a Morse code guide to decode a short distress message, such as “HELP” or “MAN OVERBOARD”. Then, respond using torchlight flashes or flag signals to simulate real maritime communication – accuracy and creativity are both rewarded
- **Clean Water Challenge:** Build a simple water filter using basic materials (e.g. sand, charcoal, cloth, gravel) to clean dirty water.
- **Extra On-Water task:** One team member (paddler) reaches a floating marker and brings back an object (e.g. sponge or ball), guided by a navigator on shore. Only the navigator may speak; others stay silent. The paddler must wear a life jacket.

Variations: On a SUP: Focus on balance / In a double kayak or canoe: One paddles, one collects / No boat? Simulate – teamwork counts!

**Scoring system:** Each team can earn **+10 points** for correct answers or completed tasks, **+5 points** for creative effort or performance, **+5 points** for full team participation, and **+3 points** for smart but incorrect attempts.

### Wrap-up Reflection Questions:

- How can water sports teach us about communication and trust?
- Would you feel more confident now in a real water situation?



# Choose Life

Choose

Life



## 3) DISCOVER – Explore & Learn

### Encouraging curiosity about Culture, History, and the World



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# Cultural Exchange Dialogue

**Overview:** A fun and interactive challenge where teams explore diverse cultures through engaging tasks related to traditions, language, and customs. By fostering empathy and cultural awareness, this activity helps prevent social isolation—a key risk factor for substance abuse and risky behaviours.

## Resources needed:

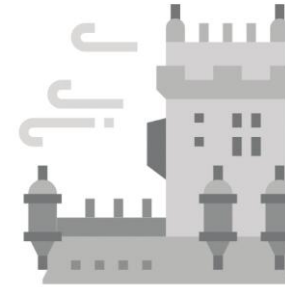
- Challenge cards with cultural tasks (e.g., "Learn a greeting from 3 different countries").
- Props or images representing different cultures (e.g. flags, traditional, clothing, food samples).
- Timer to track challenges.
- Score sheets and pens to keep track of points.
- Speakers or headphones (for music-related tasks).

## Expected Outcomes:

- Develop empathy and cultural appreciation.
- Strengthen teamwork and communication.
- Reduce stereotyping and discrimination, fostering inclusivity.

**Adaptability:** Can be done in person or online (using video calls and digital resources). Customizable to focus on different cultural themes (music, traditions, sports). Suitable for small or large groups.





## Activity sheets

1. Split into teams of 3-5 players.
2. Each team picks a challenge card, which includes a cultural task. They have 3 minutes to complete it before moving to the next one.
3. Types of Challenges (examples):

Language Task: Learn and correctly say a greeting or phrase in 3 different languages.

Music Task: Listen to a short clip of traditional music and identify its country of origin (e.g. fado, tarantella, sirtaki).

Food Task: Match images of traditional dishes to their respective countries (e.g. pierogi, gauffres, halloumi cheese, pastel de nata).

Custom/Tradition Task: Act out a cultural tradition (e.g., throwing coins in the Trevi Fountain for good luck, smashing plates at celebrations) and explain its meaning.

History Task: Identify an important cultural landmark from a set of images (e.g. Parthenon, Ancient Kourion, Atomium, Kalemegdan, Belém Tower, Pompeii Ruins).

Art Task: Recreate a simple pattern from a famous traditional artwork (e.g., portuguese azulejos, Lefkara lace embroidery patterns, Pirot carpet weaving patterns).

4. Teams rotate through the challenges in a set time frame (e.g., 30-40 minutes).
5. Each correct answer earns points (see scoring below).
6. The team with the highest score wins!

**Scoring System:** Correct answer: +10 points; Creative bonus (for effort/performance): +5 points; Team Collaboration (if all members participate): +5 points; Incorrect but Creative Attempt: +3 points; Winning Team Prize (Optional); Small cultural tokens (stickers, badges, or certificates).

### Wrap-up Reflection Questions:

What was the most surprising thing you learned?

How can cultural awareness help prevent discrimination and isolation?

Did this activity change how you see different cultures?



Search for more:  
[When Cultures Meet](#)





# Urban Transformation Peddy Paper

**Overview:** This challenge guides teams through key urban transformation sites, exploring how migration, economy, and modernization shape cities. By uncovering historical landmarks and renewal projects, participants gain insight into social, cultural, and architectural changes, fostering critical thinking about urban development.

## Resources needed:

- Challenge Cards (with location clues & tasks)
- City Map or GPS App
- Smartphone (for photos, videos, or online research)
- Notebook & Pen (for written responses)
- Timer or Stopwatch



**A technological idea:**  
[Play a City Exploration Game](#)

## Expected Outcomes:

- Understand how cities evolve over time
- Identify key factors driving urban transformation (migration, economy, architecture)
- Strengthen teamwork, problem-solving, and observation skills
- Encourage active engagement with the city

**Adaptability:** Can be customized for different cities & urban themes. Works in-person or virtually (using Google Maps & online archives). Suitable for youth groups, schools, and community events.





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## Activity sheets

1. Form teams of 2-5 people.
2. Each team gets an initial clue leading to a site that represents urban transformation.
3. Explore & Complete Location Challenges - At each stop, teams answer a question or complete a task before receiving the next clue. Teams must document their findings (photo, video, or written response). (e.g.: interview a local (shop owner, resident); find a traditional shop; capture an image of a building repurposed; compare two buildings: one historical and one modern).
4. Once all challenges are completed, teams must navigate to a final location—typically a landmark symbolizing urban transformation.
5. Reach the Final Destination - The first team to complete all challenges and reach the final location wins!
6. At the final stop, teams present one key takeaway from their journey, explaining how urban transformation impacts daily life and community identity.

### Example Locations & Challenges:

Porto, Portugal – Historic Centre & Tourism Impact – Challenge: Explore how Porto’s historic Sé district has evolved with the rise of tourism.

Gdańsk, Poland – European Solidarity Centre Challenge: Explore how Gdańsk’s shipyard area transformed into a cultural and historical hub.

Palermo, Italy – Vucciria Market & Cultural Spaces Challenge: The Vucciria Market has evolved from a traditional street market to a cultural hotspot.

Nicosia, Cyprus – The Green Line & Urban Renewal Challenge: Explore the division of Nicosia and its ongoing urban renewal projects.

Belgrade, Serbia – Savamala District & Waterfront Project Challenge: Savamala was once an industrial zone and is now a creative hub.

Thessaloniki, Greece – Ladadika District Challenge: Once an old commercial quarter, Ladadika is now a vibrant cultural and entertainment area.

**Scoring System:** Challenge Completion: +10 points per location; Creativity in Responses: +5 points bonus; Team Collaboration: +5 points bonus; First Team to Finish: +10 points; Winning Team Prize (Optional): Certificates, city guidebooks, or social media feature.

**Wrap-up Reflection Question:** Future Urban Space Challenge - How would you redesign an underused space in your city to benefit young people?



# Oral (Hi)Stories Project - Facing History Through Personal Stories

**Overview:** This activity connects young people with individuals who have faced major life challenges, such as war, migration, or economic hardship. Through face-to-face conversations, they document and preserve personal stories of resilience, gaining insight into how past experiences shape the present and learning valuable lessons in perseverance.

## Resources needed:

- Smartphone or audio recorder for interviews;
- Notebook and pen for taking notes;
- Optional: basic video editing or podcast software, art supplies for creating a mini-zine.

## Expected Outcomes:

- Strengthens intergenerational connections and empathy;
- Develops active listening and communication skills;
- Encourages critical thinking about History and society;
- Promotes personal reflection on resilience and overcoming difficulties.



**Adaptability:** Can be conducted in any cultural setting. Suitable for individuals or groups. Flexible formats: video, audio, or written documentation.





## Activity sheets

1. Find a Storyteller: Identify someone in your community willing to share their experiences (e.g. grandparent, a neighbour, a teacher, or anyone who has faced and overcome significant challenges).
2. Before the conversation, prepare open-ended questions to help guide the discussion.

### Examples of Questions:

- What was the biggest challenge you faced, and how did you overcome it?
- Can you describe a moment in history that changed your life?
- What was your city or neighborhood like when you were younger?
- How did people around you support each other during difficult times?
- What advice would you give to young people facing challenges today?

3. Record & Document: Sit down with the person and have a conversation in a comfortable setting.

4. Choose how to capture their story.

Video: Record key moments of the discussion.

Audio: Create a voice recording and highlight key parts.

Mini-Zine: Summarize the story in a handmade booklet with text and drawings

**Wrap-up Reflection Questions:** After collecting the oral histories, share them with your group and reflect on:

- What did you learn from hearing someone's personal history?
- How do past struggles shape communities today?
- What connections can you draw between their experiences and your own life?



Some tips:  
[Oral History At Home](#)





## Unmute thought Music

**Overview:** A workshop where participants explore the power of music in boosting self-esteem and managing emotions and stress. Through listening, analysis, and musical creation, they will reflect on the connection between music, identity, and well-being.

### Resources needed:

- Speakers or headphones
- A playlist with songs from different genres
- Paper and pens for writing lyrics or reflections
- Musical instruments or apps for music creation (if available)

### Expected Outcomes:

- Increased awareness of the emotions conveyed through music.
- Strengthened self-esteem and personal expression.
- Improved listening skills and critical analysis.

This activity can be complemented by [Music & Well-Being](#), allowing participants to share their stories and emotions more actively.

**Adaptability:** The activity can be done with or without musical instruments. Check if anyone in the group plays an instrument or has experience with rap. It can be conducted indoors, but outdoor and natural settings are recommended. It can be done individually or in groups.





## Activity sheets

### 1. Introduction and Song Selection

- Introduce the concept of how music influences emotions and identity.
- Ask each participant to choose a song that holds meaning for them (for example, a song that makes them feel empowered, that gives them energy, or that they listen to when feeling down).
- Collect the song titles and create a shared playlist, which can be played in the background during the activity.

### 2. Listening and Reflection

- Listen together to 3-4 selected songs that convey different types of empowerment (e.g., resilience, self-esteem, positive rebellion).
- After each song, participants write down 5-6 words or emotions that stand out to them.

### 3. Creative Writing Exercise (30 min)

Each participant can freely choose one of the following writing and/or expressive tasks:

- A letter to yourself → You can also change the recipient and write to your city, family, or someone else... The only rule is to let your imagination flow!
- A short song or poem → Try to include at least 3 of the keywords chosen earlier.
- A short story → A story where music plays a transformative or life-changing role for the main character.
- A comic strip → Address an important theme related to your personal life or a social issue.
- An illustration → Express your message, thought, protest, or emotion purely through images, without using words.



## Activity sheets

### 4. Let's Add Some Rhythm! (15 min)

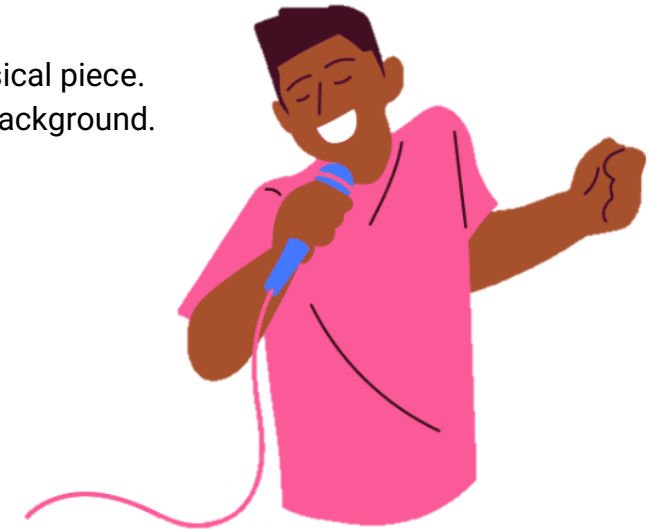
- Participants reread their text and modify it while thinking about a rhythm or flow, as if transforming it into a musical piece.
- They can also try a "dramatic reading," emphasizing key words with their voice or performing it with a musical background.

### 5. Sharing and Reflection

**Final discussion:** What did you discover about yourself through music?

**Guiding questions for reflection:**

- How did it feel to transform emotions into words?
- Which part of your text feels the strongest, and why?
- Have you ever found words in music that expressed what you wanted to say?





# Science & Nature Exploration

**Overview:** This activity invites participants to explore the concept of fluidity and unpredictability through *suminagashi*, an ancient Japanese marbling technique using water. The goal is to spark curiosity and reflection on change and interaction between elements, offering a sensory and creative experience. Through observation and experimentation, participants will discover how ink moves on water and how every action leaves a unique and unrepeatable trace, just like life experiences. Psychological well-being and a sense of wonder about the world can be valuable tools for reducing stress without resorting to substances or behavioral addictions.

## Resources needed:

- Basins filled with water
- *Suminagashi* ink or watercolor paints, brushes or wooden sticks
- Absorbent paper or regular printing paper
- Drops of soap or oil (for the initial experiment)

## Expected Outcomes:

- Stimulate curiosity and observation of natural and artistic phenomena.
- Experience the concept of unpredictability and transformation.
- Encourage creative expression through *suminagashi*.
- Foster reflection on adaptability and the fluidity of life.



**Adaptability:** Alternative materials – If *suminagashi* ink is unavailable, watercolor paints or food coloring can be used. This activity can take place indoors or outdoors. If possible, choose open spaces (Tip: since a lot of water is needed, pick a location with easy water access). The activity can be shortened or extended depending on the available time. This activity can be connected to curricular subjects such as art, philosophy, or science.





## Activity sheets

1. Start with a short brainstorming session on the words "Nature" and "Science."
  - What do they mean etymologically? Do they have any connections to each other?
  - The activity will be divided into three phases: Observation, Experimentation, and Reflection.

### 2. OBSERVATION PHASE

- Each participant will receive a basin filled with water.
- Add a few drops of soap or oil and observe the reactions.
- Discussion: What do you see? Why do some liquids mix while others remain separate?

### 3. EXPERIMENTATION PHASE

- Gently pour ink or water-based colors onto the surface of the water.
- Use wooden sticks or brushes to move the ink and create floating patterns.
- Once you have finished experimenting with the swirls, carefully place a sheet of paper on the surface to capture the design.

### 4. REFLECTION PHASE

Open discussion:

- What did you experience?
- How did it feel to let the water decide the outcome?



# Local Business & Entrepreneurship Tour

**Overview:** In this urban adventure, participants are divided into teams and given a map with secret stops around the city (shops, startups, artisans, etc.). At each stop, they must complete a challenge to earn clues and continue their journey. The goal? To discover how a business is created and managed, while having fun exploring the city!

## Resources needed:

- Smartphones or cameras
- Notepad
- List of themes to explore (see below)
- Map of the city area to explore (optional)

## Expected Outcomes:

- Develop observation and analysis skills related to the local economic environment.
- Stimulate curiosity and critical thinking about entrepreneurial strategies.
- Encourage active engagement through social interviews.
- Promote reflection on innovation, sustainability, and inclusivity in business.



**Adaptability:** Adaptable to any city or neighborhood. Flexible duration (it's recommended to have 2-2,5 hours). Participants can use their smartphones, paper and pen.



## Activity sheets

1. Divide the participants into groups of 3-4.
2. Each group will receive a list of objectives and a list of missions.

### List of objectives:

- Find a business or company with original or creative offerings.
- Find a business or company that is eco-friendly (environmental sustainability).
- Find a business or company that promotes the culture and history of the local area (valorizing local traditions).
- Find a business or company with original marketing strategies: innovative advertising or sales strategies.
- Find a business or company with spaces and services that are open to all (inclusivity and accessibility).
- Find a business or company that creatively uses urban spaces or was born in unconventional locations.

### List of missions:

- Participants explore the city and take photos or shoot short videos related to the assigned themes.
- Each group collects at least 5 meaningful images and creates a mini-video report (max 2 minutes).
- Each group selects 2 or 3 businesses and asks the owners or passersby a few questions, such as:
  - Where did the idea for starting this business come from?
  - What is the hardest part of starting a business in this city?
  - How do you think this business stands out from the others?
  - Is there anything you would improve?

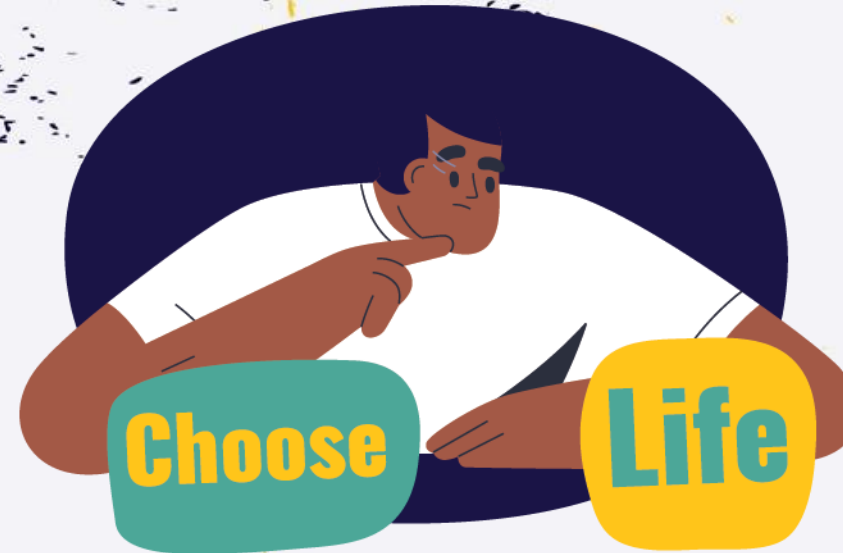
3. Each group will present their discoveries with photos, videos, and stories.

### Key questions for reflection:

- What characteristics make a local business successful?
- What are the main challenges they face?"



# Choose Life



## 4) PLAY – Fun & Social Engaging in recreational games that enhance social skills and teamwork



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# Collaborative Strategy Board Games

**Overview:** This activity uses cooperative board games to help participants develop problem-solving, teamwork, and communication skills. Through strategy-based play, young people learn to navigate complex scenarios that mirror real-life social challenges, such as peer pressure, resource management, and ethical decision-making.

## Resources needed:

- Cooperative or strategy-based board games (e.g., Pandemic, Forbidden Island, or custom-made versions)
- Tables and chairs for small groups
- Timer and score sheets (optional)

## Expected Outcomes:

- Strengthened social cooperation and negotiation skills.
- Increased ability to think critically and plan ahead.
- Enhanced emotional regulation in group dynamics.

**Adaptability:** Suitable for 12–25. Complexity of the game can be adjusted. Custom games can reflect local dilemmas and community themes. Use large-print cards or verbal instructions for visually impaired participants.



## Activity sheets

### Participant Steps:

1. Divide participants into small groups (4–6 people).
2. Introduce the rules of the chosen board game.
3. Emphasize the need to collaborate to win (rather than compete).
4. Play the game for a fixed time (e.g., 30–45 minutes).
5. Reflect on team strategies and decisions.



Check here a review about the  
**Best Co-op Tabletop Games**

### Facilitator Tips:

- Choose games that emphasize teamwork over competition.
- Observe group dynamics and provide support if needed.
- Use debrief time to connect game situations to real-life decision-making.
- Invite teams to discuss how they dealt with pressure, setbacks, or disagreements.

# Role-Playing Civic Debate

**Overview:** In this activity, participants engage in structured debates where they must argue from assigned perspectives on civic or social issues. The goal is not to win the argument but to understand multiple viewpoints, build empathy, and practice respectful disagreement—skills crucial to active citizenship and resisting harmful social pressures.

## Resources needed:

- Printed debate topics or prompts
- Role cards or character briefs
- Stopwatch or timer

## Expected Outcomes:

- Improved critical thinking and public speaking skills
- Enhanced perspective-taking and emotional intelligence
- Greater understanding of social and ethical complexity



**Adaptability:** Age group: 14–25; debate topics can be adapted to age and maturity. Topics can reflect local or national issues. Provide speech outlines, support tools, or allow written contributions.



## Activity sheets



Check here a debate about:  
[Should schools require students  
to wear uniforms?](#)



Learn more about [Debating skills](#)

### Participant Steps:

1. Assign participants to roles (e.g., citizens, politicians, activists).
2. Give each role a short brief with opinions and arguments.
3. Divide into two sides of a civic issue (e.g., curfews, free speech, climate action).
4. Hold a timed debate: opening statements, rebuttals, closing arguments.
5. After the debate, reflect together on what it felt like to argue a different point of view.



### Facilitator Tips:

- Emphasize respectful dialogue over “winning”.
- Guide participants to explore values behind positions.
- Allow participants to drop roles in the debrief and reflect in their own voices.
- Use real-world examples to connect the activity to civic life.

# Community Service Challenge

**Overview:** This hands-on activity encourages participants to identify a real issue in their community and design a small, achievable service project to address it. Through collaboration, planning, and action, participants build leadership and empathy while realizing their capacity to make positive change.

## Resources needed:

- Paper, markers, or planning templates
- Internet access for research

## Expected Outcomes:

- Strengthened sense of civic responsibility and belonging.
- Real-world application of empathy and initiative.
- Development of teamwork and problem-solving abilities.



**Adaptability:** Age group: 13–25. Projects can reflect specific community challenges or needs. Assign flexible roles (planning, outreach, art, etc.) based on individual abilities.



## Activity sheets

### Participant Steps:

1. Form small groups (3–5 people).
2. Brainstorm community issues (e.g., litter, loneliness among seniors, access to food).
3. Choose one issue and plan a simple project (e.g., awareness campaign, clean-up, fundraiser).
4. Present the plan to the larger group for feedback.
5. If time allows, implement the project or simulate key steps.

### Facilitator Tips:

- Encourage creativity and local relevance.
- Help groups keep plans realistic and achievable.
- Invite reflection on how it felt to design something that helps others.
- Highlight even small contributions as meaningful change.





# Improvisational Theater

**Overview:** This improvisational theater game introduces participants to the complexities of social pressures related to substance use in a safe, creative, and supportive environment. By embodying different perspectives in a fun and dynamic way, young people gain insight into peer influence, decision-making, and emotional intelligence—all crucial to resisting drug use.

## Resources needed:

A spacious room (preferably with chairs in a circle)  
A list of suggested scenarios (printed or written on slips of paper)

## Expected Outcomes:

- Strengthened sense of civic responsibility and belonging.
- Real-world application of empathy and initiative.
- Development of teamwork and problem-solving abilities.

**Adaptability:** Can be adjusted for ages 13–25. Scenarios can be localized to reflect real-life community challenges and slang. Physical movements can be adapted for participants with mobility limitations.





## Activity sheets

1. Participants form a circle.
2. Two volunteers enter the center and begin improvising a scene based on a suggested theme (e.g., first day at a new job, dealing with peer pressure).
3. At any point, someone from the circle can yell 'Freeze!', tap out one actor, take their place, and start a new scene by taking the exact same physical position but changing the scenario.

### Facilitator Tips:

- Encourage empathy and creativity in the scene changes.
- Use warm-ups to get participants comfortable with each other before starting.
- Debrief after the activity to reflect on emotions, reactions, and insights.



An example:  
[How to play theater game-  
Freeze](#)





# Digital Media Creation

**Overview:** A collaborative exercise where small groups select a scene from previous improv work and transform it into a digital creative piece. Participants reimagine their chosen scene using digital tools, fostering technological creativity while deepening engagement with mental health themes.

## Resources needed:

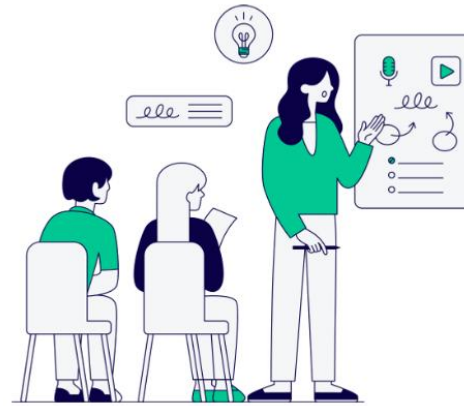
- Smartphones with basic apps (Canva- for poster creation, CapCut or Canva - for short video creation)

## Expected Outcomes:

- Deeper processing of mental health concepts through creative reframing
- Tangible artifacts that capture group insights on topics like resilience
- Improved confidence in self-expression through digital media

**Adaptability:** Adaptable to virtual settings where participants collaborate.





## Activity sheets

### Participants steps:

1. Form groups (3-5 people) and select a scene from [Improvisational Theatre](#).
2. Choose format (video or poster).
3. Create digital artifact using available tools.
4. Share with larger group and reflect on process.

### Facilitator Tips:

- Provide basic tools or apps for video editing or poster creation.
- Encourage each group to assign roles (e.g., director, editor, actor, designer).
- Allow time for sharing and group reflection.



Search for more:  
[How to create short and fun  
videos](#)



Search for more:  
[How to design a poster on Canva](#)





# DIY Escape Room Challenge

**Overview:** Work as a team to solve puzzles, unlock clues, and escape! Along the way, discover the personal strengths that help you stay resilient and make positive choices.

## Resources needed:

- Teams of 4–6 players
- A room or an outdoor space with several "Challenge Stations"
- Props: envelopes, printed puzzles, sticky notes
- Optional: You can use a digital template to design the escape room on [Canva](#) or [Genially](#)

## Expected Outcomes:

- Participants identify personal and group strengths that support resilience.
- Youth practice problem-solving and collaboration in a high-pressure context.
- The activity reinforces positive decision-making through experiential learning.

**Adaptability:** Suitable for ages 12–25, with puzzles adjusted for cognitive level. Challenges and themes can reflect local realities and youth interests. Tasks can be modified for different physical or cognitive abilities; digital versions can enhance inclusion.





Search for more:  
[How to customize a Genially  
Escape room template](#)



Search for more : [Practical  
handbook on how to create  
escape room activities](#)



Search for more:  
[How to create educational  
escape rooms](#)



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## Activity sheets

**Storyline:** You are resilience explorers trapped in the “Maze of Doubt.” Only teamwork and personal strengths can set you free — but beware! Mistakes will weaken your team!

### Facilitator Tips:

Keep time visible!

Offer 2 hints max per team.

**Station 1:** Puzzle Lock- Unscramble the words related to strength (e.g., Confidence, Courage, Friendship). Each correct word gives you a number for a final code.

**Station 2:** Strength Riddle - Hunt Find hidden riddles around the room (example: “I make you bounce back when life knocks you down. What am I?” — Answer: Resilience).

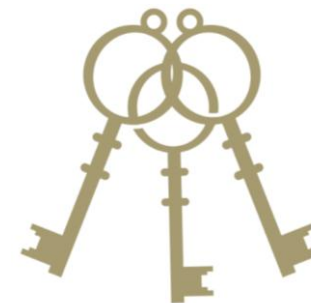
**Station 3:** Build Your Shield Design a “Shield of Strength” using sticky notes — each player adds one strength (kindness, creativity, bravery, etc.). Present it to the Game Master.

Winning the Game: Complete all 3 stations and unlock the “Escape message”: “Your strength is the key!”

**Penalty for wrong answers:** Each wrong answer leads to a “lost sense” for one teammate:

- 1st wrong = Someone loses their voice (no talking)
- 2nd wrong = Someone loses hands (no using hands)
- 3rd wrong = Someone must close eyes (no sight)
- 4th wrong = Someone must stay seated (no walking)

Penalties stay until the game ends!



**We hope you had fun trying out these activities!**

**This toolkit was made to help you enjoy yourself, connect with others, and build healthy habits—all while having a great time. Keep exploring, keep growing, and keep making choices that feel right for you.**



**Thanks for being part of the journey!**





# Thank you!



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