

# FAMILY CIRCUS

## DESCRIPTION

This circus workshop is designed to offer a playful and participatory experience that fosters family connection through circus arts. Children and their families will discover various disciplines such as juggling, balances, acrobatics, aerials, and human pyramid building.

The goal is to create a safe and fun space where everyone can explore their motor skills, build confidence, and share moments of cooperation and joy.

## METODOLOGY

The practice will take place in a dynamic environment adapted to the different ages and skill levels of the participants:

- Group warm-up: Games and exercises that prepare the body and spark creativity.
- Practice stations:
  - Juggling: Balls, rings, and scarves to work on coordination and rhythm.
  - Balances: On wire, rola bola, balls, and stilts to strengthen focus and stability.
  - Acrobatics and pyramids: Simple and dynamic figures in pairs and groups, fostering cooperation and trust.
  - Aerials: Safe and supervised practice on trapezes and silks to experience movements in suspension.
- Cooperative challenges: Activities to foster teamwork and complicity.

Closing with a showcase: A short group presentation to share what was learned and reinforce the experience.

## OBJECTIVE

- Encourage creativity and enjoyment through family circus practice.
- Develop motor skills such as balance, coordination, and strength.
- Strengthen communication, trust, and cooperation among participants.
- Enhance self-expression, confidence, and teamwork abilities.

This workshop invites participants to experience the circus as a space for shared learning and fun, where each family member finds their own place in the ring.

