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STRONGER YOU(TH)



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Learning Material



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MŁODYCH
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Platform
LIETUVA



TOR VERGATA
UNIVERSITÀ DEGLI STUDI DI ROMA



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PROJECT INFORMATION

NUMBER: 2024-1-PL01-KA220-YOU-000253958

ACRONYM: STRONGERYOU(th)

TITLE: STRONGERYOU(th): PROMOTING MENTAL HEALTH THROUGH THE DEVELOPMENT OF A PREVENTION AND INTERVENTION PROGRAMME THAT WILL ENHANCE YOUTH WORKERS KNOWLEDGE AND SKILLS ON MENTAL HEALTH AND SELF CARE, FOSTER YOUTH RESILIENCE AND PROMOTE WELLBEING

ACTION TYPE: KA220-YOU - Cooperation partnerships in youth (KA220-YOU)

WEBSITE: <https://strongeryouthproject.eu/>

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CREATIVITY & UPCYCLING - using green methods to support mental health

Partner Organisation Name	ARCHE
Country	Poland



MODULE DESCRIPTION & LEARNING OBJECTIVES

CREATIVITY & UPCYCLING - This module encourages young people to explore how creativity and upcycling can enhance mental wellbeing. Upcycling - transforming waste materials into valuable products - supports self-expression, problem-solving, and sustainable habits. Participants will discover how imaginative reuse fosters resilience, reduces stress, and increases self-awareness.

LEARNING OBJECTIVES - By the end of the module, learners will:

- Understand the role of creativity and upcycling in supporting mental health.
- Explore self-expression through transforming materials and objects.
- Gain confidence in using upcycling as a tool for stress relief, mindfulness, and personal growth.
- Strengthen resourcefulness, imagination, and problem-solving as protective factors for wellbeing.
- Develop personal strategies to integrate creativity and upcycling into daily life.



Module Topics & Structure

1. Introduction to Upcycling and Creativity
2. Materials as Mediums for Emotional Expression
3. Hands-On Upcycling Techniques
4. Collaborative and Community Upcycling Projects
5. Integrating Upcycling Practices into Daily Life





LEARNING OUTCOMES

Knowledge & Understanding

Learners will be able to:

- Define upcycling and explain its psychological, social, and environmental benefits.
- Describe how creative transformation of objects influences emotions, stress, and self-perception.
- Recognize the value of experimentation, trial-and-error, and improvisation.
- Identify social and community benefits of collaborative upcycling projects.

Skills

Learners will be able to:

- Transform everyday objects into functional or artistic creations.
 - Apply reflective and problem-solving techniques during creative projects.
 - Plan and execute small upcycling projects individually or in groups.
 - Design a personal action plan to integrate creative upcycling into daily routines.
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SECTION 1: Introduction to Upcycling and Creativity

1. Theoretical Concept

Description: Engaging in upcycling enhances mental wellbeing by fostering creativity, problem-solving, and pride in making something useful from waste.

Key Theoretical Input: Hands-on creative activities stimulate reward pathways in the brain, induce flow states, and reduce cortisol levels.

Multimedia Links:

- [Video: How does creativity benefit mental health and wellbeing? \(YouTube\)](#)
- [Article: Linking Creativity to Psychological Well-being: Integrative Review of the Literature](#)

2. Practical Activity Structure

Name of Activity: Inspiration Walk

Focus: Observe surroundings for potential creative opportunities.

Materials Needed: Notebook, pen, camera/phone (optional)

Duration: 20 minutes

Instructions:

1. **Walk around the area and note objects or materials that could be repurposed.**
2. **Take photos or sketches.**
3. **Share ideas with a partner and discuss potential transformations.**

Reflection: How does noticing everyday objects differently change perception and imagination?



SECTION 2: Materials as Mediums for Emotional Expression

1. Theoretical Concept

Description: Handling and transforming materials allows learners to express emotions and explore personal meaning.

Key Theoretical Input: Tactile engagement with materials reduces stress, promotes mindfulness, and enhances emotional regulation.

Multimedia Links:

- [TED Talk: Tyler Kellogg: Something From Nothing](#)
- [Article: Creative expression and mental health](#)

2. Practical Activity Structure

Name of Activity: Emotional Object

Focus: Express emotions through the transformation of a chosen material.

Materials Needed: Bottles, cardboard, old clothes, paint, scissors, glue.

Duration: 30 minutes

Instructions:

1. Choose a material or object.
2. Transform it into an item that represents a personal emotion or story.
3. Pair up and explain the choices made.

Reflection: Discuss how creating tangible representations of feelings impacts emotional awareness.



SSECTION 3: Hands-On Upcycling Techniques

1. Theoretical Concept

Description: Learning upcycling techniques enhances problem-solving skills, creativity, and resilience.

Key Theoretical Input: Using practical skills such as cutting, assembling, and painting engages both cognitive and motor systems, fostering confidence and adaptability.

Multimedia Links:

- [Video: 10 FREE & EASY DIY UPCYCLING PROJECTS USING HOUSEHOLD ITEMS](#)
- [Article: Creating arts and crafting positively predicts subjective wellbeing and reduced loneliness](#)

2. Practical Activity Structure

Name of Activity: DIY Upcycle Challenge

Focus: Build practical skills and confidence through hands-on creation.

Materials Needed: Recyclable items (bottles, boxes, fabric), basic craft tools, paints, markers.

Duration: 40 minutes

Instructions:

1. Select one or more items to upcycle.
2. Brainstorm ways to transform them into functional or decorative objects.
3. Create the item individually or in small groups.

Reflection: How did problem-solving and creativity contribute to feelings of achievement?



SECTION 4: Collaborative and Community Upcycling Projects

1. Theoretical Concept

Description: Working together on upcycling projects strengthens social connections and promotes empathy.

Key Theoretical Input: Collaborative creativity releases oxytocin and enhances group cohesion, supporting emotional wellbeing and a sense of belonging.

Multimedia Links:

- [Video: Community Upcycling Project Video - Mrs. Klamm - North Valley Academy](#)
- [Creative Community Inspirations: Imaginative Upcycling Ideas](#)

2. Practical Activity Structure

Name of Activity: Group Upcycling Project

Focus: Foster collaboration, creativity, and social engagement.

Materials Needed: Various recyclable materials, craft tools, shared workspace.

Duration: 60 minutes

Instructions:

1. Form small groups and choose a theme for a shared upcycling project.
2. Plan and execute the creation together.
3. Present the final products to the group.

Reflection: Discuss challenges and successes in collaborating creatively and how it affects mood and relationships.



SECTION 5: Integrating Upcycling Practices into Daily Life

1. Theoretical Concept

Description: Regular creative and sustainable practices improve long-term mental wellbeing and environmental awareness.

Key Theoretical Input: Small daily habits, like repurposing waste materials, encourage mindfulness, responsibility, and satisfaction from creation.

Multimedia Links:

- [Video: Upcycling Tutorial: 5 Easy Ways to Transform Your Clothes](#)
- [Article: Mindfulness and Creativity: Implications for Thinking and Practice](#)

2. Practical Activity Structure

Name of Activity: My Upcycling Action Plan

Focus: Apply creativity and resourcefulness to daily life.

Materials Needed: Paper, pens, small recyclable items.

Duration: 30 minutes

Instructions:

1. Identify 1–2 daily or weekly upcycling habits (e.g., turning old jars into plant pots).
2. Write 2–3 small goals to implement these habits over the next month.
3. Share plans with a partner for accountability.

Reflection: How can integrating small creative acts improve both personal wellbeing and environmental impact?



KEY LEARNINGS

- Creativity and upcycling enhance emotional regulation, stress reduction, and self-esteem.
- Hands-on, practical projects foster problem-solving skills, confidence, and mindfulness.
- Collaboration in upcycling builds social connection, empathy, and community engagement.
- Small daily actions integrating upcycling strengthen long-term wellbeing and environmental awareness.





GLOSSARY

- **Creativity:** The ability to generate original ideas, expressions, or solutions.
- **Upcycling:** Transforming waste or discarded materials into new, valuable items.
- **Flow:** A mental state of full engagement and enjoyment in a task.
- **Mindfulness:** Awareness of the present moment, often cultivated through focused attention.
- **Problem-Solving:** The process of identifying challenges and generating effective solutions.





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Routledge.**
- **Beghetto, R. A., & Kaufman, J. C.
(2016). Creative Learning and
Mental Health. Springer.**
- **TEDx Talks and YouTube resources
on creativity, upcycling, and
wellbeing.**
- **Articles from Psychology Today,
American Psychological Association,
and Journal of Creative Behavior on
creativity and mental health.**