

AN ERASMUS+ SMALL-SCALE PARTNERSHIP FOR YOUTH



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INTRODUCTORY MODEL



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INTRODUCTORY MODEL

Why talk about ENDINGS?

Because **everything we experience has a beginning and an end.**

Endings are not just losses: they are doors that open us to new possibilities.

Learning to recognize them helps us grow, make conscious choices, and live more intensely.



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INTRODUCTORY MODEL EXERCISE



What is the first ENDING you remember in your life?

Write or tell what happened, what you felt, and what changed forever inside and outside of you.



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IMPERMANENCE

This concept is more common in Eastern cultures and philosophies, and refers to the fact that everything changes, transforms, and is not eternal.

Believing that something can last forever without changing is an illusion.

What never changes is dead; life, instead, brings continuous cycles of beginnings and endings.



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IMPERMANENCE VS. MODERN SOCIETY

Today's society makes us believe we can stay young and successful forever.

That there is a way to stop time, health, love, the race toward success.

But **eternal youth doesn't exist: every person, place, project, and phase of life eventually comes to an end.**



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INTRODUCTORY MODEL EXERCISE



List 3 things in your life
that have changed or ended.

Then write or tell using the prompt:
“If [*name from your list*] had not
changed/ended, today I wouldn’t have/couldn’t
have/wouldn’t be...”



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INTRODUCTORY MODEL END EDUCATION



End Education is an educational journey that invites young people and adults to learn from endings.

- It helps prepare for change, turning it into strength.
- To face loss, even when it's painful.
- To practice letting go of what has ended, even when it was loved and important, so we can live new chapters of our story.
- It also helps us value what we are experiencing now, today, in this moment... because tomorrow or in the future it will be different, or it may no longer exist.



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INTRODUCTORY MODEL EXERCISE



**If you had to explain it to a friend,
what would you say about why it's important
to learn to recognize and face endings?**



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THE CYCLE OF ENDINGS

Every ending passes through three main phases:

1. **BEFORE THE END** – when you still think something will last forever.
2. **DURING THE END** – when what you thought would last forever starts to crack, break, die or disappear.
3. **AFTER THE END** – when you've moved beyond the ending, and what happened has become memory and story.

INTRODUCTORY MODEL EXERCISE



**Observe an element of nature
(a leaf, a tree, an animal, a cloud).**

Reflect:

**What might change or end for that element,
soon or in the distant future? Can you already
see signs of an ending happening for that
element right now?**

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GOING THROUGH AN ENDING

We do not experience endings in a linear way:
we go through different phases.
Some are painful, others open new possibilities.

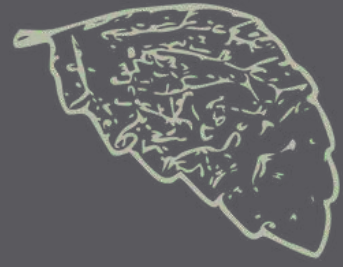
What we usually experience during an ending
is a process made of:

Denial → Anger → Sadness → Acceptance →
Curiosity → Courage → Exploration



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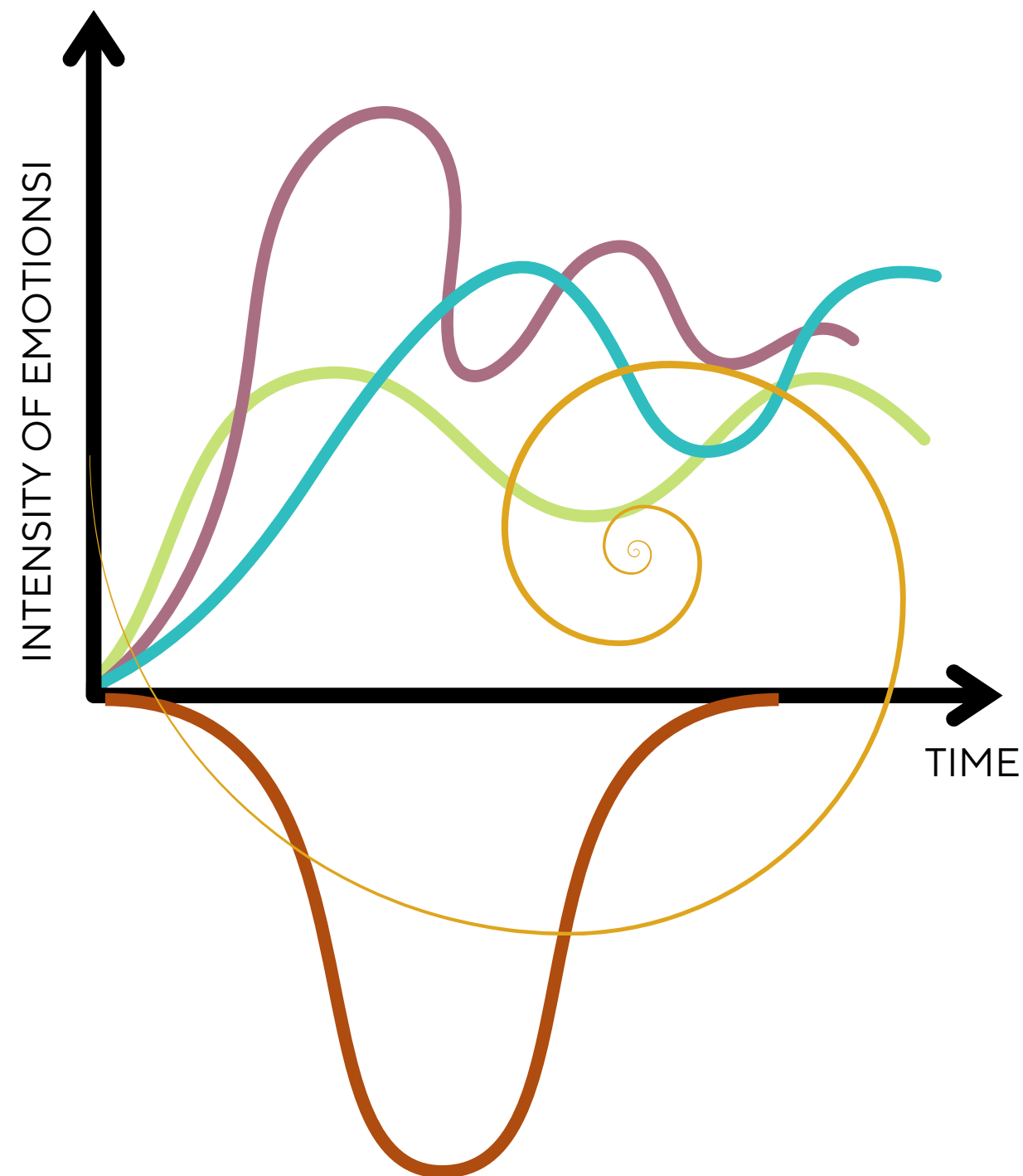
INTRODUCTORY MODEL GOING THROUGH AN ENDING

Denial → Anger → Sadness → Acceptance → Curiosity → Courage → Exploration

These phases are never perfectly sequential, orderly, or linear.

Everyone experiences them in their own way, and they vary depending on the kind of ending.

What matters is to listen to yourself and name your feelings, accepting everything you feel without labeling it as “right” or “wrong.”



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INTRODUCTORY MODEL EXERCISE



Think of a change or ending you are currently going through.

**Which phase do you recognize yourself in
(Denial → Anger → Sadness → Acceptance →
Curiosity → Courage → Exploration)?**

Describe what you are experiencing in this phase.



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INTRODUCTORY MODEL THE HERO'S JOURNEY



WHAT IS

The Hero's Journey is a universal map of transformation.

It was first described by Joseph Campbell, who studied myths and fairy tales from around the world and discovered that, across cultures, stories follow the same stages.

It's not just a story structure: it's also the way we live our lives.
Every time something ends, we enter a new journey.



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INTRODUCTORY MODEL THE HERO'S JOURNEY



WHY IT REFLECTS OUR LIFE

The Hero's Journey helps us understand that:

- Every change is a “call” to grow;
- There are challenges to face, but also allies to support us;
- In the end, we never return the same—we are transformed.

We can use the Hero's Journey as a compass: it shows us that endings are part of a greater story, and we are not alone in it.



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INTRODUCTORY MODEL

MAIN STAGES OF THE HERO'S JOURNEY

1. **Comfort Zone** – The protagonist is in a safe and familiar place
2. **Call to Adventure** – Something disrupts the balance (e.g., a treasure is stolen), and the protagonist must leave to solve the situation
3. **Threshold** – The protagonist enters unknown territory to search for the treasure
4. **Encounter** – On the quest, the protagonist meets strange characters who offer help
5. **Conflict** – The protagonist faces a very dangerous enemy
6. **Victory** – Even though it seemed impossible, the protagonist defeats the enemy and finds the treasure
7. **Return** – The protagonist brings the treasure back, is celebrated and (if it's a fairy tale) crowned king
8. **Liberation** – A new balance is restored, and both the protagonist and the whole community are happier than before

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HERO'S JOURNEY AND VIDEO GAMES

Video games often mirror the Hero's Journey:

At the beginning, everything is calm and the game is easy, but to move to a new level you must face difficult challenges.

Each level includes tests to overcome, which teach new skills.

Sometimes you face a bigger obstacle than the others, called a “boss” in video games: it's a special challenge, a “mega-problem” that seems impossible to beat.

Once you overcome it, you earn a reward and unlock new resources for the next levels.



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INTRODUCTORY MODEL

VIDEO GAMES AND THE PHASES OF AN ENDING

Facing an ending is like playing a video game:

- At first it seems difficult, almost impossible.
- You have to try several times, make mistakes, fall, and get back up.
- Every attempt teaches you something new.
- In the end, you discover that challenge made you more skilled and stronger.

Just like in a game, the ending is not the final screen: it's a transition preparing you for the next level of your life.



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INTRODUCTORY MODEL EXERCISE

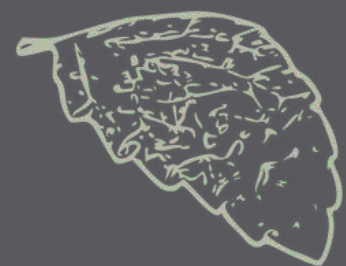


If your life were a video game, what would its title be?

**So far, what has been the biggest “boss”
(= mega-problem) you had to face,
and what ended for you there?**



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INTRODUCTORY MODEL RESOURCES FOR FACING AN ENDING

There are many resources to help face endings, remember:

NO ONE HAS TO GO THROUGH IT ALONE.

Talk to someone you care about: a family member, a friend, a teacher, a professional.

Move your body: run, walk, dance, swim, play your favorite sport, try to spend as much time in nature as you can.

Express what you're going through creatively: write, play music, sing, paint, take photos, plan a trip, a video game, a special moment.

And most importantly: Breathe. Breathe. Breathe!

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INTRODUCTORY MODEL EXERCISE



WHAT'S IN YOUR "SUPERPOWER SUITCASE"?

List what or who is helping you face difficulties at this
time in your life.



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INTRODUCTORY MODEL

TAKE AWAY

- **Everything has a beginning and an end. Every ending opens up new possibilities.**
- **Impermanence is natural: everything changes, nothing stays the same forever.**
- **Society makes us believe that youth and success are eternal, but life is made of cycles.**
- **End Education is training: it helps us transform endings into strength, awareness, and gratitude for what we're living now.**
- **The Cycle of Endings includes many phases: from denial to curiosity, from pain to exploration. They are not in a fixed order, and everyone lives them differently.**
- **The Hero's Journey teaches that every ending is an adventure that helps us grow, face challenges, and return changed.**
- **Endings are like video games: tough challenges that train us, make us fall and get back up, until we're ready for the next adventure.**
- **We are not alone: we can face endings thanks to relationships, the body, creativity, nature, and breath.**

Remember: an ending is never the end of EVERYTHING.



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MODULE 1.

ENDINGS IN THE INNER WORLD



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MODULE 1.

THE INNER WORLD

Even though we're used to observing the outside world and other people, each of us has an **inner world** as vast as the universe: full of dreams, hopes, fears, vulnerabilities, secrets, feelings, worries, and aspirations.

Our inner world is where our identity—or nature—is born. It's where you feel yourself, listen to yourself, and explore yourself in order to grow.

It's where you are never truly alone.



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MODULE 1.

THE SEASONS OF THE INNER WORLD

Our inner world goes through cycles, much like the seasons:

SPRING – when new ideas, feelings, and energies are born

SUMMER – when we are at the peak of our strength, good mood, and dreams for the future

AUTUMN – when we feel tired, less motivated than usual, filled with self-doubt and doubts about others

WINTER – when we withdraw into ourselves and feel like we've made mistakes, that we're not good enough, or that no one likes us

MODULE 1. EXERCISE

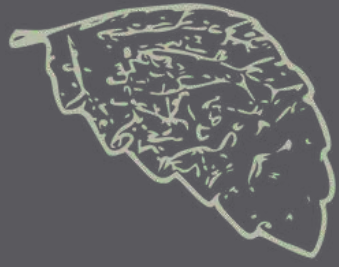


IN THIS MOMENT OF YOUR LIFE,
WHICH "INNER SEASON"
ARE YOU IN?

SHARE YOUR STORY.



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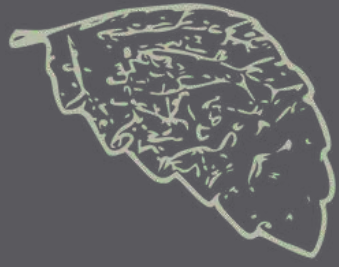
HOW ARE YOU?

Saying simply "I'm fine" or "I'm not fine" is not enough to express everything you're experiencing and feeling in your inner world.

Especially if you're facing a difficult change or a significant ending, it can help to distinguish between **thoughts, emotions, and sensations**.

Give them a name—or if you can't, give them a color, an image, a piece of music.

This also helps those close to you understand what's moving inside of you.



MODULE 1.

THREE DIFFERENT LANGUAGES

Within you, there are three different "languages":

THOUGHTS → These are phrases your mind repeats.

Example: "I'll never make it" or "I can do this!"

They speak like an inner voice that comments on everything.

EMOTIONS → The way your heart expresses itself.

Example: feeling happy, angry, jealous, in love.

They're not logical: they arrive, change, overwhelm you.

SENSATIONS → The signals from your body.

Example: a lump in your throat, tight stomach, light legs, chills on your skin.

They tell you how you truly feel—often before you even know it in your mind.

MODULE 1.

EXERCISE



**THINK BACK TO A RECENT MOMENT
YOU EXPERIENCED, ASSOCIATED WITH
SOMETHING THAT CHANGED OR ENDED.**

Describe:

- 1. A THOUGHT** you had,
- 2. An EMOTION** you felt,
- 3. A SENSATION** you experienced in your body.

MODULE 1.

THOUGHTS

Your mind, like everyone's, never stops talking.

Here are typical thoughts we have when facing an ending:

Undesired ending:

- "It wasn't the right time, I'm not ready."
- "It's my fault."
- "I'll never make it without them."
- "I wish I could go back."

Desired ending

- "I'm finally free of it."
- "It was time for a change!"
- "I can start fresh."
- "I wonder what new things await me now!"

MODULE 1.

EXERCISE



**WRITE A THOUGHT YOU HAD ABOUT
A CHANGE OR AN ENDING
YOU RECENTLY EXPERIENCED.**

Then ask yourself:

“Is this thought helpful for me?

“Is it a thought that supports or blocks me?”



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MODULE 1.

EMOTIONS

Endings bring out strong emotions, sometimes even conflicting ones.

There is no right or wrong way to feel—only your truth.

Here are typical emotions we experience during endings:

Undesired ending:

- Sadness, emptiness
- Anger, injustice
- Fear, disorientation
- Shame, loneliness

Desired ending:

- Relief, lightness
- Joy, hope
- Curiosity for the new
- Pride for the courage you showed

MODULE 1.

EXERCISE



**DESCRIBE THE EMOTION YOU FELT WHEN
A CHANGE OR AN ENDING
APPEARED IN YOUR LIFE.**

**AND THE EMOTION YOU FELT WHEN THE
SITUATION CAME TO AN END.**

WHAT DIFFERENCES DID YOU NOTICE?



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MODULE 1.

SENSATIONS

The mind can deceive us, but the body always tells the truth and clearly signals when we're going through an important ending.

Here are typical sensations we experience:

Undesired ending:

- Lump in the throat
- Tight stomach
- Heaviness
- Lack of energy
- Empty stomach

Desired Ending:

- Freer breath
- Heart racing with excitement
- Lightness in the legs
- Spontaneous smile, relaxation

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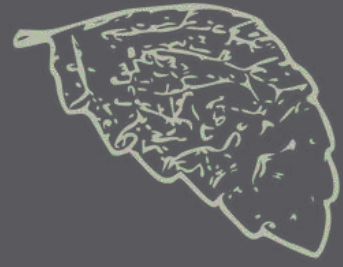
EXERCISE



**BRING TO MIND AN ENDING
YOU EXPERIENCED.**

**NOW CLOSE YOUR EYES AND TRY TO REMEMBER:
WHERE DID YOU FEEL IT IN YOUR BODY?**

**IF YOU COULD USE A WORD OR AN IMAGE TO
DESCRIBE THAT SENSATION, WHAT WOULD YOU
CHOOSE? (e.g., “a brick on my chest”, “a soft breeze
in my hair”)**



MODULE 1.

ENDINGS IN THE INNER WORLD

Every ending—even if it’s external or happening to someone else—
has a deep impact on our inner world.

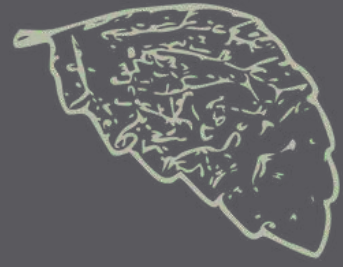
Our inner world records everything, even when we try not to think about it,
distract ourselves to avoid fear, restlessness, or pain, or try to appear strong
in front of others.

Remember: your inner world is where all goodbyes, achievements, missed goals,
separations, and the endings of dark periods are stored.

But it’s also where all the remedies, strengths, and supports live—
to empower you, encourage you, comfort you, and help you face any challenge!

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MODULE 1.

ENDINGS IN THE INNER WORLD

END OF CHILDHOOD / ADOLESCENCE

One day you realize that childhood is over: your thoughts change, your body starts transforming, and you develop desires you didn't have before.
Or adolescence ends, and it's time to enter the adult world—which might feel a little scary.

You might **think**: “Nobody understands me anymore,” or “I can't wait to be independent.”
You might **feel**: confusion, because you're not a child anymore but don't feel fully grown;
anger about new rules; or nostalgia for the past.

And in your **body**: a fluttery stomach because of all the changes; fatigue from managing transitions; or a racing heart from excitement—or fear.

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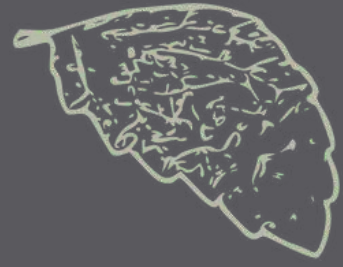
MODULE 1.

EXERCISE



WRITE TWO LISTS:

- 1 – “What I miss about the child I used to be”**
- 2 – “What I like about the adult I’m becoming”**



MODULE 1.

ENDINGS IN THE INNER WORLD

END OF SCHOOL / STUDIES

One day, that milestone that once seemed so far away finally arrives,
and the school you attended comes to an end:
you will no longer return to that classroom, with those teachers and classmates.
It's a chapter that closes forever.

You might **think**: "I'll miss my friends," or "Finally, no more tests!"
You might **feel**: nostalgia for past memories, fear of losing connections,
or relief and excitement for what's next.

And in your **body**: a lump in your throat from saying goodbye,
lightness in your legs from the future opening up, or a heart pounding between
sadness and curiosity.

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EXERCISE

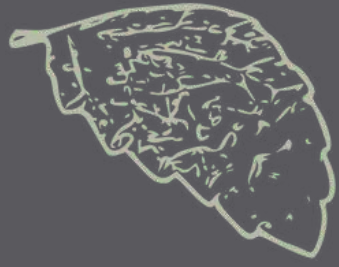


**WRITE DOWN YOUR WORST AND BEST MEMORY
FROM THE SCHOOL OR STUDY PATH
YOU COMPLETED.**

**THEN ANSWER:
BEYOND THE SUBJECTS YOU STUDIED,
WHAT DID YOU LEARN ABOUT YOURSELF?**



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MODULE 1.

ENDINGS IN THE INNER WORLD

END OF A GENDER IDENTITY

There are times when you no longer recognize yourself in the gender or image others have of you. You're no longer who you were at birth or how you were raised, and you may have a confused sense of who you are—or who you're becoming.

You might **think**: “No one sees me for who I really am,”
or “I want to free myself from this body and show the world my true self.”

You might **feel**: confusion about changes, fear of judgment,
or pride and relief when you begin to recognize yourself more.

And in your **body**: tension in your shoulders from what you're hiding,
freer breath as you get closer to your truth, chills that mix strength and vulnerability.

MODULE 1.

EXERCISE

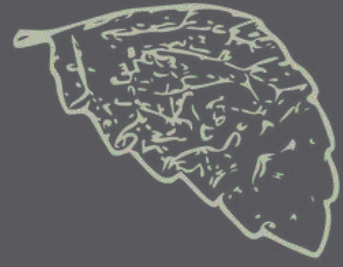


WHO WERE YOU WHEN YOU WERE BORN?

WHO DO YOU FEEL YOU ARE TODAY?



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MODULE 1.

ENDINGS IN THE INNER WORLD

END OF A FAMILY OR SOCIAL ROLE

Some endings involve roles: you're no longer a grandchild because your grandparents are gone, no longer class president or team captain. That place you held is no longer yours.

You might **think**: "I'm no longer useful to anyone,"
or "I can find a new way to feel important."

You might **feel**: emptiness for a lost bond or task, sadness over the loss,
or freedom and a desire to reinvent yourself.

And in your **body**: heaviness in your stomach from the void left behind,
relaxed shoulders from no longer carrying responsibilities, a heart in suspension,
waiting for a new role.

MODULE 1.

EXERCISE

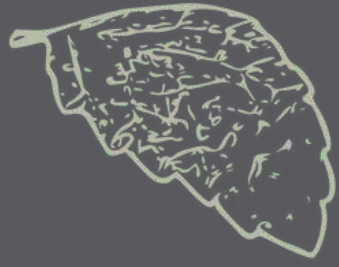


**HAVE YOU EVER LOST A ROLE YOU HELD
FOR A SHORT OR LONG TIME?**

**HOW DID IT GO?
TELL THE STORY.**



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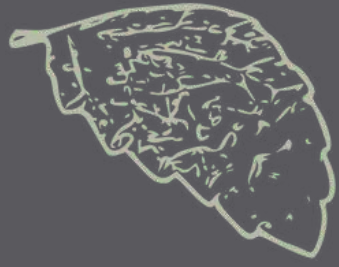
ENDINGS IN THE INNER WORLD

END OF A BELIEF

There are moments in life when we realize **we no longer believe in something that, for years, guided us and seemed like an unshakable truth.**

It might be a god or religion we were raised with, a family tradition we took for granted, a family story repeated as fact, or a political or sports passion that “was supposed to be ours too.” Sometimes we discover we don’t want to fulfill our parents’ dreams —like continuing a family business or pursuing a career someone else chose for us.

It’s as if a shell breaks open:
it hurts, but only then can we discover what’s truly inside us.



MODULE 1.

ENDINGS IN THE INNER WORLD

When a belief falls away, we might **think**: “Then everything I’ve lived so far was false.”,
“I’ve disappointed the people who raised me.”, “Now I don’t know who I am anymore.”

But also: “I’m growing up.”, “I’m capable of standing up for my own ideas.”,
“Now I can express who I truly am and what I really want.”

We might **feel**: confusion, guilt, fear, anger—
but also relief, pride, and a sense of liberation.

In your **body**: a knot in the stomach, pressure on the chest, muscle tension
— or instead: deeper breathing, a racing heart, a straighter,
more confident posture.

The end of a belief does not mean a lack of values.

It means you are building your own, choosing what is true for you.

Every time a belief fades, it opens the possibility to write a new page in your story
— **with your own voice and your own freedom.**

MODULE 1.

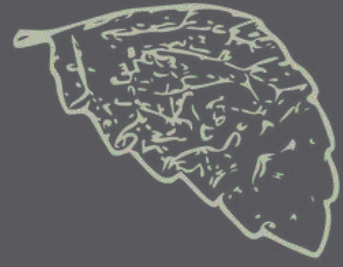
EXERCISE



TAKE A SHEET OF PAPER AND DIVIDE IT
INTO TWO COLUMNS.

- On the left, write: “What I was taught as absolute truth.”
*(This could be a faith, a tradition, a story,
a dream passed down by your parents.)*
- On the right, write: “What I truly feel is mine today.”

Observe the differences. Are there beliefs that still hold true?
Are there others that have fallen away? Which ones do you feel
you need to let go of in order to live more authentically?



MODULE 1.

ENDINGS IN THE INNER WORLD

END OF A STATE OF HEALTH OR ILLNESS

Sometimes health ends and illness arrives;
other times, it's the illness that comes to an end—an illness that had been with you for a long time and had become a familiar routine—and you return to being healthy, like everyone else.

You might **think**: “Why me?” or “I’m finally free of this burden.”
You might **feel**: anger, fear, fatigue - or gratitude and relief when healing arrives.
And in your **body**: shortness of breath, pain, heaviness
- or lightness, deep breathing, energy returning.

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MODULE 1. EXERCISE



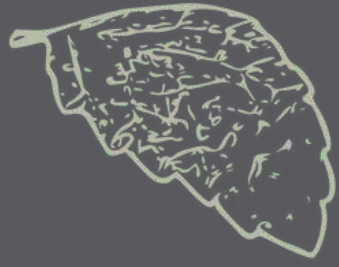
WHEN DID YOU FEEL IN PERFECT HEALTH?

**WHEN DID YOU EXPERIENCE YOUR WORST STATE
OF DISCOMFORT OR ILLNESS?**

WHAT DID THESE TWO CONDITIONS TEACH YOU?



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MODULE 1.

ENDINGS IN THE INNER WORLD

END OF LIFE

At some point, you understand that your life, too, will one day end.
It's a thought that can frighten you, but also give meaning to everything.

You might **think**: "I'm afraid of dying,"
or "Because it will end, I want to live fully."

You might **feel**: anguish, sadness, disorientation
—or gratitude, a desire not to waste time, courage.

And in your **body**: chills, held breath, tension
—or a beating heart that says, "I'm alive, right now!"

MODULE 1.

EXERCISE



WRITE A SENTENCE STARTING WITH:

“MY LIFE IS PRECIOUS BECAUSE...”



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MODULE 1.

THE END AS A LIMIT TO OVERCOME

Some endings feel like walls—but in reality, they are **thresholds to cross.**

The Hero's Journey teaches us: when we stay too long in our comfort zone, life calls us to go beyond.

Think about the first time you did something new: a hard exam, a tough workout, speaking in front of someone who intimidated you. At first, it felt like an impossible limit—but once you crossed it, you discovered new strength, a hidden treasure inside yourself.

Overcoming certain limits means discovering who you truly are.



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MODULE 1.

THE END AS A LIMIT TO RESPECT

Not all limits are made to be crossed: some are meant to be respected—because they protect you and others.

Saying “**enough**” isn’t a defeat—it’s an act of care, intelligence, and strength.

Some behaviors, if taken to the extreme, cause harm: spending too much time on social media or video games, crossing boundaries in a relationship, acting out of rage or violence—toward others, animals, objects, or yourself.

Recognizing the end as a boundary helps you feel better — and become an example for others, too.



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MODULE 1.

EXERCISE



1. **WRITE ABOUT A LIMIT YOU ONCE CROSSED THAT TOOK YOU SOMEWHERE YOU NEVER THOUGHT POSSIBLE.**
2. **WRITE THREE SITUATIONS WHERE YOU SAID “STOP” AND IT DID YOU GOOD.**
3. **AND ONE SITUATION WHERE YOU SHOULD SAY “STOP” RIGHT NOW IN YOUR LIFE.**

MODULE 1.

INNER MAGICAL HELPERS

Every hero, in stories and video games, always meets a **magical helper**: a wise voice, an amulet, an ally that supports them in their hardest moment. You, too, have magical helpers inside you.

They are your **inner resources**: talents you possess, qualities you may underestimate, memories that give you strength, loved ones who left you with words that still guide you.

They are those voices that say, “**You’ve got this**” those gestures that soothe you, that part of you that never gives up.

Inner magical helpers don’t erase the pain of endings—but they remind you that you already have more strength inside than you think.

Each time you call them together, your journey becomes possible.



MODULE 1.

EXERCISE



TAKE A SHEET OF PAPER AND DRAW A SMALL TEAM,
LIKE YOUR OWN INNER “DREAM TEAM.”

WRITE DOWN YOUR TALENTS
(E.G. “I’M A GOOD LISTENER,” “I CAN DRAW,” “I’M BRAVE”).

WRITE YOUR STRENGTH MEMORIES
(E.G. “WHEN I PASSED THAT EXAM,” “WHEN I LIFTED MY HEAD
AFTER A DISAPPOINTMENT”).

WRITE DOWN YOUR “WORD PEOPLE”
(PHRASES SOMEONE TOLD YOU THAT STILL GIVE YOU COURAGE).

GIVE EACH HELPER A NAME (YOU CAN INVENT SUPERHERO NAMES, SPIRIT
ANIMALS, OR VIDEO GAME NICKNAMES).

WHEN AN ENDING FEELS UNBEARABLE, CALL UP YOUR DREAM TEAM:
REREAD IT, REDRAW IT, REMEMBER IT.



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MODULE 1.

INNER BAD GUYS

In stories, the Hero's Journey, and video games, there's always a villain testing the hero. Inside us, there are invisible "**bad guys**"—not people, but inner parts that sabotage us.

They're **thoughts** that drag you down ("You're worthless," "Everyone is better than you").

They're **habits** that hold you back (always procrastinating, escaping into your phone, staying silent when you want to speak).

They're **fears** that paralyze you or anger that makes you act out.

These inner "villains" can't be erased—they're part of your story. But they can be recognized and named—so they lose their power to control you from the shadows. **When you learn to face them, they stop controlling your life and become challenges to overcome.**



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MODULE 1.

EXERCISE



TAKE A SHEET OF PAPER AND DRAW MONSTERS
—ONE FOR EACH TYPE OF “BAD GUY” YOU FEEL INSIDE YOU.

EXAMPLES:

1. THE MONSTER OF DISCOURAGING THOUGHTS
(“I’LL NEVER MAKE IT”),
THE MONSTER OF BLOCKING HABITS
(INFINITE SCROLLING ON YOUR PHONE, ISOLATING YOURSELF,
EATING TOO MUCH OR TOO LITTLE),
THE MONSTER OF UNCONTROLLED EMOTIONS
(EXPLOSIVE ANGER, PARALYZING ANXIETY, FEAR THAT STOPS YOU
FROM TRYING), ETC.

GIVE EACH MONSTER A FUNNY OR EXAGGERATED NAME
(E.G. “THE PROCRASTINATOR,” “SCROLLASAURUS,” “MADAME FEAR”).

WRITE A SENTENCE NEXT TO EACH THAT YOU CAN USE TO NEUTRALIZE IT.
EXAMPLE: TO THE PROCRASTINATOR → “IF I START NOW,
I’VE ALREADY BEATEN YOU FOR TODAY.”

MODULE 1.

HERO'S JOURNEY PHASES & INNER ENDINGS

1. **Comfort Zone** – your life feels stable and calm
2. **Call** – something inside or outside you begins to change or shows signs of ending
3. **Threshold** – this situation leads you into an unfamiliar area of your inner world, where you might feel anxiety, fear, or uncertainty about the future
4. **Encounter** – someone (a person, pet, sport, hobby, etc.) helps you, and hope is rekindled
5. **Conflict** – you battle your fear of change and your desire to keep things the same; inside, emotions clash
6. **Victory** – the confusion settles; you regain control over your emotions and relationships, and see things more clearly
7. **Return** – your inner world finds a new balance; even if it was tough, you feel proud for overcoming the difficult moment
8. **Liberation** – your inner world returns to normal (with its ups and downs); for a while, everything seems stable again... until the next adventure begins!

MODULE 1.

EXERCISE



**THINK OF A CHANGE
OR AN ENDING HAPPENING IN YOUR INNER WORLD
(E.G.: YOU'VE CHANGED A BELIEF ABOUT SOMETHING OR SOMEONE,
YOUR MOOD HAS SHIFTED, YOU FEEL VERY DIFFERENT FROM BEFORE,
YOUR INNER WORLD HAS EXPANDED AND A NEW NEED HAS EMERGED...)**

REGARDING THIS CHANGE:
– WHICH PHASE OF THE HERO'S JOURNEY ARE YOU IN?
– WHAT IS MOST LIKELY TO HAPPEN NEXT? (*SEE THE NEXT PHASE
AFTER THE ONE YOU IDENTIFIED*)

MODULE 1.

TAKE AWAY

1. **Each of us has an inner world as vast as the universe, where identity, emotions, dreams, and fears are born.**
2. **This world follows cycles, like the seasons: springs of excitement, summers of strength, autumns of doubt, winters of solitude.**
3. **Inside us speak three different languages: thoughts (mind's words), emotions (heart's voice), sensations (body's messages).**
4. **Each ending stirs different thoughts, emotions, and sensations—some hurt, others free us. All are meaningful.**
5. **Major life transitions leave a deep mark within us.**
6. **Some endings are limits to overcome: they call us to grow, discover strength we didn't know we had.**
7. **Others are limits to respect: boundaries that protect us and others.**
8. **Every inner journey includes magical helpers and bad guys to face.**

Your inner world already holds all the resources you need to face any ENDING!



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MODULE 2.

ENDINGS IN THE RELATIONAL WORLD



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MODULE 2.

RELATIONSHIPS

Relationships are like bridges: they connect us to others and make us feel alive. Every bridge can change: some grow stronger, some break, and some collapse forever.

Relationships teach us the joy of connection and the pain of separation. But more than that, it is through meeting others—especially those very different from us—that we can better understand ourselves and expand our inner world.

Learning to recognize when a bond is born, grows, or ends is a key step in becoming an adult.

And so is learning to let go when the time has come.



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MODULE 2.

EXERCISE



THINK OF A RELATIONSHIP/BOND
YOU HAVE OR HAVE HAD.

TAKE A SHEET OF PAPER AND DRAW A BRIDGE.

WRITE ON THE LEFT SIDE: "WHO I WAS BEFORE MEETING...
(*INSERT THE NAME OF THE OTHER PERSON, OR OF A PET IF THEY WERE
IMPORTANT TO YOU*)."

THEN WRITE ON THE RIGHT SIDE: "WHO I AM NOW, THANKS TO MY
CONNECTION WITH (*NAME OF PERSON OR ANIMAL*)."

IN THE MIDDLE, ALONG THE BRIDGE, ADD WORDS, SYMBOLS, OR
SMALL DRAWINGS THAT REPRESENT WHAT HAPPENED BETWEEN YOU.
SHARE IN GROUPS, IF YOU WISH.

MODULE 2.

THE SEASONS OF RELATIONSHIPS

Every relationship has its own time, like the seasons, and passes through cyclical phases:

- **Spring:** new meeting, first emotions blooming, curiosity for the other, feeling like "you've known each other forever"
- **Summer:** strong bond, full of energy and presence, with shared dreams and projects
- **Autumn:** differences in character emerging, growing distance, first silences, moments of disappointment and detachment
- **Winter:** the connection cools down, transforms, feels very different from the beginning. Sometimes it ends temporarily, or ends forever

But remember: **the quality of a relationship is not measured by its duration.** Some short relationships leave a deep mark, while others last for years without truly touching us. What matters is how we felt, what we learned, and how much we grew together.

MODULE 2.

EXERCISE



TELL A CLASSMATE ABOUT A RELATIONSHIP THAT WAS IMPORTANT TO YOU (FRIENDSHIP, LOVE, SPORTS, FAMILY, ANIMAL...).

WHICH SEASON WOULD YOU PLACE IT IN TODAY (SPRING, SUMMER, AUTUMN, WINTER)?

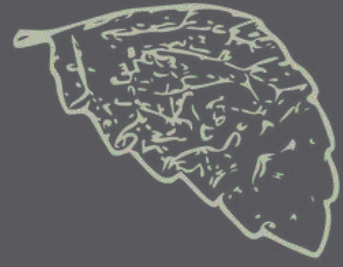
HOW MUCH DID IT HELP YOU GROW AND CHANGE, REGARDLESS OF HOW LONG IT LASTED?

WHAT IS ONE WORD YOU WOULD USE TO DESCRIBE ITS QUALITY?

THEN SWITCH ROLES.



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MODULE 2.

ENDINGS IN THE RELATIONAL WORLD

END OF A FRIENDSHIP

Sometimes friendships—even the ones that seemed "forever"—come to an end.

It can happen slowly, when you talk less and less, or suddenly, after a fight. It might happen because you grow, change interests, meet new people... or because you feel like you no longer understand each other.

When a friendship ends, you might **think**: "They don't care about me anymore." "I've lost a piece of my life." "I'll never have a real friend again."

You might **feel**: sadness and nostalgia for shared memories, anger over misunderstandings, emptiness because you miss someone who was part of your everyday life.

And in your **body**: a tight stomach when you think of them, a lump in your throat if you run into them and things aren't the same, or even a sense of lightness when you realize it was right to let go.

The end of a friendship doesn't erase what you lived: **the beauty of that connection will always remain within you.**

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MODULE 2.

EXERCISE



HAVE YOU EVER EXPERIENCED THE END OF A FRIENDSHIP?

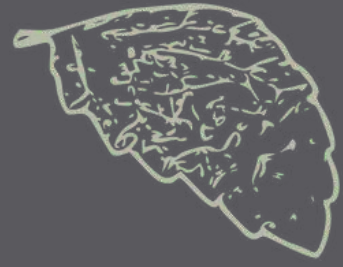
1 - IF YES, SHARE WHAT YOU: THOUGHT, FELT, AND EXPERIENCED IN YOUR BODY WHEN YOU REALIZED THAT THE BOND WAS TRULY OVER.

2 – IN LIGHT OF THIS EXPERIENCE, WHAT WOULD YOU SAY TO SOMEONE GOING THROUGH THE END OF AN IMPORTANT FRIENDSHIP RIGHT NOW?

SHARE IN A GROUP.



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MODULE 2.

ENDINGS IN THE RELATIONAL WORLD

END OF A ROMANTIC RELATIONSHIP

Even if it was beautiful and magical, **any romantic relationship can end.**

Sometimes it happens because you realize you no longer want the same things, or because one of you no longer feels the same, or a physical or emotional distance becomes stronger than the bond.

At any age, the end of a romantic relationship leaves a deep void.

You might **think**: "I'm not good enough.", "I'll never love anyone again.", "No one will ever love me again.", "I need to find someone new right away so I don't have to think about it.", "I want to be alone forever."

You might **feel**: pain and sadness from the loss, anger over the blame you place on the other person, or relief from ending something that no longer made you happy.

You might feel in your **body**: a knot in your stomach, low energy—or a feeling of freedom and renewed vitality.

Remember: **the end of love doesn't erase what you experienced**, but it teaches you something about yourself and prepares you for more mature connections.

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MODULE 2.

EXERCISE



HAVE YOU EVER EXPERIENCED THE END
OF A ROMANTIC RELATIONSHIP?

1 - IF YES, SHARE WHAT YOU:
THOUGHT,
FELT,
AND EXPERIENCED IN YOUR BODY
WHEN YOU REALIZED THAT THE BOND WAS OVER.

2 – WHAT DO YOU FEEL YOU LOST WITH THE END OF THAT LOVE?

3 – WHAT BEAUTIFUL THING DID THAT LOVE LEAVE YOU WITH?



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MODULE 2.

FROM POSSESSION TO FREEDOM

When a bond ends, **the pain can become so intense that it turns into anger or obsession.**

Sometimes we fool ourselves into thinking the other person belongs to us:
"They're mine. They can't leave me!"

But **there are boundaries that must never be crossed:**

- Constantly monitoring the other person, in real life or on social media
- Threatening or insulting them
- Following or stalking them
- Preventing them from having new relationships
- Inflicting physical or psychological harm

MODULE 2.

LEARNING TO LET GO

How to **COMMUNICATE** when you want to leave someone:

- Use simple, direct words without hurting:
- "It's not easy to say, but I don't want to continue this relationship."
- Speak in the first person, without blaming:
- "I don't feel happy anymore," instead of "It's your fault."
- Choose a safe place and the right time—not during a fight or in an overly isolated location.

How to **BEHAVE** when you want to leave someone:

- Respect the other person's feelings: give them time and space to process.
- Don't disappear without explanation ("ghosting"): offering closure is an act of responsibility.
- Avoid reigniting the relationship if you don't truly want it—to prevent dependency and pain.

MODULE 2.

LEARNING TO BE LEFT

How to **COMMUNICATE** when someone breaks up with you:

- You can express your surprise and sadness, for example:
- "I didn't expect this. I'm really sorry, but I respect your choice."
- Ask for clarity if you need it to understand what happened—but accept that the other person doesn't owe endless explanations.
- Avoid threatening or guilt-tripping phrases—they hurt both you and the other person.

How to **BEHAVE** when someone breaks up with you:

- Don't chase after them with messages, appearances, or pressure: it's a sign of weakness and lack of respect—and can become violence.
- Allow yourself to feel the pain. Talk to friends or trusted people. Don't be ashamed: you have every reason to be sad!
- Do something you love: a passion, a sport, a hobby, a school subject.
- Focus on your well-being—because your worth does not depend on being in a relationship.

MODULE 2.

ASK FOR HELP

Loving means respecting the other person even when it hurts.

A love that has ended does not erase your worth.

Asking for help, speaking up, pausing: that is the real act of courage.

**If you feel threatened by someone you've broken up with,
or if you're afraid you can't manage your anger after a breakup,
CALL:**



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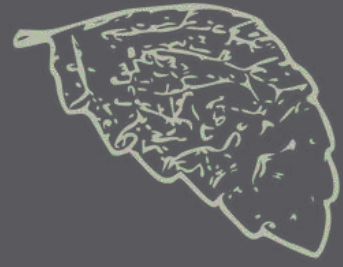
MODULE 2.

EXERCISE



READ THESE PHRASES AND IDENTIFY WHICH ONES SEEM LIKE NORMAL STATEMENTS AFTER A BREAKUP, AND WHICH ONES INDICATE A POTENTIALLY VIOLENT OR DANGEROUS BEHAVIOR.

- "I MISS YOU, I THINK ABOUT YOU ALL THE TIME."
- "I CAN'T LIVE WITHOUT YOU."
- "I WISH WE COULD GO BACK TO WHEN WE WERE HAPPY TOGETHER."
- "I HOPE YOU'LL BE HAPPY, EVEN IF IT'S NOT WITH ME."
- "I'LL NEVER TRUST ANYONE AGAIN."
- "IF YOU'RE NOT WITH ME, I'LL DO SOMETHING CRAZY."
- "I'M HURTING, BUT I HOPE THAT WITH TIME I'LL FORGET YOU."
- "I'LL NEVER FORGIVE YOU FOR WHAT YOU DID TO ME."
- "YOU'LL COME BACK TO ME, WHETHER YOU LIKE IT OR NOT."
- "EVEN IF IT HURTS, I'LL LET YOU GO YOUR OWN WAY."
- "YOU CAN'T GET RID OF ME."
- "IF YOU LEAVE ME, I'LL KILL MYSELF."
- "I HOPE ONE DAY WE CAN BE FRIENDS."
- "IF YOU LEAVE ME, I'LL MAKE YOU PAY."



MODULE 2.

ENDINGS IN THE RELATIONAL WORLD

THE END OF YOUR PARENTS' MARRIAGE

Sometimes parents decide to separate.

It can feel like the end of the world: the family you knew isn't the same anymore, the house changes, and maybe your daily routine too. And in some ways, it is the end of the world as you knew it—but after some time and practical adjustments (where will your parents live? how much time will you spend with each one?), you might be able to find balance in this new world. Sometimes it's even more peaceful, messy, and interesting than before.

When your parents separate, you might **think**: "It's my fault.", "We're no longer a family.", "They lied to me all this time."

Or: "At least I won't hear them argue anymore.", "It was about time they made a decision.", "I'll have two homes!"
You might **feel**: sadness, anger, confusion, fear of the future... but also relief, calm, curiosity about what lies ahead.
And in your **body**: heaviness in the stomach, difficulty breathing, heart racing with anxiety... or a lighter breath, new energy, a sense of a weight lifted off your chest.

Remember: **sometimes separating is a greater act of love than staying together without love or respect.**
Your life changes, but you are still loved. That will never end.

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MODULE 2.

EXERCISE



EXERCISE (INDIVIDUAL + PAIR)

INDIVIDUAL: WRITE TWO LISTS.

1 – "WHAT I FEAR LOSING WITH MY PARENTS' SEPARATION"

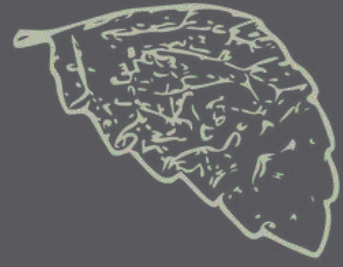
2 – "WHAT I HOPE WILL IMPROVE WITH MY PARENTS' SEPARATION"

IN PAIRS (WITH A CLASSMATE OR GROUP PARTNER):

COMPARE ONE OF YOUR TWO LISTS.

SEE IF YOU SHARE SIMILAR FEARS OR HOPES.

THEN TOGETHER, CREATE A PHRASE OF ENCOURAGEMENT YOU
WOULD SAY TO SOMEONE EXPERIENCING
THEIR PARENTS' DIVORCE.



MODULE 2.

ENDINGS IN THE RELATIONAL WORLD

END OF BELONGING TO A GROUP

Sometimes you no longer belong to a group: your class, your sports team, your circle of friends, or a WhatsApp/online group. It might happen because your family moves to another city, you switch schools or sports, there were misunderstandings, or your interests have changed and—though with some regret—you no longer feel part of that “tribe.”

When you leave a group, you might **think**: “I’ll never find anyone else I can feel good with.”, “They’ll talk behind my back.”, “I’ll regret this in the future.”. Or: “Maybe it’s time to meet new people.”, “I want to share time with people more like me.”, “I can’t wait to meet my new classmates/teammates.”

You might **feel**: sadness for broken bonds, anger if you felt excluded, nostalgia for good times... but also curiosity and excitement for the new experiences waiting for you, and relief for no longer seeing certain people.

In your **body**: a pit in your stomach, a heavy weight on your chest, a tight throat that wants to cry... or a racing heart, eager to meet new friends.

Remember: **you are not the group you belong to**. You are so much more.
Real bonds will find you again, even after time or distance.

MODULE 2.

EXERCISE



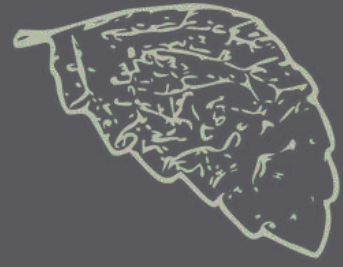
EXERCISE (GROUP)

IMAGINE THAT EVERY GROUP YOU BELONG TO
IS LIKE A TRIBE GATHERED AROUND A FIRE.

1 - THE FIRST FIRE IS THE GROUP YOU ARE LEAVING OR HAVE LEFT.
WRITE ON A SHEET WHAT "STORIES" AND "ENERGIES" THAT FIRE GAVE YOU.
WHAT WARMED YOU THE MOST, WHAT YOU LEARNED, WHICH MEMORIES
YOU'LL CARRY WITH YOU.

2 - THE SECOND FIRE IS THE NEW GROUP THAT AWAITS YOU,
OR THAT YOU HOPE TO MEET.
WRITE WHAT YOU HOPE TO FIND THERE: WHAT KIND OF PEOPLE, WHAT
VALUES, WHAT WAY OF BEING TOGETHER.

AT THE END, EACH PERSON MAY CHOOSE TO SAY OUT LOUD ONE WORD
FROM THE FIRST FIRE THAT IS GOING OUT AND ONE WORD FOR THE NEW
FIRE THAT IS IGNITING.



MODULE 2.

ENDINGS IN THE RELATIONAL WORLD

DEATH OF A LOVED PERSON OR ANIMAL

When someone or an animal you deeply loved dies, the pain is overwhelming—like it takes your breath away.

It feels as if a part of you leaves with the one who's gone.

At the same time, everything you shared doesn't disappear—it stays forever in your heart and memories.

And after a first period (even a year) of sadness, you'll begin to feel that the love you shared remains unchanged—and in some way, that person or animal still walks beside you.

During grief, you might **think**: "Who am I without them?", "I wish I had died instead.", "It wasn't supposed to end this way."

"It's not fair!", "I'll never be happy again." But you might also think: "I saw how much they suffered, and in the end, death was a relief.", "I'm grateful they were in my life—if I could go back, I'd live it all again with them."

You might **feel**: sadness, anger, emptiness, longing... but also gratitude for everything you experienced together.

In your **body**: inconsolable crying, a heavy weight on your chest, breathlessness, exhaustion, wanting to sleep more than usual, or the urge to let it out—by talking, running, swimming, or even wanting to "smash everything" to release the pain.

Remember: the love for a person or animal doesn't end with death. It moves from outside to inside, into your inner world—and there, **it will shine forever.**

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MODULE 2.

EXERCISE



THINK OF A PERSON OR ANIMAL YOU LOVED DEEPLY
WHO IS NO LONGER HERE.

TAKE A SHEET OF PAPER AND WRITE THEM A LETTER.
YOU CAN SHARE:
WHAT YOU MISS THE MOST
WHAT YOU NEVER GOT TO SAY
A HAPPY MEMORY YOU DON'T WANT TO FORGET.

IF YOU FEEL COMFORTABLE, READ IT ALOUD TO SOMEONE YOU TRUST,
OR FOLD THE PAPER AND PLACE IT IN A SPECIAL SPOT
(LIKE AMONG THE ROOTS OF A TREE).

IT WILL BE A WAY TO SAY: "YOU STILL LIVE INSIDE ME."

MODULE 2.

THE END AS A LIMIT TO RESPECT

There are times when a relationship or a behavior must not go any further: it's time to say **STOP**.

- Stopping means not crossing the boundary of respect.
- Stopping means protecting yourself and others when you witness violence, bullying, or abuse.
- An insult, a shove, a humiliation is never "just a joke": they are signs that the limit has already been crossed.

Saying "enough" is not weakness—it's courage. It's responsibility. It's a way to protect your own dignity and that of others.

MODULE 2.

EXERCISE



IMAGINE THREE SCENES:

- 1 – SOMEONE IS MOCKED FOR THEIR APPEARANCE**
- 2 – SOMEONE IS EXCLUDED OR ISOLATED FROM A GROUP**
- 3 – SOMEONE IS PUSHED OR VIOLENTLY INSULTED**

DIVIDE INTO SMALL GROUPS AND DISCUSS:

- **WHAT LIMIT HAS BEEN CROSSED?**
- **WHAT CAN YOU SAY OR DO TO STOP THE SITUATION WITHOUT ADDING MORE VIOLENCE?**
- **WHICH ALLIES CAN YOU INVOLVE (FRIENDS, TEACHERS, TRUSTED ADULTS)?**

MODULE 2.

HERO'S JOURNEY PHASES AND END OF A LOVE

1. **Comfort Zone** – you are in a relationship you believe will last forever
2. **Call to Adventure** – the other person tells you they want to leave, or you realize you no longer love them
3. **Threshold** – this communication pushes you into unfamiliar territory you never wanted to enter; you feel lost
4. **Meeting the Mentor** – you talk to someone (a friend, family member, teacher, or professional) who listens and supports you. Or you find comfort in the company of a pet or through an activity that helps you feel better and express your emotions
5. **Ordeal** – you go through multiple arguments with the other person; you no longer understand each other and can't mend the bond
6. **Victory** – you accept that the story is over, and you're surprised by the inner strength you're able to show despite the pain
7. **Return** – you rebuild a new balance and start to feel okay again, even though some sadness over the lost love remains
8. **Freedom** – the story is behind you, and you feel ready to experience new love in the future!

MODULE 2.

EXERCISE



THINK ABOUT THE END OF A LOVE THAT YOU HAVE EXPERIENCED OR ARE CURRENTLY EXPERIENCING.

IN RELATION TO THIS END:

- WHICH PHASE OF THE HERO'S JOURNEY ARE YOU IN?
 - WHAT IS MOST LIKELY TO HAPPEN NEXT?
- (LOOK AT THE PHASE THAT COMES AFTER THE ONE YOU'RE IN)*

MODULE 2.

TAKE AWAY

1. **Relationships are bridges: some last, others break, and others have edges that must not be crossed.**
2. **Every relationship has its seasons: spring (beginning), summer (fullness), autumn (doubt), winter (ending or transformation). Quality is not measured in years, but in the depth of the connection.**
3. **The end of a relationship (friendship, love, family, group, life) brings thoughts, emotions, and sensations that deserve to be recognized and welcomed.**
4. **Love is not possession: every person is free. Crossing the boundary of respect is violence.**
5. **A parents' separation, the end of a group, or the loss of a loved one are real pains—but also turning points that can lead to new forms of love and connection.**
6. **An ending in a relationship can be: a limit to overcome (to grow, transform, and meet new people), or a limit to respect (to protect yourself and others from bullying, violence, and domination).**

Remember: even when a relationship ends, if it mattered, something from that connection WILL ALWAYS STAY WITH YOU.

MODULE 3.

ENDINGS IN THE OUTER WORLD



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MODULE 3.

ENDINGS IN THE OUTER WORLD

The world around us is constantly changing.

Some endings are big and collective: events that affect everyone, like the pandemic, environmental disasters, climate change, or the arrival of new technologies that transform our daily lives.

Other endings are smaller and personal, but no less important: finishing a book that kept you company for months, the last episode of a series you loved, exiting the worlds of a video game, the end of a holiday, a race, a festival, or a concert.

Each time one of these experiences ends, you may feel emptiness, nostalgia, even a small kind of grief. It doesn't matter whether it's a "small" or "big" ending – **what matters is how you live it**, and how you learn to transform it into insight and new energy to move forward.

MODULE 3.

EXERCISE



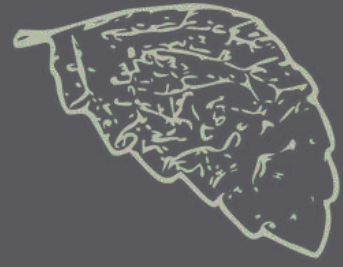
**1 - LIST 3 THINGS IN THE WORLD THAT, IN YOUR OPINION,
"WILL NEVER BE THE SAME AGAIN."**

**2 - LIST 3 NEW THINGS THAT, DESPITE THE DIFFICULTIES,
HAVE EMERGED AND COULD BECOME GREAT OPPORTUNITIES
FOR THE FUTURE.**

**3 - IN LIGHT OF THESE TWO LISTS,
HOW DO YOU SEE THE FUTURE?**



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MODULE 3.

ENDINGS IN THE OUTER WORLD

END OF A SERIES

Some stories become part of us, like another world we get to live in.

A book, a saga, a TV series, a video game that unfolds over time — these are not just distractions: they become travel companions, a place to escape to, a group of characters who feel like friends.

When that story ends, you may feel a huge emptiness.

You might think: “What do I do without them now?”, “I wish it never ended.”, “I’ll never find another story this good!”.

You may feel: nostalgia, melancholy, gratitude — but also excitement as you begin looking for a new story world to dive into.

And in your **body** you may feel: tiredness, like after a long journey, or lingering excitement that won’t switch off right away (you can’t sleep because you’re still thinking about it, replaying scenes in your head, talking about it with others).

The end of a series reminds us that even things imagined and created by others become part of our real life.

And when they end, we can choose: stay stuck in nostalgia, or carry with us what helped us grow and dream.

MODULE 3.

EXERCISE

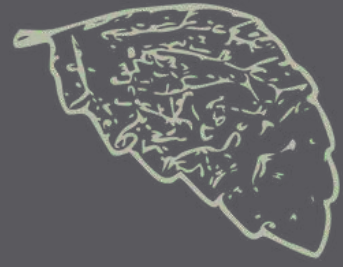


THINK OF A SERIES (BOOK, FILM, VIDEO GAME, COMIC)
YOU WERE COMPLETELY PASSIONATE ABOUT.

WRITE DOWN:

- 1 - A CHARACTER YOU'LL ALWAYS CARRY WITH YOU (AND WHY).
- 2 - A SCENE YOU'LL NEVER FORGET.
- 3 - THE MAIN LESSON FROM THAT SERIES THAT YOU'LL TAKE INTO YOUR REAL LIFE.

SHARE IN SMALL GROUPS: EVERYONE TELLS THE STORY OF THEIR
"SERIES ENDING" AND WHAT THEY CARRY FROM IT.



MODULE 3.

ENDINGS IN THE OUTER WORLD

END OF A TRIP OR HOLIDAY

Some trips feel like a new piece of life packed into just a few days.

First holidays without parents, trips with friends or your team, a period of study, volunteering or work abroad – these can feel like total freedom: laughing until late, sharing rooms, adventures, discoveries... finally feeling like yourself. When the holiday ends, it can feel like going back to a cage.

You might **think**: “I don’t want to go back to the usual routine.”, “I wish it was always like this.”, “At home, I can’t be myself like I was here.” Or maybe: “I’m so ready to eat my mom’s amazing food again!”, or “Can’t wait to see my friends and show them how I’ve changed.”

You may **feel**: nostalgia, sadness, irritation – but also gratitude for having lived something special.

And in your **body**: tiredness and emptiness (almost like an emotional hangover), a heavy heart at the thought of separation, or energy still vibrating inside you that doesn’t want to fade.

The end of a holiday teaches us that the freedom and joy we experienced aren’t gone – we can carry them within us and find them again in everyday life.

MODULE 3.

EXERCISE

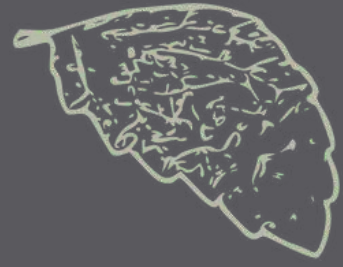


THINK BACK TO A SPECIAL TRIP OR HOLIDAY YOU TOOK
(EVEN BETTER IF WITH FRIENDS OR PEOPLE IMPORTANT TO YOU).

NOW IMAGINE YOU HAVE AN INVISIBLE SUITCASE
IN FRONT OF YOU.

INSIDE IT, YOU CAN PUT THREE THINGS YOU WANT TO CARRY
WITH YOU FOREVER FROM THAT JOURNEY – *LIKE THE MEMORY
OF A SPECIAL MOMENT, AN INCREDIBLE PERSON YOU MET,
A FEELING OF FREEDOM OR HAPPINESS, ETC.*

IF YOU WANT, SHARE IN PAIRS OR GROUPS:
TELL WHAT YOU PUT IN YOUR INVISIBLE SUITCASE – AND WHY.



MODULE 3.

ENDINGS IN THE OUTER WORLD

END OF A SPORT OR ART EVENT

Some events make your heart race with adrenaline and emotion: a competition where you gave it your all, a dance recital, a play, a concert where you were on stage – or a big event you attended as a spectator, surrounded by thousands of people.

While they're happening, it feels like time stops: your body and the whole group are buzzing with energy. You're fully immersed. Then comes the end. The curtain falls, the whistle blows, the lights go off. And with the joy, there can be an empty space.

You might **think**: "Is it really over?", "I wish I could do it all again.", "I could have done better.". Or: "Wow, I'll remember this night forever!"

You might **feel**: pride, gratitude, relief, nostalgia, sadness, even melancholy.

And in your **body**: tired legs but a racing heart, a lump in your throat because you don't want it to end – or lightness and a smile from deep satisfaction.

The end of a sports or artistic event reminds us that **even a short moment can leave a huge mark.**

It's not just about winning or losing – it's about having participated, felt alive, and connected with others.

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MODULE 3.

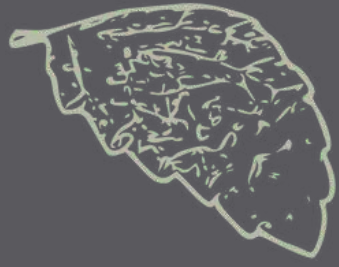
EXERCISE



THINK OF A SPORTS OR ARTS EVENT THAT LEFT A MARK ON YOU
(A MATCH, RECITAL, CONCERT, PERFORMANCE).

WRITE A SENTENCE OR SINGLE WORD THAT REPRESENTS
WHAT YOU FELT OR LEARNED MOST FROM THAT MOMENT.
(EXAMPLES: "COURAGE", "FREEDOM", "TEAM ENERGY",
"BELONGING", "PURE EMOTION")

GROUP SHARE:
EVERYONE READS ALOUD THEIR WORD/SENTENCE AND
DESCRIBES THE EXACT MOMENT IN WHICH THEY FELT THAT.



MODULE 3.

ENDINGS IN THE OUTER WORLD

END OF A PROJECT

There are projects we start with big dreams and high hopes: a sports activity, a school lab, a creative project, a fundraiser, a personal goal.

Sometimes they reach the finish line and give us great satisfaction.

Other times, we have to stop early: because outside circumstances change (a pandemic, a move, financial problems), or because energy, motivation, or resources run out — or simply because we realize it's not the right path for us.

These endings may feel like failure — and often, they hurt.

But in reality, they're life's training ground: they teach you that not everything is under your control, they show you where you're strong and where you can grow, they remind you that messing up is not the end — it's a necessary step in learning.

There's a saying: "You learn by making mistakes."

And **every project that ends — whether completed or interrupted — leaves behind a backpack full of experience that makes you more prepared for the next one.**

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MODULE 3.

EXERCISE



THINK BACK TO A PROJECT YOU WORKED ON THAT CAME TO AN END, WHETHER IT WENT WELL OR BADLY (A SCHOOL TASK, A SPORTS CHALLENGE, A GROUP ACTIVITY, A PERSONAL INITIATIVE).

MAKE TWO COLUMNS:

1 - WHAT WENT WELL: SMALL OR BIG RESULTS THAT BROUGHT YOU SATISFACTION.

2 - WHAT WENT WRONG: MISTAKES, DIFFICULTIES, THINGS OUTSIDE YOUR CONTROL.

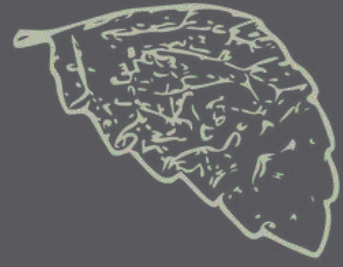
3 - NOW, FOR EACH ITEM IN THE SECOND COLUMN, WRITE NEXT TO IT: "WHAT IT TAUGHT ME."

(EXAMPLE: "I DIDN'T MANAGE MY TIME WELL → IT TAUGHT ME I NEED BETTER PLANNING.")

SHARE IN PAIRS OR GROUPS.



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MODULE 3.

ENDINGS IN THE OUTER WORLD

END OF THE WORLD AS YOU KNEW IT

The world around us is changing faster than any previous generation has ever experienced.

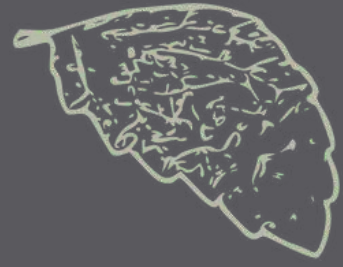
Technological innovations – from computers to smartphones, from social media to AI – have already transformed daily habits, relationships, work, and even how we think.

Some examples:

- We used to go to the bank for everything – now it's all online.
- Many “safe” jobs of the past are now at risk, as artificial intelligence enters the workforce and replaces many formerly secure professions.
- At the same time, new jobs are being born that no one had imagined before, like AI prompt engineers, data scientists, or video game developers.
- Global events like the Covid-19 pandemic showed us that the world can stop overnight – and that school, work, and even relationships can suddenly shift to a screen.

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MODULE 3.

ENDINGS IN THE OUTER WORLD

Maybe you haven't fully experienced a "world-changing" moment yet, but your generation will almost certainly face more: new technologies, environmental crises, social transformations.

That's why it's essential to cultivate two skills:

- **Flexibility** – learning to adapt to change without getting stuck in the past.
- **Imagination** – inventing new paths and solutions, instead of just reacting to change.

Every "end of the world as you knew it" may feel scary, but it's also a chance to reinvent yourself, grow, and discover possibilities that didn't exist before.

MODULE 3.

EXERCISE

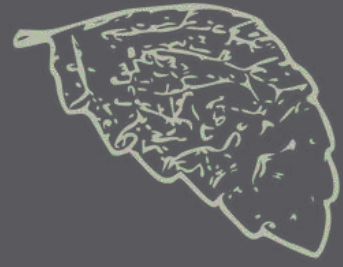


THINK OF A HABIT, OBJECT OR TECHNOLOGY
THAT YOU USE EVERY DAY BUT DIDN'T EXIST
WHEN YOUR PARENTS WERE YOUR AGE.

1 - WHAT HAS IMPROVED THANKS TO THIS
INNOVATION?

2 - WHAT ARE WE AT RISK OF LOSING (E.G. DIRECT
CONTACT, CONCENTRATION, FREEDOM)?

SHARE IN SMALL GROUPS AND DISCUSS:
3 - HOW DO YOU IMAGINE THE NEXT GREAT CHANGE
THAT COULD TRANSFORM YOUR LIFE?



MODULE 3.

ENDINGS IN THE OUTER WORLD

THE END OF LIFE ON EARTH

More and more young people today talk about **eco-anxiety**: it's the fear and sadness you feel when thinking about climate change, wildfires, floods, disappearing animals, and the places you love that might one day be gone.

Eco-anxiety arises when you feel the world is changing too fast and that you can't do anything about it.

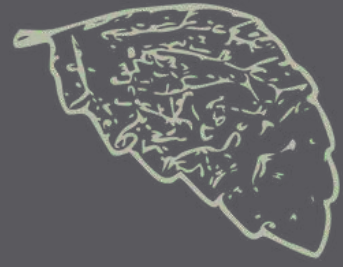
You might **think**: "It's all lost.", "There's no point in building my future.", "Why should I try if the planet is dying?". But you could also remember that, in the past, individuals and groups created powerful projects to protect nature on Earth and human life.

You may **feel**: fear, anger, sadness, guilt about the future you imagine as difficult. Or you may feel excitement for the emergence of new ideas or projects, trust in your generation, and the desire to experiment with paths never imagined before.

In your **body**, you might feel: a knot in your stomach, shortness of breath, fatigue, constant tension. Or: restlessness, a fast heartbeat, energy running under your skin.

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MODULE 3.

ENDINGS IN THE OUTER WORLD

Eco-anxiety is not a "flaw" – it comes from information received through mass media, about issues like global warming, biodiversity loss, deforestation, melting ice and much more.

If these facts affect you, it means you feel part of the Earth and its inhabitants. You care about your future and theirs. This makes you an empathetic person.

But if fear is all you feel, you risk getting stuck and thinking nothing can be done. Instead, **there is a lot that can be done, starting small and close**, then expanding to big themes and international projects.

As with anything, it's important to break the journey down into small, doable steps – right where you are, with the knowledge, skills and resources you currently have.

So ask yourself: if you could dedicate your energy to just one part of nature (a specific place or animal or plant), who or what would you want to protect? What's the smallest first step you could take in that direction?

Every small gesture – a more sustainable choice, an act of care, a word spoken to others – gives breath to the world, and to you.

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MODULE 3.

EXERCISE



THINK OF ONE OF THE BIG GLOBAL CHANGES HAPPENING TODAY (*EXTREME WEATHER, SPECIES LOSS, DEFORESTATION, MELTING ICE, ETC*).

WRITE ON A SHEET OR SHARE IN PAIRS:

1 - WHICH OF THESE CHANGES AFFECTS YOU THE MOST?

2 - WHAT EMOTION DOES IT BRING UP? (FEAR, ANGER, HELPLESSNESS, SADNESS, HOPE...)?

3 - WHAT WOULD YOU LIKE TO DO, EVEN SOMETHING SMALL, TO HELP FIGHT THESE "ENDINGS"?

MODULE 3.

A SENSE OF PERSONAL MISSION

No one is here by chance: **each of us carries a unique gift to offer the world.**

This gift isn't always clear from the start: sometimes it takes years to discover, sometimes it emerges from a difficult experience or a passion that has been with us since childhood.

The sense of personal mission is what makes you get up in the morning and ask:

- Why am I here?
- What contribution can I give to others, to the planet, to my community?
- What makes me feel truly happy and proud when I do it?

MODULE 3.

It's not about being famous or doing heroic deeds:

- A doctor who heals
- An artist who brings beauty
- A friend who knows how to listen
- A young person who stands up for others

Each is living their mission in their own way.

Your personal mission grows with you: it changes as you change, and strengthens when you begin to look beyond your own needs to include the good of others and the world.

To find your mission is to discover that your life is not just your own:
you're part of a greater story.

MODULE 3.

EXERCISE



1 - WRITE DOWN THREE THINGS YOU KNOW HOW TO DO WELL
(*EVEN SMALL THINGS: MAKING PEOPLE LAUGH, COOKING,
COMFORTING OTHERS, EXPLAINING THINGS, DRAWING,
ORGANIZING*).

2 - WRITE THREE THINGS THAT MAKE YOU ANGRY OR SEEM
UNFAIR (*E.G. POLLUTION, BULLYING, DISCRIMINATION,
PATRIARCHY*).

3 - NOW LINK THE TWO LISTS AND COMPLETE THIS SENTENCE:
MY GIFT COULD BE... (*YOUR TALENT*) TO IMPROVE / CHANGE /
PROTECT (*SITUATION YOU SEE AS UNJUST*).

*EXAMPLE: "MY GIFT COULD BE DRAWING COMICS
THAT FIGHT DISCRIMINATION"*

IF POSSIBLE, SHARE YOUR MISSION IN PAIRS OR A GROUP
AND HELP EACH OTHER FIND NEW WAYS TO MAKE IT REAL.



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MODULE 3.

HERO'S JOURNEY PHASES AND THE END OF THE WORLD AS WE KNEW IT

1. **Comfort Zone** – you move through life with familiar habits and clear future plans
2. **Call to Adventure** – something happens in the world and everything starts to shift
3. **Threshold** – the situation forces you to rethink your habits or plans, even though nothing is as clear as it once was
4. **Meeting the Mentor** – someone (a person, pet, sport, hobby, etc.) helps you find a new way to adapt positively
5. **Conflict** – it's very hard to let go of "how things used to be"; you wish you could return to a time when everything seemed smoother and more certain
6. **Victory** – you manage to change perspective, step up, and realize you can actually create new, even better habits or projects
7. **Return** – a new world has been formed; you find yourself with routines and behaviors you never imagined before
8. **Freedom** – the old world is now just a memory; you tell others how things "used to be" – it was a quantum leap... and you made it!

MODULE 3.

EXERCISE



**THINK OF A CHANGE OR ENDING HAPPENING
IN THE OUTSIDE WORLD.**

***(EXAMPLE: A NEW TECHNOLOGY IS CHANGING HOW PEOPLE
ACT; AN UNCONTROLLABLE EVENT HAS SLOWED DOWN A
PLAN OR PROJECT OF YOURS...)***

REGARDING THIS PARTICULAR CHANGE:

1 - WHICH PHASE OF THE HERO'S JOURNEY ARE YOU IN?

2 - WHAT'S MOST LIKELY TO HAPPEN NEXT?

(LOOK AT THE NEXT STAGE AFTER THE ONE YOU IDENTIFIED)

MODULE 3.

TAKE AWAY

1. **The world around us is constantly changing.**
2. **Some endings are small and personal: the end of a series, a holiday, a race, a concert.**
3. **Others are big and collective: pandemics, environmental disasters, new technologies that change daily life.**
4. **Every ending, small or big, can leave a void, but it also brings a lesson.**
5. **Small endings train us in impermanence: they teach us that nothing stays the same forever.**
6. **Big endings remind us we are part of a global community and that our choices matter.**
7. **Accepting and transforming endings means growing, adapting, and becoming responsible citizens of a changing world.**
8. **Every ending brings real, practical challenges to face – but also opens space for new opportunities and previously unimagined futures.**

CONCLUSIONS



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CONCLUSIONS

- Life is made of endings: big and small, inner and outer, personal and collective.
- Learning to recognize, live through and transform them helps us grow and become more aware.
- In the Inner World, we discovered that every ending changes us inside: emotions, thoughts and bodily sensations are precious compasses.
- In the Relational World, we saw that bonds are born, grow and end – and that learning to respect limits and let go is an act of love and responsibility.
- In the Outer World, we understood that we live on a planet and in a society in constant transformation, and that our job is to dance with change and offer our unique gift to the world.
- The Hero's Journey is the compass that helps us navigate every ending: it shows us that beyond loss there is always a threshold to cross, a treasure to discover, and a renewed return.
- Every ending is a passage, not a wall: it is a bridge to new versions of ourselves and of life.

**THIS IS THE HEART OF END EDUCATION: LEARNING FROM THE END,
TO LIVE FULLY.**



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OLME

ONE LIFE MANY ENDINGS



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