

WORKSHOP ACTIVITIES

The activities below can be offered at both our on-site and off-site workshops. All of our workshops are bespoke and tailored to the individual aims and requirements of your group to ensure all participants have fun, feel involved and gain confidence.

ACROBALANCE

- Creating shapes by balancing on one another in pairs or groups
- Participants learn team work, trust and respect
- Not suitable for groups who are uncomfortable with physical contact



BALANCE

- Crossing a Tightwire with support from a teacher or team member
- Exploring balance techniques through the use of feathers and spinning plates
- Develops coordination and concentration skills
- Accessible skill for all ages and leaves participants with a great sense of achievement

JUGGLING

- Learning how to juggle step-by-step using scarves and moving on to juggling balls
- Excellent for hand-eye coordination
- Participants develop basic throwing and catching skills
- Increases concentration skills
- An accessible skill and adaptable to all levels



STILT WALKING

- Supporting one another to begin walking on stilts
- Builds courage and supportive communication skills
- Brings the wow-factor to a workshop!

HULA HOOP

- Learning how to isolate different body parts in order to 'hula-hoop'
- Develops muscle control, core strength and flexibility
- Challenges ideas of what you can do with a hula hoop



DIABOLO

- Spinning and catching a two-headed top on string
- Develops spatial awareness
- Excellent for hand-eye coordination
- Works well alongside juggling
- Best suited to older age groups