

#Jeugdwerkwerkt!

Mental well-being: the positive impact of exercise on mental well-being (14u-16u30)

Facilitated by Cirkus in Beweging vzw (Stef Langmans) & Artkos vzw (Jens Magits)

Re-Soar: Resilient leisure activities for youngster starting from the basic groundstance: Focus/Breathing/Grounding

- Intro: Clap as 1 (Focus/Connecting) + Goals of the session
- Check-in: Pro-active circle
 - "I am..."
 - "Today I feel..."
 - "Take into account that I..."
 - Question of the day → "What motivates you to take on a challenge?" "What gives you balance?" "Favorite dish?"
- Mixer 1: *Balance field* → As fast as possible with 4, 7, 3, 10, 2 (Pair up)
- Session 1: **Parkour** (in duo)
 - Warm up: *Twister* + Stretching
 - Basics: Precissions/Vaults/Balance/Climb-up/Drop/TicTac/Cat/Roll
- Closer + Aftertalk: *Sing-in-the-kring*: Participants stand in circle & close eyes / the facilitator goes around and taps on the participants backs / if they feel 2 taps they have to sing in the middle of the circle or on stage → This is to trigger reactions and emotions, the participants don't really have to sing.

Theoretical Framework Recap: Growth Circles: The inner circle is my *comfort zone*. I feel comfortable in this zone. It's predictable and familiar. I know this and I feel safe and secure here. The area outside this inner circle is new area, things I don't know yet (*stretch zone*). I feel uncomfortable there, it is unknown, unpredictable. But if I get to know these things and make the basic posture of triple A my own, then these things will also become known and my comfort zone will expand. This is related to some things I already know so it triggers me to learn about it. The most outer circle is where everything is so new and overwhelming that I lose grip if it. (panic zone) In this zone you will shut yourself down and go back to your survival instincts. Goal in this zone is to get back to your comfort zone as quick as possible and you are not capable of taking any new information in.

The facilitator walks to the rope that marks the boundary between the inner circle and the outer circles. "This rope represents the border. The boundary between the known and the unknown, the familiar and the unfamiliar, the predictable and the unpredictable, the comfortable and the uncomfortable." The facilitator asks the participants:

- What do I want to do as I get closer to the border?
- What happens at the border that makes me want to go back to my comfort zone?
- What can help me to get over this limit?

When you feel you're reaching the limit, you want to get back to the middle of your comfort zone. We often end up in the new area without knowing how we got there. If we can figure out how to get into the new area and which elements help us with this, we have found the way to 'grow'.

When we get to the limit, our head and body react. We can distinguish various elements here:

- Feelings: what feelings do I have? *Ex: Fear, confusion, uncertainty, ...*

- Inner dialogue: what am I saying to myself? *Ex: 'Come on, I'm going to succeed!' or 'I'm never going to be able to do this.'*
- Physiology: what is happening to my body? *Ex: Faster heart rate, sweating, restless breathing, ...*
- Behavioral patterns: what behavior do I exhibit? *Ex: tantrums, taking control (wanting to do everything yourself), rationalizing, laughing, humour, ...*
- Resources: what 'resources' do I use? *Ex: friends, drugs, ...*
- Beliefs: What beliefs do I have? *Ex: Boys should not be afraid. Girls shouldn't fail or faint*
- Metaphors: What images pop into my head? *Ex: an impassable mountain, a heavy weight on my shoulders, like a fish in water, ...*
- Needs: What is my real need? *Ex: recognition, appreciation, respect, ...*

Everything becomes more intense at the border. All elements influence and interact with each other. By intervening on one of those elements, all elements can change. You can control your breathing, you can ask for help, you can get to know your feelings, you can imagine that you will succeed, and so on. In the triple A-framework we will look for this limit and we will become aware of which elements are involved. If we are aware of this, we can intervene on one of those elements. At that moment we can make the choice to go back to our comfort zone or to intervene on one of the elements so that we get to know new things.

Break – Break – Break

- Mixer 2: *Gracefull Flamingo vs. Contagious Penguin* → Go to the penguin closest to you! (Pair up)
 - Session 2: **Stilt-walking** (in duo)
 - How to put it on (7')
 - 1 stilt-walking: Push up, High 5, Pirouette, Jump (8')
 - 2 stilts + helper:
 - Stiltwalker: Eyes in front (Focus), Lower centre of mass (Grounding), Keep on breathing + moving (Breathing)
 - Helper: Hands up in the air (Support), Eye-contact (Connection)
 - Extra challenges + Switch
- experiencing the impact of breathing, grounding and focussing on physical reactions and internal emotions

Theoretical Framework Recap: Basic posture (Triple A): It strengthens participants in such a way that it offers a foothold to make conscious choices. From grounding, breathing and focusing the attention, this becomes easier and the participants expand their mental possibilities.

- Check Out (5'): Closing circle: say in 1 word what you take from the session