



Activity, Sport and Play for the Inclusion of Refugees in Europe



Category

Increasing efficacy



Duration

Depending on expectations 1h to 3h preparation time before the performance



Material

Mat, e.g. yoga mat
Anything the group wants to use.



Group Size

Any number of participants; well suitable for bigger group if enough space is available.



Aim

Give participants feelings of confidence



Age

All ages



Source

ICSSPE - International Council of Sport Science and Physical Education
www.icsspe.org

Circus Performance

1. Information

This exercise helps to promote self-efficacy, the belief in one's ability to act in a way that improves one's situation. It also strongly support teamwork and discussions and support within the groups. Through such exercises, participants are encouraged to challenge themselves and, in return, discover new skills, abilities and self-esteem.

2. Description

The facilitator groups participants into different teams and asks participants to perform a circus activity. Each team rehearses and then performs a circus activity. This could be acrobatics, clowning, gymnastics, etc. A timeframe for the performance needs to be given (e.g. 5 minutes). The coach is mainly there to support groups and to organize the show at the end.

3. Adaptations

Adaptation is not needed, since everything is open anyway. Maybe some support for creativity and safety is needed in case of the participation of persons with a disability.

4. Evaluation / Debriefing

Talk with the group after the performance. Potential questions may be:

- How did the preparation go (e.g., positive experiences, challenges)?
- Which was the role of each person within the group, and why?
- How did you feel before, during and after the performance?



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