

An Erasmus+ professional exchange strengthening youth workers' competences



CC MOVE PROJECT OVERVIEW

The project utilizes **Social Circus** as an innovative pedagogical tool to foster the inclusion of vulnerable youth. Through a cycle of "**learn → apply → reflect**," participants co-create artistic methodologies for social transformation



WORKSHOP KEY INSIGHTS

SOCIAL LABELS



INTRODUCTION TO SOCIAL CIRCUS

This methodology creates a "**magic space**" or "**bubble**" where young people can **leave behind social labels** and explore their physical and mental possibilities. It focuses on life skills like resilience, trust, and solidarity, promoting a "**growth mindset**" where mistakes are seen as "bricks" for building and failure is redefined through the **power of "yet"**



REDESIGN FAILURE THROUGH POWER

EMOTIONS AND MORE



EMOTIONS AS VALUABLE INFO RATHER THAN ENEMIES



Analyzing the **deep connection** between the body, thoughts, and behavior

REFRAMING



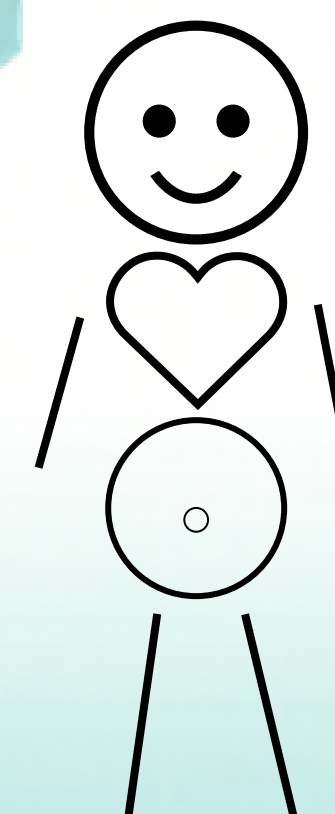
the cognitive ability to **change our interpretation**
Same event, different story, different emotion.

NON-VIOLENT COMMUNICATION (NVC)



NVC helps us **connect with what is "alive"** in us and discover what would make our lives more wonderful.

The workshop teaches a **4-step process** to transition from judgment and criticism to empathetic connection based on universal human needs



OBSERVATION

FEELINGS

NEEDS

STRATEGIES

INTEGRATING PRACTICAL TOOLS & THE TOOLKIT



By integrating these psychological and social approaches with technical training in **functional juggling** and **adapted acrobatics**, we jointly co-created the inclusive games presented in this toolkit



PIRATAS DEL CARIBE

ACTIVE, INCLUSIVE TAG-STYLE GAME
WITH STRATEGY & BALANCE

OBJECTIVE:

Teams of "Pirates" and "Captains" hide treasure and strategically steal from the opponent's ship, crossing a rope "plank" while avoiding falls and respecting boundaries.

Captain's Ship

Pirate's Ship

Guardians (5):
Protect/hide treasure

Raiders (5):
Cross plank to steal treasure

Guardians (5):
Protect/hide treasure

Ages 6-12

Raiders (5):
Cross plank to steal treasure

GAMEPLAY

Raiders walk
the plank

If fall off:
Pause, quick task, rejoin

Stealing =
picking up
(NO contact)

INCLUSION & ADAPTATIONS

For Touch-Sensitive



Noise-reducing
headphones
focused

For Motor Challenges



Balance
aid

For Focus/Anxiety Support

Balance aid for slow
natural breaths

LEARNING OUTCOMES

- Strategic thinking
- Balance & coordination
- Respect for boundaries
- Graceful winning/losing



MAYA THE BEE

COOPERATIVE OBSTACLE COURSE WITH RHYTHM & TEAMWORK



OBJECTIVE

Work in pairs to transport "pollen" across a rope boundary to the "beehive," then celebrate with a group choreography.

Ages 5-12

Facilitators hold rope waist/ chest height



MATERIALS

Long rope (6-10m),
Juggling items (1-3/participant)

Ages 5-12

Facilitators hold rope waist/chest height)

HOW TO PLAY

1. SETUP

(Rope starting line, beehive for away, pairs)

2. CHALLENGE

(Pairs cross with 2 'pollen' items, keep secure)

3. DELIVERY

(Place pollen in beehive)

VARIATIONS & ADAPTATIONS

For Younger Kids (5-7)
Simplified obstacles

For Older Kids (8-12)
Simplified obstacles and move make beehive

Inclusion Tips

Blindfold option, based uplaying obstacle

5. ROTATION

(Pass pollen, rotate roles)

LEARNING OUTCOMES

- Teamwork & communication
 - Gross motor skills & coordination
- Creative problem-solving
- Joyful movement & cultural connection

MAGICAL LINK

JUGGLING + MOVEMENT CHALLENGE
WITH DYNAMIC SPATIAL AWARENESS.

OBJECTIVE

Maintain juggling while navigating a moving rope barrier and static floor obstacles, building focus, adaptability, and group rhythm.

Ages 8+

Facilitators hold rope waist/
chest height



MATERIALS

Long rope (6-10m),
Juggling items (1-3/participant)

Ages 8 +

Facilitators hold rope waist/chest height)

HOW TO PLAY

1. Setup

(Facilitators hold rope, scatter obstacles)

2. Warm-up

(Practice juggling)

3. Challenge

(Move and juggling)

3. Challenge

(Move and juggle, go under/over/around rope, avoid obstacles)

4. Progression

(Increase speed, lower height)

5. Reset

(If item is dropped, collect and rejoin - no elimination)

LEARNING OUTCOMES

- Focus & multitasking
- Spatial awareness & body control
- Resilience & growth mindset
- Group synchronicity & non-verbal communication

SPARKLING YOUTH

**COLLABORATIVE BRIDGE-BUILDING FOR
EMPOWERMENT & PROBLEM-SOLVING**
(Youth At-Risk/Trauma-Affected groups)

OBJECTIVE

Team designs and builds a "bridge" to cross without touching the ground, practicing communication, iteration, and trust.

Ages 10-18

FACILITATORS
HOLD ROPE WAIST/
CHEST HEIGHT

Chairs

Planks

Hoops

MATERIALS

Long rope (6-10m),
Juggling items (1-3/participant)

STURDY CARDBOARD HOLD
ROPE WAIST/CHEST HEIGHT

HOW TO PLAY

1. Explain

(No touching ground,
teamwork is key)

2. Brainstorm Protocol

(Facilitator sets after, group
function)

2a. Brainstorm Protocol

(Facilitator guides, group
discusses support)

3. Test & Iterate

(Redesign after setbacks,
celebrate wins)

4. Level Up

(Optional: Blindfold,
verbal guidance)

LEARNING OUTCOMES

- Collaborative problem-solving
- Resilience & adaptive thinking
- Trust-building & communication
- Agency: "My ideas matter."