





Care in Action- Турбота в Дії  
STEP – Life Skills Program

Resources	<a href="https://www.youtube.com/watch?v=gXDMoiEkyuQ">https://www.youtube.com/watch?v=gXDMoiEkyuQ</a> <a href="https://www.youtube.com/watch?v=sngXz55b4bc">https://www.youtube.com/watch?v=sngXz55b4bc</a> Autotranslate in youtube settings enables Ukrainian subtitles
Activities (List)	Please choose from the activities provided, how many and which ones you can do, according to the time available and your participants.
Feedback	Participant Feedback Facilitator Feedback <a href="#">Post workshop feedback form</a>
Follow up	Facilitator notes

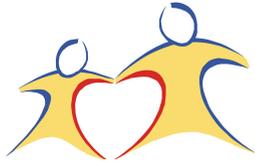
**Facilitators Note**

Awe is that breathtaking moment when the world feels bigger, brighter, and full of possibility. It's the feeling you get standing under a starry sky, hearing a story that moves you, or witnessing kindness that restores your faith in people. For teenagers, awe is more than just a beautiful experience—it opens their minds, sparks creativity, and helps them feel part of something greater. It brings joy, reduces stress, and even makes them healthier. When teens experience awe, they shift from “me” to “we,” feeling more connected, inspired, and alive. Awe isn't just nice to have—it's a secret ingredient to a happier, more meaningful life. Awe isn't just a fleeting feeling—it's a gateway to essential skills that help young people thrive in an ever-changing world. There are many ways you can incorporate the theme into your interactions with youth. I'm sure you will have lots of ideas and things that have sparked your awe that you can share. Here are just some ideas to get you going.

1. Watch <https://www.youtube.com/watch?v=gXDMoiEkyuQ> for a sense of wonder.
2. **Mindful Exploration of Nature:** Take teens outside (when possible) or on walks in nature and focus on small, awe-inspiring details like the textures of leaves, patterns in the sky, or the sounds of birds. Reflection: Example- "Let's take a quiet moment to observe the plants around us. Notice how they grow, change, and adapt."

Sit in front of a large tree and imagine how it started as a small seed, now look at its majesty. Encourage teens to view failures as part of a larger, awe-inspiring journey rather than as personal shortcomings. *Example:* “Think of failure as part of your growth. Even the tallest trees started as tiny seeds.”

Hug a tree! Lie in the grass. Take a walk in the forest and see how many kinds of moss you can find, like on a treasure hunt. Make a moss collection, ask everyone to bring



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some moss and place it all together. What a marvel! There are so many different kinds, so green, so soft and bouncy. Ask them to share what they observed and how it made them feel. Did it spark any positive or humbling thoughts?

As an alternative to going outside, bring different objects or ask participants to bring something, like a shell, a flower(s), a leaf or different types of leaves, hand them out and have people describe what they have and what it makes them feel.

Ask participants to take photos of nature and shapes and share them with the group through an online chat. Or create a collage, or paint. “The skies the limit” with ideas.

### 3. Nature-Based Adventure Activities

Plan activities like hiking, camping, or kayaking. These experiences allow teens to connect with nature while challenging themselves physically and mentally. Adventure activities can inspire awe by providing a sense of accomplishment and connection to the natural world, enhancing self-esteem and resilience

4. **Appreciating Small Moments:** Help teens cultivate an appreciation for the small, often-overlooked moments that can spark awe—like the feeling of rain on the skin, the warmth of a hug, or the beauty of a starry night. *Activity:* Ask teens to journal or share at least one small thing they appreciated today. Reflect on how sharing an experience with others makes you feel.
5. **Perspective Shifting through Awe:** Teach teens to zoom out from personal problems by reminding them of the bigger world. A simple technique could be using the night sky or vast landscapes as metaphors to remind them of their resilience and strength. Reflect on how sharing an experience with others makes you feel.
6. **Sharing Awe-Inspiring Stories** Have teens share awe-inspiring stories with each other. This could be something they’ve experienced personally, or a story they know of (e.g., nature, science, acts of kindness, etc.). Reflect on how sharing these stories makes everyone feel.
7. **Nature inspired art.** Watch <https://www.youtube.com/watch?v=sngXz55b4bc>

### Conclusion (5 minutes)

**Recap:** Awe is a powerful tool for promoting positive thinking, building resilience, and enhancing well-being. By fostering awe in teenagers, we can help them develop a mindset that embraces challenges, sees beauty in small things, and grows emotionally stronger.

**Final Thought:** Encourage teens to seek awe in their daily lives. Whether through nature, art, or relationships, fostering awe is a way to help them experience the world more deeply, build resilience, and thrive.

**Takeaway:** “Next time you’re with a teen, ask them to look for the small moments that fill them with awe. Encourage them to share it, appreciate it, and let it remind them of the beauty around them.”