

ACTIVITY IDEA WITH The acrobat

This workshop aims to develop children's coordination, balance, and concentration in a fun way, while allowing them to recognize and celebrate their own progress and that of others.



Explanations and warm-up:

Explain to the children that Coco will guide them through different positions to work on their balance. Emphasize the importance of concentration and doing your best, even if some positions may seem difficult.

Demonstration:

Show the different balancing positions that Coco will present, emphasizing the importance of posture and concentration. Demonstrate how to focus on the upper body if the full position is too difficult.

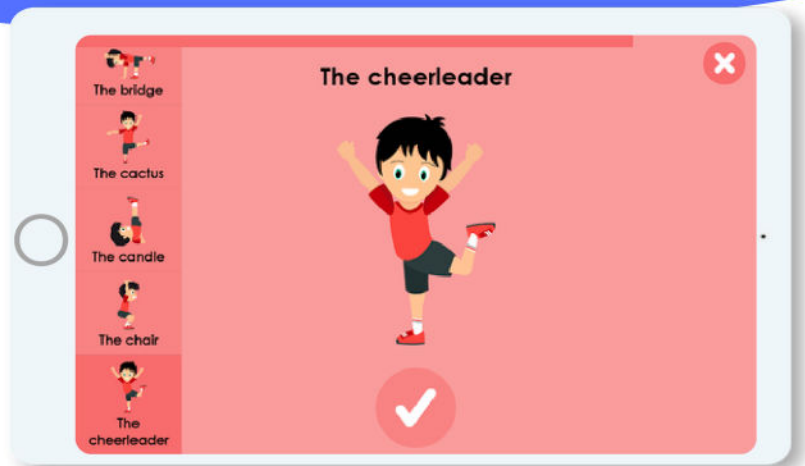
Position practice:

Start the workshop with simple positions to allow children to warm up. Gradually increase the difficulty of the positions, ensuring that all children follow along and try to maintain their balance.

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Encouragement and adaptation:

Constantly encourage children, especially if they find a position difficult. Remind them that it's important to focus on what they can do, even if it's just their upper body.

Balance challenge:

Organize a small challenge where the children can create their own balancing position and present it to the group. This encourages creativity and self-confidence.

Awards and Recognition:

Praise all the children for their efforts and participation. Offer symbolic rewards or certificates of participation to recognize their commitment and progress.

Conclusion :

Offer a time to share where children can express what they learned and what they found difficult or fun.

Emphasize the importance of balance, not only in physical activity but also in daily life, and encourage them to practice these positions at home.