

The Seed to Life

Join us in this exploration of spring's rejuvenation and the abundance of support awaiting young adults. Together, let's step into this season of renewal and discovery. Enjoy engaging with your students in this workshop. Designed to explore the essence of spring and delve into the array of supports available for young adults, focusing on awareness, mindfulness and wellbeing.



Overview

In this workshop, we will immerse ourselves in the symbolism of spring—a season synonymous with growth, rejuvenation, and new possibilities. Just as nature awakens from its slumber, we'll take a moment to reflect on our own journeys, recognizing the potential for personal growth and transformation.

Together, we'll explore and create awareness about the various avenues available to us—whether it's mental health resources, community programs, or platforms fostering personal development. Through collaborative discussion and creative exploration, we'll uncover a tapestry of support, building a deeper understanding of the tools at our disposal.

Part One

Let us begin...

Visualization, Please play relaxing music during this element of the workshops

Begin by finding a comfortable seated position, feet flat on the floor, hands resting gently on your lap or knees. Close your eyes if comfortable, or soften your gaze.

Take a deep breath in, feeling the air fill your lungs, and exhale slowly, releasing any tension or stress. Repeat this a few times, allowing yourself to settle into the present moment.

Now, let's imagine the arrival of spring. Picture a landscape transitioning from the cold of winter to the vibrant awakening of spring. Visualize a walk you've taken to school or in a park during this season, maybe you have noticed plants beginning to grow in your neighbours garden.

Envision the trees around you, noticing the buds starting to form and the leaves slowly unfurling. Think of the delicate flowers peeking out from the ground, a burst of colour against the backdrop of nature.

Feel the warmth of the sun on your face, its gentle rays bringing life and growth to everything around you. Take a deep breath in and exhale.

Picture the gentle touch of a light spring rain delicately brushing against your face and hands during your walk. Feel the sensation as the raindrops land, hydrating and nourishing your skin, offering a refreshing touch that revitalizes your body. The rain then nourishing the earth around you aiding in the growth of new life.

As you mentally walk this path, observe the changes and growth that are happening around you. Reflect on all that supports this growth— the sun, rain, nutrients in the soil, and the interconnectedness of nature.

Pause for a moment and consider how this mirrors our own lives. Just like the natural world, we, too, experience periods of growth and renewal. Think about what nourishes your growth? What elements contribute to your well-being and resilience?

Now, gently bring your awareness back to the present moment. Feel the ground beneath you, the sensations in your body, and the rhythm of your breath.

When you're ready, slowly open your eyes, taking a moment to appreciate this practice of mindfulness and reflection.

Part Two

Session Objective: To explore the growth of seeds as a metaphor for understanding the supportive networks in the lives of teenagers, creating awareness of supports and fostering self-reflection.

Briefly explain the purpose of the activity: drawing self-portraits of seeds as a symbol of personal identity and growth.

Imagine a small seed with facial features like your eyes, a nose, and a mouth. The seed could have hair sprouting from the top, resembling hair on a person's head. The eyes could express emotions, and the mouth could be curved into a subtle smile or any expression you desire.

Seeds come in all shapes and size, chose a seed you identify with or your favourite seed. Now draw a self-portrait as a seed in the middle of the page.

You are a seed full of Potential and Possibility

Similar to a seed holding the potential for a new plant, a young adult carries within them immense potential for growth, learning, and development. They possess the raw materials necessary to shape their future to successful grow and develop we need a support structure surrounding us.

Part Three

We now have our wonderful seed self-portraits from here we will move onto documenting the supports within our lives that contribute to our growth, mental health and wellbeing.

A seed is like a tiny parcel containing everything a new plant needs to start growing to do this its needs a support system, soil, water, light, space, oxygen and the right temperature.

Using the metaphor of leaves/foilage ask students to illustrate their supportive network. Each leaf will represent a different element of support for example family, school, hobbies, friends, work, and sports. Draw the leaves around your seed portrait. comment within each category the support systems in place Allow the students to converse, sharing their experiences and the supports they have sought. Each response will be unique to the individual. Students will have the freedom to respond creatively for example they can write or illustrate their response within the leaf forms.

Final exhibit the work created, showcasing support systems for young adults fosters understanding, empathy, and appreciation for diverse experiences, promoting community connection, wellbeing and awareness.