



DEVELOPING OUR HUMAN WHOLES METHODS AND ACTIVITIES FOR YOUTH WORK

From the international training course

HUMAN NATURE

2025, Cluj-Napoca, Romania

Material developed by **Dreams for Life** from Romania. The project was implemented with the support of the **Erasmus+** Programme of the European Union.

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The project and the coordinating organization

Coordinating organization - Dreams for Life, Romania

Dreams for Life is a youth organization from Romania, which operates in Cluj-Napoca. Our organization unites young adults and youth that are passionate about personal and community development. *Our mission is to support youth for following their true meaning in life, being in strong connection with nature and living in sustainable communities.* (www.dreamsforlife.ro)



Why did we make this project?

The aim of the project was to enhance the professional capacities of 25 youth workers, by equipping them with innovative, nature-based methodologies and tools for fostering the holistic development, resilience and well-being of young people, especially of those with fewer opportunities.

Our intentions or the project objectives were:

1. By the end of the 7-day training course, 25 youth workers will have gained a comprehensive understanding of Bill Plotkin's nature-based map of the human psyche, demonstrated by their ability to accurately describe the elements of the map and how they apply to youth work and empowerment of disadvantaged youth.
2. Increasing with minimum 50% the levels of 20 professional competencies derived from the nature-based map of the human psyche, in 25 youth workers, for implementing learning and developmental activities for disadvantaged youth.
3. Increasing the organizational innovation by integrating at least five nature-based methods and tools derived from the nature-based map of the human psyche, into the ongoing training programs of the participating organizations within three months post-training, for serving disadvantaged youth.
4. Achieve a 20% increase in reported well-being and resilience among at least 250 young people with fewer opportunities, engaged by the trained youth workers using nature-based interventions, within six months post-training.



Developing human wholeness

The training program **was built** around the Nature-Based Map of the Human Psyche, developed by Bill Plotkin, which **offered** a holistic framework for personal growth and well-being by dividing the human psyche into four key facets: North **represented** the Nurturing Generative Adult, focusing on responsibility and care; South **embodied** the Wild Indigenous One, expressing emotions, creativity, and connection with nature; East **reflected** the Innocent Sage, symbolizing clarity, wisdom, and vision; and West **represented** the Muse, emphasizing emotional depth, introspection, and transformation. Together, these facets **guided** individuals toward wholeness and resilience by integrating different dimensions of the self.

This approach **was especially relevant** for working with disadvantaged youth, as it **offered** a supportive and inclusive framework for personal growth that **went** beyond traditional education models, encouraging young people to reconnect with themselves, others, and the natural world. Working with the Nature-Based Map of the Human Psyche and the associated subpersonalities, while it **could have** therapeutic elements, **was designed** to be safe and accessible for regular youth workers. Youth workers **were not expected** to serve as therapists, but rather as facilitators of self-awareness and personal growth. They **were equipped** with tools such as reflective exercises, role-playing, creative arts, and nature-based activities, all of which **were** safe, non-invasive methods to explore different subpersonalities without delving into deep psychological therapy. The goal **was not** to address clinical issues, but to encourage a deeper connection with oneself, which **fostered** holistic development, resilience, and well-being.



Methods and activities for supporting transition into adulthood

Volunteering

Description

Volunteering is the act of a person who offers himself or herself for a service without taking any credit for it. You offer your services and your skills to the community, or to the world because you want it. You have that desire in your heart for helping anybody who need help and you offer it selflessness. Volunteering is a happy action, which you gain nothing else except respect and love.



Positive affirmations to others

Description

Positive affirmations are a powerful way to bring positive energy into your life and can result in life-changing results in any area of your life. They are an important aspect of positive thinking and are critical to the development of a positive mental attitude. To give affirmation is to positively assert approval of someone or something. A positive affirmation is a statement of something positive about another person, said with utmost conviction, belief and emotion. Our affirmation can be given in recognition of a person's skills, personality, or actions. The problem is that a lot of times we assume that others know how much we appreciate them. Then we fall into the trap of expressing nothing meaningful about the value they add to our life. But it shouldn't be that way!

Yoga

Description

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Rāja yoga.

Yoga Asanas Dos and Donts for Beginners



Improvisation theatre

Description

Improvisational theatre, often called improv or impro, is the form of theatre, often comedy, in which most or all of what is performed is unplanned or unscripted: created spontaneously by the performers. In its purest form, the dialogue, action, story, and characters are created collaboratively by the players as the improvisation unfolds in present time, without use of an already prepared, written script.

Improvisational theatre exists in performance as a range of styles of improvisational comedy as well as some non-comedic theatrical performances. It is sometimes used in film and television, both to develop characters and scripts and occasionally as part of the final product.

Improvisational theatre often allows an interactive relationship with the audience. Improv groups frequently solicit suggestions from the audience as a source of inspiration, a way of getting the audience involved, and as a means of proving that the performance is not scripted.

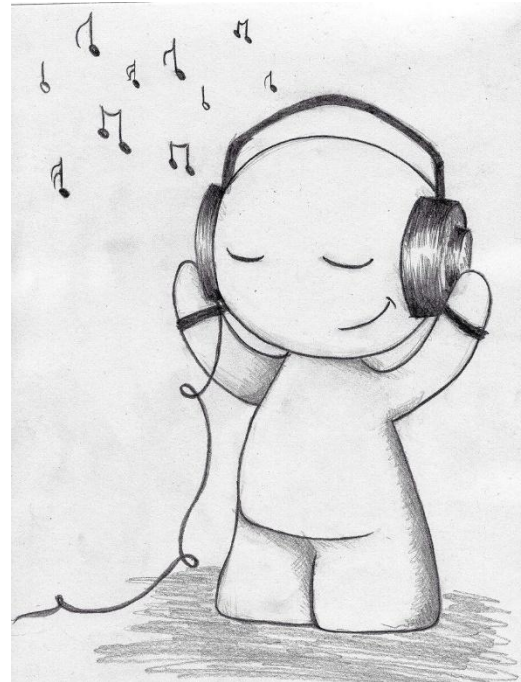
Listening to music and singing

Description

Music is a big part of human nature. Whether it is singing, listening to music or playing an instrument, the engagement with music has tremendous benefits on our health. Check them out below.

Listening to music is an act very connected with the daily life. Whether it is at work, at home, when exercising or driving, our favourite music keeps us always a good company. But did you know that simply by listening to music you can improve your overall well being? In fact, there is strong evidence that listening to music can help you in the following:

1. Music Makes You Happier
2. Music Enhances Running Performance
3. Music Lowers Stress and Improves Health
4. Music Helps You Sleep Better
5. Music Reduces Depression
6. Music Helps You Eat Less
7. Music Elevates Your Mood While Driving
8. Music Strengthens Learning and Memory
9. Music Relaxes Patients Before/After Surgery
10. Music Reduces Pain
11. Music Helps Alzheimer's Patients Remember
12. Music Improves Recovery in Stroke Patients
13. Music Increases Verbal Intelligence
14. Music Raises IQ and Academic Performance
15. Music Keeps Your Brain Healthy in Old Age



Creative arts

Description

Art is a diverse range of human activities in creating visual, auditory or performing artifacts (artworks), expressing the author's imaginative or technical skill, intended to be appreciated for their beauty or emotional power. In their most general form these activities include the production of works of art, the criticism of art, the study of the history of art, and the aesthetic dissemination of art.

The most recent sense of the word art is as an abbreviation for creative art or fine art which emerged in the early 17th century. Creative or fine art refers to a skill used to express the artist's creativity, or to engage the audience's aesthetic sensibilities, or to draw the audience towards consideration of more refined or finer work of art.



Put it in practice

1. Decide the medium of art you want to try. Do you want to try drawing, painting, or sculpting?
2. Do your research and learn the basics. Learn as much as you can about the medium you have chosen to focus on —read books and articles, watch instructional videos, and research various methods and approaches other artists in your medium take.
3. Get the supplies you will need for the medium you have chosen.
4. Observe the world around you with the eye of an artist. A key part of being an artist is observing the world around you and reflecting it in your art work. Notice how the light changes during the day, how colors affect you, how an interaction makes you feel. As the saying goes, it is actually really important to stop and smell the roses. Take the time to become fully aware of your surroundings and let your observations seep into your work.
5. Make time for your art and start it!
6. Develop your own style. Don't be afraid to make art from your heart. Let it guide your hands so that shapes and colors are inspired by your authentic self!

Suggestions

If you have never spent much time creating art, it may feel daunting to try to do it now. The truth is, everyone is an artist; they just need to express their creative ideas in a great way. If there is a

specific type of art you would like to learn more about, go for it, but don't be afraid to branch out and try other mediums as well.

More details

<https://en.wikipedia.org/wiki/Art>

<http://www.wikihow.com/Become-an-Artist>

Land art

Description

Land Art is creative and fun and can be done by anyone.

It involves making art and sculptures using materials you find in nature, such as leaves, fir cones, twigs, pebbles, rocks, sand and shells.

You can make animals, patterns, circles, spirals, even life size outlines of you and your friends.



Whether you are at school, on holiday or just getting out and about Land Art can be done anywhere.

By spending the time making Land Art you will use your imagination, be creative, get some fresh air and learn all about nature and natural places.

You can learn about trees and leaves; pebbles and sea creatures; the seasons, cycles of life and so much more!

There is no better activity that combines creativity and learning; fun and exercise and opportunities to play and explore. Our world is full of wonderful natural places and Land Art will

help your children discover all about nature whilst expressing themselves and stimulating their minds in fantastic ways.

Soul poetry

Description

Each person has within, an artistic part which can play with images, words, feelings, senses. Most of us are unaware of this inner resource which can create through words powerful symphonies of dreams, hopes, love, sorrow, grief, joy and mystery. The notes that compose the symphonies are pieces from our depths, which are called by some, our SOUL.

Soul poetry is a simple way of accessing our profound thoughts, deep feelings, powerful visions. It is a way of being vulnerable and honest, grounded and open, simple and wise. It is a way of letting ourselves overwhelmed by the revelations of life. Soul poetry shouldn't be perceived as the mastery of specialized poets, but rather as a playground through which we can experience the beautiful realms of life. Thus, Soul poetry is for each and every one of us.



Journaling

Description

What does journaling entail? It's an amalgamation of personal, rational fact-based reporting along with an exploration of your sometimes-irrational, always-important inner feelings. There are some weeks where I'll journal every day and then there will be some stretches where I go a month without writing a single word. The thing about expressive writing and other types of journaling is that it's not just the act of processing your thoughts—something you could simply do by thinking about them—that brings about these massive benefits. It's the act of writing itself that seems to produce these results.



Journaling can profoundly improve your well-being. The practice has very real physical health benefits for the people who do it. According to Dr. James Pennebaker, journaling strengthens immune cells called T-lymphocytes and has been shown to be associated with drops in depression, anxiety, and increases in positive mood, social engagement, and quality of close relationships.

Do something new

Description

You don't always need to partake in massive life altering experiences, around the world adventures or make drastic lifestyle changes to your routine to make a significant difference to your life. Although I'll never say no to an adventure, I'd like to think that long term change comes from your outlook on life. It's not necessarily where you are, but what you do with your time there. Change yourself from the inside first.

What I like about the whole 30 day challenge project is that you can make a massive difference to your life without having to spend loads of money, relocate or wait until the time is right. The majority of the 30 day challenge ideas I've listed here can be done anywhere — some of them for as little as five minutes a day.



Positive affirmations to yourself

Description

Do you get down on yourself easily, sometimes feel like you're not good enough, and just generally have a negative self image? Most of us tend to be really hard on ourselves and blow things out of proportion, unfortunately this negative thinking becomes habitual and will cause you to automatically block out everything positive.

Positive affirmations help you learn to love yourself. They train your mind to stop over-focusing on the negative and instead start seeing all the wonderful things that make you a beautiful and valuable human being.

I am becoming more confident every day

[Go to a children's museum or an amusement park](#)

Description

Children's museums are institutions that provide exhibits and programs to stimulate informal learning experiences for children. In contrast with traditional museums that typically have a hands-off policy regarding exhibits, children's museums feature interactive exhibits that are designed to be manipulated by children. The theory behind such exhibits is that activity can be as educational as instruction, especially in early childhood. Most children's museums are nonprofit organizations, and many are run by volunteers or by very small professional staffs.

Centering

Description

Centering is one of the simplest and most common forms of contemplative practice. The "center" refers to a relaxed yet focused state of mind. Centering practice is especially helpful in the midst of strong emotional states such as excitement or anxiety, and is often used by athletes, public speakers, actors, and anyone who wants to feel stable and prepared before a potentially stressful event.

Anything that helps you feel tranquil and aware can become your centering practice.

Meditation

Description

Meditation is a practice where an individual operates or trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself.



The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force (qi, ki, prana, etc.) and develop compassion, love, patience, generosity, and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.

Meditation often involves an internal effort to self-regulate the mind in some way. Meditation is often used to clear the mind and ease many health concerns, such as high blood pressure, depression, and anxiety. It may be done sitting, or in an active way—for instance, Buddhist monks involve awareness in their day-to-day activities as a form of mind-training. Prayer beads or other ritual objects are commonly used during meditation in order to keep track of or remind the practitioner about some aspect of that training.

Mirroring people

Description

A mirror is a reflection we give a person that starts with the words, "So what I think I am hearing you saying is..." A mirror provides an instant decisive test to the communication process. It helps both communicator and receiver. Our mirror is the feedback signal that lets the speaker know if we heard them correctly or if they have communicated their meaning with sufficient skill and clarity.

For true listening to occur the listener must concentrate totally on the other and this entails what some psychologists refer to as bracketing, which is the temporary giving up of, or setting aside of one's obsession with one's own inner world. Not only do we need to set aside one's own prejudices, frames of reference, desires, judgments, expectations etc., but also we have to actually bracket our very thoughts themselves. We need to put our inner mental river on hold and this few people know how to do. Listening is not easy. The goal in real listening is to experience the speaker's world from the inside, stepping into his or her shoes.



"Real listening requires that we get our own reactions and responses out of the way in order to hear exactly what the other person is saying. The first step is to quiet the feelings and thoughts jangling around inside of us and to put aside all reactions and "tapes" playing in our heads, spinning tunes of past feelings and ideas and future expectations," said Christopher Hills.

Mirroring is the quickest and most direct way to melt the separation that most people feel and experience with each other.



Put it in practice

Mirroring can be very threatening to us because we become psychologically and spiritually naked. The invisible becomes visible exposing all the interfering mental activity that is going on in the background. Mirroring reveals the structure of our blocks to communication thus leading us quickly to deeper communication.

Christopher Hills laid out three levels of listening. They are:

1. *The word level* – Often this is sufficient to make a communicator feel heard; other times it is a mere parroting of words by someone who has no intention of understanding a persons feelings at all.
2. *The essence level* – reflects some understanding of the essence of what the other person has said. Here we use our own words to sum up what we think we heard the other saying. Often another can use many words but we can mirror back with few words but still cover the points perfectly well.
3. *The being level* – tunes into the voice, the body language, and the general vibration of the person who is sharing. On this level we listen with our heart and open intuition. We become adept at listening to the space in-between the words to the being that is using them. This is the level of feeling and sensing the core of the others being as you listen.

All loving relationships are occurring on the level of heart and being. Our lack of listening cuts into this world of experience and in general most people are more comfortable dealing on the superficial level of non-listening. When we listen with our being we do not react defensively to what the other person is saying. Mirroring trains us to put our mind's reactions aside long enough to hear the true message and communication of people.

Suggestions

Someone can practice mirroring in a progressive manner. Begin mirroring on the first level. See how it goes, how the persons feels, then you can increase the depth of your mirroring, by using the being level elements. You can mirror non-human beings (animals, clouds, weather, trees etc.). You can do this alone. In this way you can practice mirroring what you observe with your senses, but also use your imagination and intuition. You can ask your communication partner about the effects of your mirroring and you can ask for feedback.

Source: <http://drsircus.com/spiritual-psychology/mirroring-and-the-art-of-listening/>

More details

<http://www.scienceofpeople.com/2015/08/the-power-of-mirroring/>

Nature Observation

Description

Haven't you got tired from all the monotony in your life, from the grey color you see around you? Don't you feel the need for fresh air and oxygen? We bet you do! People are spending more and more time inside concrete walls, staring at screen. A simple act can help you feel better, is simply to observe nature. The ability to observe nature is an inherent human skill which, when developed provides a cure for nature-deficit disorder. You see, you feel, you listen, you smell and mostly you relax in the magical landscapes of the world. You look and you think, you breathe and you clear your mind, and that's it, you refill yourself with energy and fresh air.

Put it in practice

First of all stand up and prepare your things for some nature exposure. Prepare your meal if you are going to eat, wear something comfortable and you are ready to go. Do a small road trip, to the forest, to the river, to the beach, to a small village, anywhere you would like. You can either walk, or bike or if it's a long distance go by car. When you arrive at your destination, give yourself a couple of minutes to explore, to see around. Then, find a good spot, sit there relax and observe. Just that! Observe the beauty of nature activating all your senses.



Suggestions

You need to stay seated in your observation point at least 20-30 minutes! While being there, let your senses be open and eavesdrop the nature. Some of the most mysterious things in nature happen when we look carefully, rather than rushing to our next point. Thus, be patient and let the nature amaze you with its details!

If you want, after 30 minutes have passed you can switch to another seating point for enriching your experience!

More details

<http://www.nature-mentor.com/easy-guide-to-nature-observation.html>

Star gazing

Description

Star gazing means to gaze at or observe the stars. Star gazing is a hobby whose participants enjoy watching the sky, and the abundance of objects found in it. Star gazing is usually associated with viewing the night sky when most celestial objects and events are visible, but sometimes people may also enjoy simply gazing at the stars at night. People often look at the

sky using nothing more than their eyes, but occasionally they can use also binoculars, or telescopes.



Put it in practice

Stars gazing can be a unique experience, stimulating the feeling of amazement and awe! Let yourself surrender into the magic of our universe and just observe the mythical sky!

Most people that think about observing celestial objects think of far-away skylines in the desert where the man-made lights are eliminated. While this might be useful later on, such a place is rarely easy to reach. Most amateur astronomers live in town; your backyard is a good enough place to start learning.

A few reminders:

1. **Keep all bright lights out of sight.** Choose a night without a full moon (unless you want to have a moon gazing time), turn off the porch light, find some kind of shadow to get the neighbors security light out of your eyes.
2. **The sky should be as clear as possible.** Even broken clouds will prevent you from seeing the patterns you need to see to start learning how to recognize constellations.

3. **You need a good horizon.** You need to be able to observe most of the way to the horizon without trees or buildings. The North horizon is particularly important.
4. **Don't go too far.** Being close to your observation spot means you can go there more often, which is a very good thing when learning.

Sometimes the backyards isn't the best place. But often a neighborhood park, river, lake shore, or overlook is great. Darker skies means more stars.

Make sure you get familiar and comfortable with the place before you actually have to star gaze. It is better to identify your spot during the day and then return to it at sunset.

Do not forget to bring with you flash lights that will help you return back! And why not get a friend to join you?

Suggestions

Do you want to find out more about it? Just follow these links!

<http://curious.astro.cornell.edu/observational-astronomy/stargazing>

<http://www.wisegeek.com/what-is-star-gazing.htm>

<https://www.youtube.com/watch?v=XUbG8jboh4M>

https://www.youtube.com/watch?v=gP8Veb_AlJo

<https://www.youtube.com/watch?v=YMu5k3lk7JU>

More details

https://en.wikipedia.org/wiki/Amateur_astronomy

<https://en.wikiversity.org/wiki/Stargazing>

Wandering in nature

Description

Wandering in nature is a great way to soothe your mind. It can be described as an alternative walk in nature where there are no aims to achieve. Wandering in nature does not aim at exercising, following a particular trail or achieving a particular goal, although you may accomplish them also on the way. Wandering in nature is about immersing yourself in the greatness of the wild and the mother earth and letting the signs to guide your way.



Put it in practice

The best way to enjoy wandering in nature is to take your time. An ideal pace lets you appreciate nature's tranquility and subtle gifts while still getting some exercise. Walking in the nature can actually increase your ability to focus and concentrate.

While wandering in nature take care of the following:

- 👁️ Listen closely to birds and insects, the wind moving past different leaves, and the sounds of earth underfoot.
- 👁️ Go alone or remain silent. Talking makes it difficult to tune in to nature.
- 👁️ Draw all your senses to one thing – a tree, a flower, a rock. Pay attention to how it looks, smells and feels.
- 👁️ Follow your instinct all the time!

Suggestions

Although you are asked to immerse into nature, make sure you find your way back from the journey you will take while wandering in nature!

More details

<https://wilderness.org/article/insider-tips-nature-walking>

Solo time in nature

Description

Modern life has become a non-stop race between different stimulus to capture our intention and to influence us to make certain decisions. From big banners and commercials on the street, to social networks, links and online ads, all distract us and keep us away from the important things in our lives.

Thus we need moments of silence and solitude, when we can reflect on the important things of our life, on our dreams and visions, past and future, thoughts and emotions.



The perfect experience for this is having a solo time in nature. A moment when we are hiding in the forest, between the trees, next to a lake, on top of a hill, by a water stream etc.

We can go there for a day or two or only for few hours. We can get a journal, some food and proper gear for making a protective shelter or just a backpack with some warm clothes.

Some people don't take with them not even a watch, phone, nor a journal, because they want to be SOLO. Doesn't matter how you experience your solo time, the only thing that is important is not to be distracted (from other people, books, technology etc.).

When you are alone in the forest you become more like the forest. You connect with the rhythm of the Earth and with the Universe within and without. Nature will be your guide and protector, so you may return safe from this solo adventure. Going in the nature with an open heart and with clear intentions can help the Wanderer find revelations which are nowhere else available but in that place.

Put it in practice

By having a solo time in nature the youth can:

- ☉ Become more connected with their inner and true being.
- ☉ Discover more about nature and the natural beings and elements.
- ☉ Develop survival skills by making a shelter, spending a night alone in the forest.
- ☉ Gain confidence and courage by being alone in nature.
- ☉ Enhance their existential intelligence.
- ☉ Develop respect and care for nature and adopt an ecological mindset.
- ☉ Stimulate their reflections abilities and see their lives from different perspectives.

More details

<https://matadornetwork.com/bnt/why-solo-adventures-in-nature-make-you-stronger/>

<https://www.youtube.com/watch?v=4G15rqy2hf8>

Recommendations

In the recommendations section we provide you with more articles and books, videos and web pages related to the topics of this manual – Eco-centric development, Positive psychology and Youth work:

Suggested articles

Youth work

- ① Council of Europe and European Commission, (2002): T-Kit on Training Essentials - <http://pjp-eu.coe.int/en/web/youth-partnership/t-kit-6-training-essentials?inheritRedirect=true>
- ① Helmut Fennes and Hendrik Otten (2008): Quality in non-formal education and training in the field of European youth work - <https://www.salto-youth.net/downloads/4-17-1615/TrainingQualityandCompetenceStudy.pdf>
- ① Developing Facilitation Skills - A Handbook for Group Facilitators - Patricia Prendiville; Updated December 2002; New Edition 2008; ISBN 978-1-905485-67-3
- ① Compass Manual for human rights education with young people - http://www.coe.int/t/dg4/eycb/Source/Compass_2012_FINAL.pdf
- ① Experiential Learning: A Best Practice Handbook for Educators and Trainers - <http://www.amazon.com/Experiential-Learning-Practice-Handbook-Educators/dp/0749444894>
- ① Quality Youth Work - A common framework for the further development of youth work. Report from the Expert Group on Youth Work Quality Systems in the EU Member States - http://ec.europa.eu/youth/library/reports/quality-youth-work_en.pdf

Suggested books

Youth work, personal development and education

- ① The Element – Ken Robinson - <http://www.amazon.com/The-Element-Finding-Passion-Everything/dp/0143116738>
- ① Lateral Thinking: Creativity Step by Step - Edward de Bono - <http://www.amazon.com/Lateral-Thinking-Creativity-Perennial-Library/dp/0060903252>
- ① The 7 habits of highly effective people - Stephen R. Covey - <https://www.stephencovey.com/7habits/7habits.php>
- ① Nonviolent Communication: A Language of Life - Marshall B Rosenberg - <http://www.amazon.com/Nonviolent-Communication-A-Language-Life/dp/1892005034>
- ① The Way of Council - Jack Zimmerman - <http://www.amazon.com/The-Way-Council-Jack-Zimmerman/dp/1883647053>

- 🕒 Emotional Intelligence - Daniel Goleman - <http://www.amazon.co.uk/Emotional-Intelligence-Matter-More-Than/dp/0747528306>
- 🕒 Start with why - Simon Sinek - <http://www.amazon.com/Start-Why-Leaders-Inspire-Everyone/dp/1591846447>
- 🕒 Experience and education - John Dewey - <http://www.amazon.com/Experience-And-Education-John-Dewey/dp/0684838281>
- 🕒 Multiple Intelligences: New Horizons in Theory and Practice - http://www.amazon.com/Multiple-Intelligences-Horizons-Theory-Practice/dp/0465047688/ref=asap_bc?ie=UTF8

Eco-centric development

- 🕒 Plotkin, B. (2008), *Nature and the human soul*, New World Library, Novato, California, ISBN: 9781577315513
- 🕒 Plotkin, B. (2003), *Soulcraft: Crossing into the Mysteries of Nature and Psyche*, New World Library, Novato, California, ISBN: 1-57731-422-0
- 🕒 Plotkin, B. (2013), *Wild Mind: A Field Guide to the Human Psyche*, New World Library, Novato, California, ISBN: 978-1608681785

Suggested video

Youth work, personal development and education

- 🕒 Top documentaries - <http://topdocumentaryfilms.com/>
- 🕒 The school of life – YouTube channel - <https://www.youtube.com/user/schooloflifechannel>
- 🕒 Ultimate camp resource – YouTube channel with lots of videos - <https://www.youtube.com/user/ultimatecampresource>
- 🕒 How We Learn - Synapses and Neural Pathways - <https://www.youtube.com/watch?v=BEwg8TeipfQ>
- 🕒 Character Education with Outward Bound (Outdoor education) - <https://www.youtube.com/watch?v=FFoW-rbXegU>
- 🕒 Democratic schools: Imagine a School... Summerhill - <https://www.youtube.com/watch?v=ZE2oylESy4>
- 🕒 The Forbidden Education – documentary - <https://www.youtube.com/watch?v=1RBBVL1Saho>
- 🕒 Billions in Change Official Film - <https://www.youtube.com/watch?v=YY7f1tgy9ao>
- 🕒 Ken Robinson on Passion - <https://www.youtube.com/watch?v=-M8Hl5MUr8w>
- 🕒 TED-ED – Lessons worth sharing - <http://ed.ted.com/>

Eco-centric developmental, Medicine wheel, Rites of passage

- 🕒 Medicine wheel 1,2,3 - <https://youtu.be/flGrFHy463g> ; <https://youtu.be/tK-RdmQwlvI> ; <https://youtu.be/3HF1UBY2vjQ>
- 🕒 Heroes journey - https://youtu.be/OAE8fPbXr58?list=PLMm-occB-CYoCd78b3HuFXgAgAp7Q_Urs ; <https://youtu.be/YqIJUJmnc-Y> ;

- 🕒 Eco-centric development – <https://youtu.be/ITWJ3aUJ4jA> ;
- 🕒 Shamanism - <https://youtu.be/BmRhBdNIh1A> ;
- 🕒 John Trudell - <https://youtu.be/q2WEVdNQAxE>
- 🕒 Nature - <https://youtu.be/HTdIMC6NZU4> ; <https://youtu.be/Ji6q2HSUNKU>
- 🕒 Rites of passage - <https://youtu.be/FKp2Hq7GYHc> ; <https://youtu.be/z6y6AtWycao> ;
<https://youtu.be/b97HcFYy7AM>
- 🕒 Few presentations of Bill Plotkin:
 - <https://www.youtube.com/watch?v=mFodR1XCNYQ&t=267s>
 - <https://www.youtube.com/watch?v=ITWJ3aUJ4jA&t=2108s>
 - <https://www.youtube.com/watch?v=kqT2AQ3Yvfs&t=258s>

Suggested web pages

Youth work, personal development and education

- 🕒 Take free online classes from 120+ top universities and educational organizations -
<https://www.coursera.org/>
- 🕒 Resources, tools, and solutions for teachers, administrators, and parents. -
<http://www.edutopia.org/>
- 🕒 The *Heroic Imagination Project (HIP)* is a non-profit organization that teaches people how to take effective action in challenging situations. - <http://heroicimagination.org/>
- 🕒 Ultimate camp resource (collection of games and outdoor activities) -
<http://www.ultimatecampresource.com/>
- 🕒 Salto Tool Box Hundreds of useful tools for learning - for youth work and training activities -
<https://www.salto-youth.net/tools/toolbox/>
- 🕒 Solution Focused Therapy - http://www.sfbta.org/about_sfbt.html
- 🕒 SALTO Educational Tools Portal - <http://educationaltoolsportal.eu/platform/>

Eco-centric development, Practices, Courses and programs

- 🕒 Animas Valley Institute (Bill Plotkin's organization) - <https://animas.org/>
- 🕒 Animas Valley Institute programs - <https://animas.org/programs/>
- 🕒 Schumacher College - <https://www.schumachercollege.org.uk/>
- 🕒 The Way of council instructions - <http://educationaltoolsportal.eu/en/tools/way-council>
- 🕒 Wilderness awareness school – resources and courses - <https://wildernessawareness.org/>
- 🕒 The list of activities for each stage of the Wheel
- <http://natureandthehumansoul.com/newbook/experiential.htm>
- 🕒 The book Nature and the Human Soul - <http://natureandthehumansoul.com/newbook/>
The book Wild Mind - <http://www.wildmindbook.com/>
- 🕒 These are **two great soul poets**:
 - David Whyte <http://www.davidwhyte.com/#home>

- Mary Oliver <http://peacefulrivers.homestead.com/maryoliver.html>
- 🕒 Joanna Macy:
 - <http://www.joannamacy.net/>
 - <http://www.joannamacy.net/thegreatturning.html>

Positive psychology, Mindfulness, Happiness

- 🕒 <https://ppc.sas.upenn.edu/>
- 🕒 <https://positivepsychologyprogram.com/blog/>
- 🕒 <https://greatergood.berkeley.edu/>
- 🕒 <https://www.authentichappiness.sas.upenn.edu/>
- 🕒 <https://wholebeinginstitute.com/>
- 🕒 <https://www.mindful.org/>
- 🕒 <https://www.pocketmindfulness.com/>
- 🕒 <http://www.contemplativemind.org/>
- 🕒 <http://mindfulnesstherapy.org/home/lori-schwanbeck/>
- 🕒 <https://www.hsph.harvard.edu/news/magazine/happiness-stress-heart-disease/>
- 🕒 <http://www.awakeinthewild.com/audio/>
- 🕒 <http://www.awakeinthewild.com/video/>
- 🕒 <http://www.lotusvinejourneys.com/new-page-5/>
- 🕒 <http://www.fulfillmentdaily.com/>
- 🕒 <https://www.sharonsalzberg.com/28-day-meditation-challenge-2017/>
- 🕒 <http://www.flowgenomeproject.com/>
- 🕒 Online courses PP - <https://www.positiveacorn.com/>
- 🕒 Free Guided Meditations - <http://marc.ucla.edu/mindful-meditations>
- 🕒 Guided Mindfulness Exercises - <http://www.freemindfulness.org/download>
- 🕒 Guided Meditations - <https://www.tarabrach.com/guided-meditations/>
- 🕒 Guided Meditation Audio - <http://www.fragrantheart.com/cms/free-audio-meditations>
- 🕒 Mindfulness-Based Stress Reduction - <https://palousemindfulness.com/>
- 🕒 Free Mindfulness Audios - <http://www.padraigomorain.com/audio.html>

Positive education

- 🕒 <http://www.ipositive-education.net/>

Spirituality

- 🕒 Spiritual Humour - http://www.enlightened-spirituality.org/Spiritual_Humor.html
- 🕒 Meditation and Spirituality - <http://www.enlightened-spirituality.org/meditation.html>

- 🕒 Articles about shamanism - <http://www.shamanism.dk/library.htm>
- 🕒 Diagram of Heroes Journey -
<https://upload.wikimedia.org/wikipedia/commons/thumb/1/1b/Heroesjourney.svg/2000px-Heroesjourney.svg.png>
- 🕒 Articles by Stan Grof - <http://www.stanislavgrof.com/page-7/>

Suggested TED talks

Youth work, personal development and education

- 🕒 Sugata Mitra: Kids can teach themselves – 2007 -
http://www.ted.com/talks/sugata_mitra_shows_how_kids_teach_themselves
- 🕒 Sugata Mitra: The child-driven education – 2010 -
http://www.ted.com/talks/sugata_mitra_the_child_driven_education
- 🕒 Sugata Mitra - Build a School in the Cloud – 2013 -
http://www.ted.com/talks/sugata_mitra_build_a_school_in_the_cloud
- 🕒 Ken Robinson - Do schools kill creativity? – 2006 -
http://www.ted.com/talks/ken_robinson_says_schools_kill_creativity
- 🕒 Ken Robinson - Bring on the learning revolution! – 2010 -
http://www.ted.com/talks/sir_ken_robinson_bring_on_the_revolution
- 🕒 Ken Robinson - How to escape education's Death Valley – 2013 -
http://www.ted.com/talks/ken_robinson_how_to_escape_education_s_death_valley
- 🕒 Kiran Sethi - Kids, take charge – 2009 -
http://www.ted.com/talks/kiran_bir_sethi_teaches_kids_to_take_charge
- 🕒 Jullien Gordon: How to graduate college with a job you love & less debt -
<https://www.youtube.com/watch?v=29tJAgc54RA>

Positive psychology, Mindfulness, Happiness

- 🕒 The new era of positive psychology -
http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology#t-1190263
- 🕒 The happy secret to better work -
http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work#t-96586
- 🕒 Want to be happy? Be grateful -
http://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful
- 🕒 What makes a good life? Lessons from the longest study on happiness -
http://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness

- 🕒 Want to be happier? Stay in the moment - https://www.ted.com/talks/matt_killingsworth_want_to_be_happier_stay_in_the_moment?language=en
- 🕒 Mindfulness, meditation and the brain - <https://www.youtube.com/watch?v=5AqgMo1Po5E>
- 🕒 All it takes is 10 mindful minutes - http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes
- 🕒 Nature, beauty, gratitude - http://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude
- 🕒 Life is easy. Why do we make it so hard? - https://www.youtube.com/watch?v=21j_OCnLUYg
- 🕒 James Doty speaking at TEDxGoldenGateED - <https://www.youtube.com/watch?v=iYfQqbL6Zro>
- 🕒 Your happiest days are behind you: Robert Biswas-Diener at TEDxUNLV - <https://www.youtube.com/watch?v=-QTVvgtAlIE>

Suggested Online courses and Resources by Learning for Change

- 🕒 Online courses – <https://learningforchange.net/courses/>
- 🕒 Resources library - <https://learningforchange.net/knowledge-base/>

THANK YOU FOR EXPLORING THIS SHORT BOOKLET.

WE HOPE YOU HAVE ENJOYED IT AND YOU HAVE FOUND IT USEFUL FOR YOUR WORK
WITH YOUNG PEOPLE.

WE WISH YOU THE BEST IN YOUR WORK AND TO HAVE A GOOD MENTAL HEALTH.

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