

# rest

## REST 7

# Training System Guide



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## Introduction

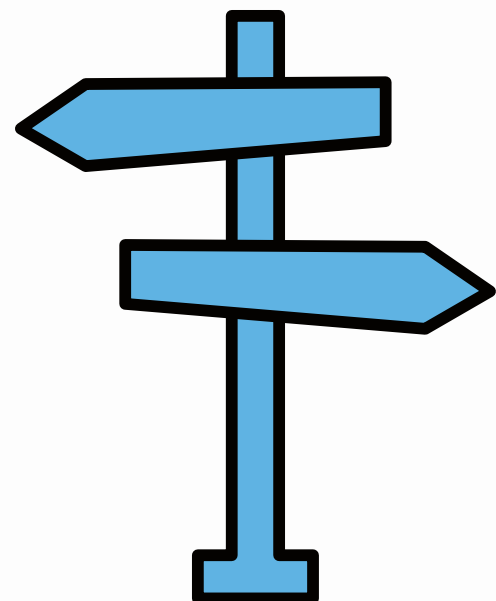
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The **REST 7 Training System Guide** has been created to support trainers, youth workers, educators, and organisations in delivering the REST 7 Toolbox effectively.

While the Toolbox provides the *what* (21 practical tools), this Guide explains the *how*, offering step-by-step guidance for implementing the tools in youth training contexts.

The Guide is designed to be flexible and modular. Trainers can use individual tools in standalone workshops, or combine several into structured programmes ranging from one-day intensives to multi-week training cycles.

The overall goal is to empower young people to explore, understand, and apply the seven types of rest in their personal and social lives, fostering wellbeing, balance, and resilience.

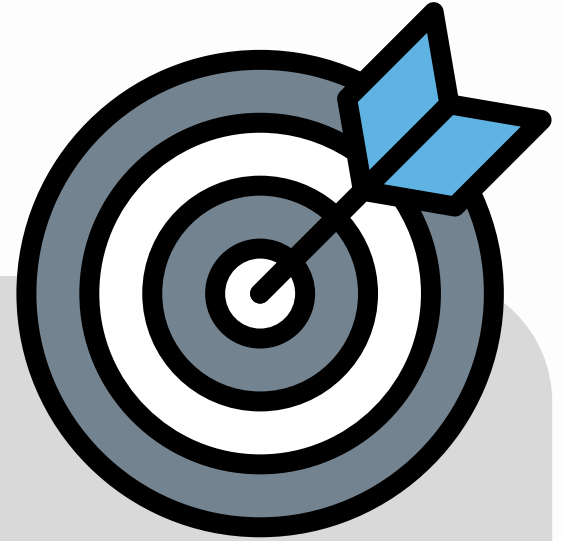


# Training System Guide

# REST

## Target audience

- Youth workers
- Trainers and facilitators
- NGOs and community organisations
- Educators working in formal and non-formal learning contexts



## How to use this guide



As a manual for preparing workshops •  
using REST 7 tools.

As a training curriculum framework to design •  
longer programmes.

As a resource for developing reflective, •  
restorative practices with young people.



# REST

## The Seven Types of Rest

**REST 7** is built around seven types of rest, each addressing different dimensions of wellbeing. Recognising and practicing these forms of rest helps young people recharge holistically.

- 1 Physical Rest:** Relaxing the body through stretching, breathing, sleep hygiene, and mindful movement.
- 2 Mental Rest:** Giving the mind a break from constant stimulation through journaling, digital breaks, and daydreaming.
- 3 Emotional Rest:** Creating safe spaces to express and process feelings honestly, supported by others.
- 4 Social Rest:** Learning to set boundaries, manage low energy, and check in with one's own needs in social contexts.
- 5 Sensory Rest:** Reducing overstimulation by engaging with calming environments, quiet spaces, nature, and music.
- 6 Creative Rest:** Restoring imagination and innovation through fun activities, meditation, and problem-solving exercises.
- 7 Spiritual Rest:** Nurturing inner peace and meaning through gratitude, kindness to oneself, and reflective practices.

# Training System Guide

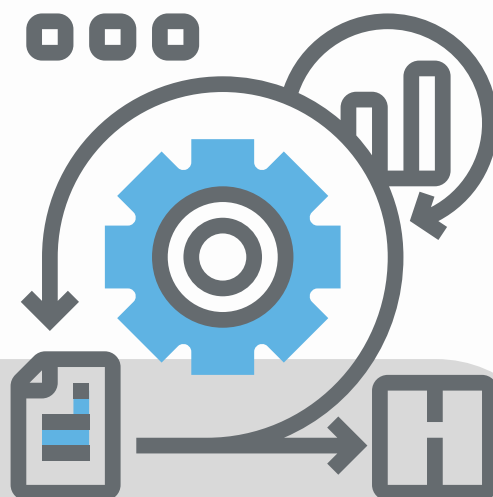
## Methodology

The training system is grounded in experiential learning.

Each tool follows a cycle of:

- Introduction: Context-setting, sharing the purpose of the session.
- Guided experience: Practical exercises and activities.
- Reflection: Journaling, discussion, or self-check-in.
- Integration: Action planning, takeaways for daily life.

# REST



## Format



Duration per session: 60–75 minutes •

Group size: Flexible, ideal for 6–20 participants •

Delivery: Suitable for both face-to-face and online sessions •



# REST

# Training System Guide

# REST

## Role of the facilitator



- Create a safe, supportive environment
- Guide without judgment
- Adapt timing and activities to participants' needs
- Encourage openness while respecting personal boundaries

## Tips for delivery

- Prepare materials in advance
- Use inclusive and accessible language
- Offer alternatives (e.g., journaling instead of sharing aloud)
- Encourage voluntary participation at all times



# REST

## Using the Tools

**Each rest type has three practical tools (21 in total).**

**Trainers can:**

- Use tools independently to explore one type of rest.
- Combine different types to create variety in sessions.
- Sequence tools into longer workshops or multi-day programmes.



## **When selecting tools:**

- Consider the group's current energy and emotional state.
- Match tools to the desired outcome (relaxation, creativity, reflection, connection).
- Allow flexibility: participants may respond differently to each type of rest.



## Trainer Guidance per Tool

Each tool in the **REST 7 Toolbox** is structured with objectives, materials, and instructions.

This guide adds further trainer insights:

- When to use it: Best contexts for applying the tool.
- Facilitation tips: How to introduce, pace, and adapt activities.
- Challenges and solutions: Handling reluctance, distraction, or strong emotions.
- Follow-up: Suggestions for sustaining the practice beyond the session.



**Detailed guidance is provided  
in the [annex](#) for all 21 tools.**

# Training System Guide



## Designing Training Programmes

The tools can be combined to create structured programmes.

Examples:

**One-day  
workshop (6  
hours)**

- Morning: Physical Rest (Gentle Stretching) + Mental Rest (Digital Break)
- Midday: Emotional Rest (Be Real About Your Feelings)
- Afternoon: Sensory Rest (Create a Quiet Space) + Creative Rest (Fun Activities)
- Closing: Spiritual Rest (Gratitude)

**Multi-week  
programme**

- Week 1: Introduction to REST 7 + Physical Rest tools
- Week 2: Mental and Emotional Rest tools
- Week 3: Social and Sensory Rest tools
- Week 4: Creative and Spiritual Rest tools
- Week 5: Integration and Reflection



## Evaluation and Reflection

Evaluation is key to understanding the impact of the sessions:

- Participant reflection: Journals, feedback forms, or group sharing.
- Facilitator notes: Observations of group dynamics, energy shifts, and participation.
- Follow-up: Encourage participants to report back on applying tools in their daily lives.

### Questions for reflection:

- What did participants learn about rest?
- How did the session affect their wellbeing?
- What tools felt most relevant to them?



## Conclusions

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The **REST 7 Training System Guide** is more than a manual. It is a pathway to fostering resilience, balance, and wellbeing among young people. By engaging with the seven types of rest, participants learn to reconnect with their bodies, minds, emotions, and communities, while trainers gain practical tools to nurture these essential skills.

Through flexibility, creativity, and reflection, the REST 7 framework can be adapted to diverse youth work contexts, empowering individuals and groups to discover what rest means for them. The guide ensures that rest is not seen as passive downtime, but as an active, intentional practice that strengthens personal growth and collective wellbeing.

By integrating these practices into daily life and youth programmes, trainers and participants alike can create sustainable habits that support long-term health, creativity, and connection. The REST 7 project reminds us all:

**True rest is a foundation for living fully.**

## Annex - Trainer Guidance per Tool

### Physical Rest

- When to use it: At the beginning of a session, or after long periods of sitting.
- Facilitation tips: Demonstrate slowly; stress “listen to your body”; keep atmosphere light.
- Challenges: Participants may feel self-conscious → encourage eyes closed or individual pace.
- Follow-up: Suggest 5-minute daily stretching routines.

### Gentle Stretching.

### Breath Practice and Meditation

- When to use it: To calm the group, reduce stress, or close an intense session.
- Facilitation tips: Use calm voice; remind participants not to force breath; adapt for comfort.
- Challenges: Dizziness or restlessness → offer shorter cycles, seated posture.
- Follow-up: Encourage use before sleep or stressful tasks.

- When to use it: In wellbeing-focused sessions or when participants report fatigue.
- Facilitation tips: Present as practical lifestyle adjustments; invite group sharing of routines.
- Challenges: Skepticism (“I can’t change my sleep”) → focus on small, realistic steps.
- Follow-up: Suggest journaling sleep patterns and changes.

### Sleep Hygiene



## Annex - Trainer Guidance per Tool

### Mental Rest

#### Journaling Workshop

- When to use it: For self-reflection or emotional release.
- Facilitation tips: Provide prompts; ensure privacy; no obligation to share.
- Challenges: Resistance to writing → offer drawing or voice notes.
- Follow-up: Encourage short daily journaling.

- When to use it: With groups overusing devices or during intensive training.
- Facilitation tips: Frame it as an experiment; offer mindful alternatives.
- Challenges: Anxiety about missing notifications → allow gradual disconnection.
- Follow-up: Suggest “tech-free” hours at home.

#### Digital Break

#### Daydreaming

- When to use it: To spark creativity or during a relaxed afternoon session.
- Facilitation tips: Guide with soft voice; allow silence; stress no “right way” to imagine.
- Challenges: Restlessness → keep it short, add light music.
- Follow-up: Suggest using daydreaming for problem-solving.



## Annex - Trainer Guidance per Tool

### Sensory Rest

- When to use it: In stress management or mindfulness sessions.
- Facilitation tips: Guide visualization; encourage use of senses.
- Challenges: Limited resources → adapt with imagination.
- Follow-up: Encourage creating small personal spaces at home.

Create a  
Quiet  
Space

### Connecting with Nature

- When to use it: Outdoors or in eco-focused programmes.
- Facilitation tips: Use real natural objects; guide immersive reflection.
- Challenges: Urban context → substitute with nature sounds/images.
- Follow-up: Suggest daily walks or plants in living spaces.

- When to use it: After intense discussions or at the end of a session.
- Facilitation tips: Curate soothing playlist; encourage journaling after listening.
- Challenges: Different music tastes → offer variety.
- Follow-up: Suggest creating personal calming playlists.

Calming  
Music



## Annex - Trainer Guidance per Tool

### Creative Rest

#### Fun Activities

- When to use it: Icebreakers or energisers.
- Facilitation tips: Keep atmosphere playful; encourage group creativity.
- Challenges: Shyness → start with low-stakes activities.
- Follow-up: Encourage regular playful breaks.

- When to use it: To reduce stress and increase focus.
- Facilitation tips: Use short, guided practices; focus on breath and awareness.
- Challenges: Restlessness → keep sessions brief, allow movement.
- Follow-up: Suggest daily 5-minute mindfulness.

#### Mindfulness and Meditation

#### Problem-Solving Exercises

- When to use it: Team-building or innovation sessions.
- Facilitation tips: Frame challenges as fun; celebrate creativity.
- Challenges: Fear of failure → stress that all ideas are valid.
- Follow-up: Encourage reflective debriefs after problem-solving.





## Annex - Trainer Guidance per Tool

### Emotional Rest

- When to use it: Icebreaker for emotional literacy sessions.
- Facilitation tips: Model vulnerability; create a safe, non-judgmental atmosphere.
- Challenges: Hesitancy to share → allow private journaling.
- Follow-up: Encourage check-ins with trusted peers.

Be Real  
About  
Your  
Feelings

Spend  
Time with  
Uplifting  
People

- When to use it: In group dynamics workshops.
- Facilitation tips: Highlight positive peer influence; prompt reflection on energy levels.
- Challenges: Some may lack uplifting people → suggest imagining or role models.
- Follow-up: Encourage intentional time with supportive peers.

- When to use it: Conflict resolution or peer support sessions.
- Facilitation tips: Teach active listening; ensure balanced speaking turns.
- Challenges: Dominant voices → use structured rounds.
- Follow-up: Suggest setting up peer support groups.

Talk it  
Out



## Annex - Trainer Guidance per Tool

### Social Rest

#### Setting Boundaries

- When to use it: Assertiveness or self-care sessions.
- Facilitation tips: Use role-play; normalize saying “no.”
- Challenges: Fear of rejection → reframe boundaries as self-respect.
- Follow-up: Encourage boundary journals.

- When to use it: When participants feel drained or disconnected.
- Facilitation tips: Normalize energy cycles; practice communication scripts.
- Challenges: Guilt around saying no → role-play empathetic refusals.
- Follow-up: Create a “low energy plan.”

#### Low Energy.

#### Check-in with Yourself.

- When to use it: At the start of sessions or during transitions.
- Facilitation tips: Use feeling cards; encourage creative expression.
- Challenges: Difficulty naming emotions → offer body scan.
- Follow-up: Suggest daily 5-minute check-ins.



## Annex - Trainer Guidance per Tool

### Spiritual Rest

- When to use it: Sessions on self-esteem or wellbeing.
- Facilitation tips: Use affirmations; model self-compassion.
- Challenges: Resistance to self-kindness → normalize the practice.
- Follow-up: Suggest daily affirmations.

Be Kind to Yourself.

### Gratitude

- When to use it: As closing activity or reflection session.
- Facilitation tips: Use creative exercises (e.g., gratitude tree).
- Challenges: Struggle to identify positives → start small (simple pleasures).
- Follow-up: Encourage gratitude journals.

- When to use it: For personal growth or leadership sessions.
- Facilitation tips: Use guided visualization; allow private journaling.
- Challenges: Discomfort with introspection → normalize silence and choice.
- Follow-up: Suggest monthly reflection rituals.

Self-Reflection



# rest

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<https://rest7.eu/>



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<https://www.ch-e.eu/en/>



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