



## BrainFools

### **ENGAGE Program**

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# Workshop 1: Egg Juggling

## Build Confidence and Connection

Inspired by the uplifting world of Lucky Pigeons, this dynamic and interactive workshop invites participants to learn the art of juggling as a means to build confidence, improve focus, and foster connections with others. Through individual, partner, and group exercises, attendees will explore the power of collaboration and communication while mastering basic juggling techniques using colorful “eggs” (balls, beanbags and feather scarfs).

## Outline

Introduction and Icebreakers (15 minutes)

Welcome and introductions

Group icebreaker activities to build rapport and create a comfortable atmosphere

Juggling Basics (30 minutes)

Introduction to basic juggling techniques using scarves, balls, or beanbags

Individual practice and progress tracking

Juggling Partners (30 minutes)

Partner juggling exercises to promote collaboration and communication

Reflection on the importance of trust and support in juggling

Group Juggling Dynamics (30 minutes)

Group juggling activities to foster teamwork and connection

Discussion on the benefits of group juggling for building relationships and community

Wrap-up and Reflection (15 minutes)

Group reflection on the skills learned and personal growth experienced

Sharing of individual takeaways and insights

Closing remarks and encouragement to continue practising juggling skills



## Workshop 2: Pigeon Flock

AcroYoga for Inclusion and Trust in the Lucky Pigeons Universe

### Overview

Discover the power of balance, trust, and connection in this AcroYoga workshop designed to promote inclusion and teamwork within the enchanting world of Lucky Pigeons. Participants will learn the fundamentals of AcroYoga, a practice that combines yoga, acrobatics, and Thai massage, through partner and group exercises that emphasize communication, support, and physical awareness.

### Outline

Introduction and Icebreakers (15 minutes)

Welcome and introductions

Group icebreaker activities to build rapport and create a comfortable atmosphere

AcroYoga Foundations (30 minutes)

Introduction to basic AcroYoga poses and techniques

Partner exercises to build trust and body awareness

Group AcroYoga Exploration (45 minutes)

Group exercises to create collaborative AcroYoga formations

Reflection on the power of teamwork, inclusion, and supporting one another

Thai Massage and Relaxation (30 minutes)

Introduction to basic Thai massage techniques for relaxation and connection

Partner exercises to practice giving and receiving massage

Wrap-up and Reflection (15 minutes - optional)

Group reflection on the skills learned and personal growth experienced

Sharing of individual takeaways and insights

Closing remarks and encouragement to continue practicing AcroYoga

# Workshop 3: Rainbow Pigeons

Expressive Movement for Empowerment and Diversity

## Overview

Unleash your creativity and embrace self-expression in this inclusive and empowering dance workshop inspired by the vibrant and diverse world of Lucky Pigeons. Participants will explore various dance styles and movement techniques, fostering a greater appreciation for diversity and individuality. Through guided improvisation and group exercises, attendees will learn to express themselves freely and confidently, just like the colorful characters of Lucky Pigeons.

## Outline

Introduction and Icebreakers (15 minutes)

Welcome and introductions

Group icebreaker activities to build rapport and create a comfortable atmosphere

Dance Styles Showcase (30 minutes)

Introduction to various dance styles, such as contemporary, hip-hop, and cultural dances

Group exercises to explore different movement techniques and appreciate diversity

Guided Improvisation (30 minutes)

Introduction to improvisational dance and creative movement

Individual and partner exercises to practice self-expression and spontaneity

Group Choreography Collaboration (45 minutes)

Group exercises to create a collaborative dance piece that celebrates individuality and inclusion

Reflection on the process of working together and embracing diverse perspectives

Wrap-up and Reflection (15 minutes)

Group reflection on the skills learned and personal growth experienced

Sharing of individual takeaways and insights

Closing remarks and encouragement to continue exploring creative movement and dance.

