

≈ SOCIAL ≈

CIRCUS



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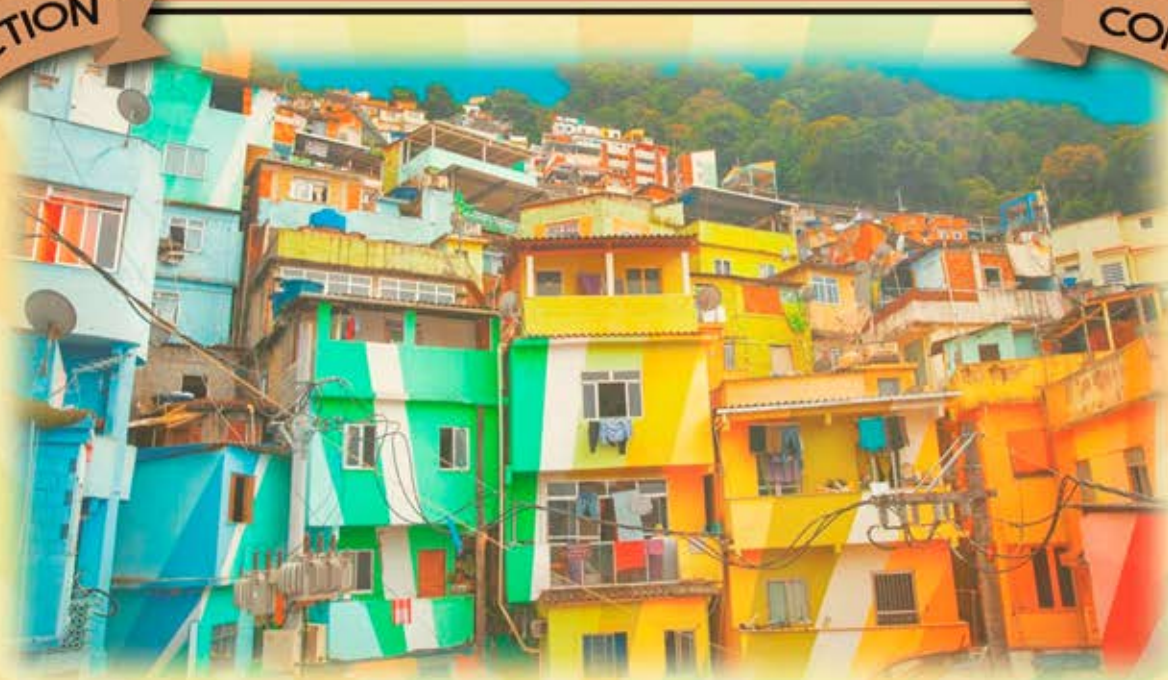
## WHAT IS SOCIAL CIRCUS?



Social circus is a proven means of intervention with at-risk youth, aiming at the personal development of the participants as well as citizenship, that act as a powerful social transformation agent. Through teaching circus techniques social skills are developed and this becomes an education program for life itself.







### Current problems

Marginality ,lack of opportunities,employment,social exclusion, genre issues violence , drug addiction are problems tha affect youth and commuunities around them. These Trainings pretend to provide tools , knowledge and insighths so that the participants so that they can work with this at risk- youth.

### Why to use the arts as a mean of intervention with the youth?

Art is a mechanism to generate new ways of belonging , social participation and community organization and combats social exclusion . The art promotes changes in the daily life of children and youth enabling the development of their creative capacities , autonomy and sense of belonging

Circus includes risk, play, creativity , commitment , discipline which combines fun and education bringing to the participants a experience and satisfaction during the learning process as well as immediate rewards

It is a way to become aware of both self and others ,to develop giving a control and body intelligence which in turn helps participants to manage anxiety and to cope with aggressive impulses

Through the arts, participants develops values such as engagement , improvement of self-esteem, taking care of the body, sharing with the others ,cooperation and solidarity

Circus art combine the complementary elements of strength, talents , team work and attention to the others

Social circus is a proven approach that breaks victim paradigm to youth at -risk, participants are considered people who are full of capacities and potentialities, offering a belonging and safe space where to thrive from the capacity of being able to make and avoiding the sterotype of victimization or the assistance .

They are offered a safe and inclusive space in which they can thrive and belong which promotes empowerment .





OBJECTIVES

PROGRAMS



**GOALS to be achieved:**

- Preparing the participants to facilitate social circus workshops, providing them with a series of competences , tools and knowledge that will allow to comprehend the general intervention context within communities , human groups, schools.
- To provide the knowledge of how to teach circus techniques within the framework of the workshops
- To trasmit the base of a ludic, horizontal creative and innovative pedagogy that allows them to teach circus arts within a safe and ethical context
- Using circus arts as tools for the holistic development of the participants working with the hard skills (circus techniques) in order to develop the soft skills( identity, sel-esteem, team-work, responsibility, communication skills, n solidarity and sense of belonging among others)
- Sharing and adapting the experience adquired during 25 years of experimentation with social circus and to enrich the learning of other arts such as dance, music, visual arts.
- Sensitizing the participants about the importance and the transformation potential of the arts as a tool for social change in communities , schools and institutions.

SOCIAL CIRCUS

OBJECTIVES



*Develop a passion for learning. If you do, you will never cease to grow.*

-Anthony J. D'Angelo

#### THESE TRAININGS ARE FOR:

Educators, teachers, volunteers of Ongs, instructors, social workers, circus artists, actors, dancers, musicians, visual artists, entertainers..

#### CONTENT

1. Basics, history and objectives of social circus.
2. Pedagogy and theory of play, games.
3. Workshop planning.
4. Youth at-risk, challenges, resilience.
5. Team work.
6. Communication skills.
7. Comunicación.
8. Intercultural, inclusion, identity, gender and sexual orientation issues.
9. Emotional and physical safety.
10. Conflict management and resolution.
11. Rigging basics.
12. Circus techniques, juggling, acrobatics, aerials, balancing, rola bola, unicycling, clowning.
13. Project management and development.
14. The role of performance and shows.
15. Evaluation tools, indicators and impact assessment.





# METHODOLOGY

# TRAININGS

## METHODOLOGY:

The way it works is by creating a playful environment where learning occurs naturally through the exposure to different stimulating activities, games, self

- discovery and discussions. this allows participants to integrate the experiences shared during the workshops with regards to skills, knowledge and attitudes.

By nurturing free expression and by facilitating discussions the trainer can optimize the transfer of knowledge .Guided by the trainer participants can then draw important lessons from the experience and discussions piece by piece like a quilt.



# TRAININGS

# CREATIVITY



**Creativity is the key throughout the process and it will serve to:**

- Provide resources and valuable examples
- To furnish the tools so they can build up a safe and playful environment.
- To ensure they are able to animate the groups and resolve potential conflicts during the workshops.
- Last but not least to try to get the best of each participant.

**Examples of creative activities:**

- Blending stretching with storytelling.
- Bodystorming , expressing ideas and concepts with the body.
- Practising circus techniques with reading books.
- Examples of role playing inspired by the theater of the oppressed.

Creativity will allow us to break stereotypes , deconstruct the imaginary , get out of the box, look for new perspectives , find new possibilities, use both hemispheres of the brain to their full potential, to deal with our fears, and to delve into the unknown learning from our mistakes.

**Resources**

- Mind maps, prototypes, anecdotes , video projections, films, consulting bibliographies.

Theory will be just one part of the whole thing paying special attention to the development of curiosity and self -discovery as a way to reinforce the learning process.

**TEACHING**

We will examine different ways of teaching and learn new ways to transmit theoretical knowledge and expertise in order to enrich and enhance our vision of the process of both teaching and learning: Task assignment, direct command, problem solving, reciprocal teaching, masterful demonstrations.

Cooperative learning will be often prioritized to place value on collective achievement , active participation , equality, trust, openness, mutual respect and personal contribution to attain the goals. We will focus on an evolution of cooperation , open and guided by an organic pedagogical progression adapted to each of the participants .The participants will learn how to become facilitators , to stimulate discussions and mediate debates in order to make the experience of one benefit all.

Trainers must maintain this role of animators throughout the training session, in this role trainers must demonstrate exemplary human qualities, develop positive relationships with participants and put forth the best image and also embody all the values and good practices that they promote during the training session, as well as the value of the organization they are working for.



PLAY

GAMES

### GAMES AND PLAY

Playing will be one of the driving forces through the training, diving into the characteristics of play, why, duration, what for and types of games used in social circus as well as the objectives pursued with the games.

Social circus trainings is not improvised, it requires meticulous preparation. The schedule of each session must be precisely defined, both in terms of content and timing and the responsibilities of each trainer must also be firmly established beforehand. Additionally the planning stage gives trainers the opportunity to learn about each other, share their visions and goals; and begin to build crucial bonds that will keep them united throughout the training session.



CIRCUS TECHNIQUES

PLAY





#### DURATION

Ideally the development of the sessions would be 2 and half hours with games, activities and theory followed by a 2 hour practical session focussing on specific circus skills with a pause in between. The ideal duration of a complete training is 80 – 120 hours but the content and length can be adapted to the needs, objectives and capacities of the hosting organization. An introduction to social circus can be also offered with a duration of 32 hours

#### PARTICIPANTS

20 max.

#### REQUIREMENTS

- Open space
- flip chart
- video projector
- sound system
- coloured markers
- circus equipment, juggling balls, unicycle, mattresses, aerial tra-
- pece, aerials silks if available.





**CV ANTONIO BENÍTEZ**  
 11-04-1966  
 Spain

**PROFILE:**

Biólogo, pedagogo, trainer of trainers, professional juggler, circus artist, músico, diving instructor, traveller and adventurer by nature.

**LANGUAGES:**

Spanish, english, french, portugués

**PROFESSIONAL OBJECTIVES:**

To use creativity and teaching as a tool to help others and the divulgation of alternatives ludic pedagogies using arts as means for social change.

**TRAININGS:**

2007-2008 Circus trainer , National circus school Montreal, Canada.

1991-1992 Degree in Environmental Management in Industry, London, Inglaterra.

1985-1991 Degree in biology, Universidad de Granada, España.

**PROFESSIONAL EXPERIENCE:**

**Trainer in Creative workshops in** Santiago (Chile) 2013 Ciudad de Panama (Panama,) 2016 Loja (Ecuador) 2015, San Juan (Puerto Rico) 2016, Lima (Peru), 2017 Ciudad de Guatemala 2017 (Guatemala) Madrid 2017, Alicante 2018, Barcelona 2019 (España), Vasc country 2019.

**Circus shows and workshops at** French schools in Panamá (2015), Maine USA (2017), México (2018), Kiev (2019).

**Trainer of trainers at** (Cirque du monde, Cirque du soleil) in Mexico, Ecuador, Brasil, Argentina, Haiti ,Peru ,Costa Rica, Chile, 2010-2018.

**Juggling techniques:** passing and flying hats workshops at conventions, and circus schools Portugal, Noruega, Argentina, Ecuador, Peru, Colombia, Brasil, Venezuela, Mexico, Dinamarca, Slovenia, Holanda ,Alemania, Grecia , Pais Vasco, etc.. de 1994 a 2015

**CONTACT:**

antolio@hotmail.com.  
 www.facebook.com/crealios

**OTHER OFFERTS**

Creativity workshops and lectures and social circus talks.  
 More information in [www.creatividadpedagogia.com](http://www.creatividadpedagogia.com).



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“Art is a mechanism to generate new ways of belonging , social participation and community organization and combats social exclusion”

-Julieta Infantino