

Zavod Aspira

Kinetic youth-move to grow

KA1 mobility for youth workers in the
program Erasmus +





Project idea

The project aimed to equip youth workers with competences to promote and develop kinetic and emotional intelligence in young people. We strongly believe that non-formal learning is active learning of individuals, that creative expression leads to critical thinking and that creativity is a very powerful tool for self-awareness and the amazing tool for discovering one's authentic self, which is very necessary for young people during adolescence. Dance and movement provide a way of learning that develops communication skills, problem-solving techniques as well as creative and critical thinking skills as well as kinetic skills.

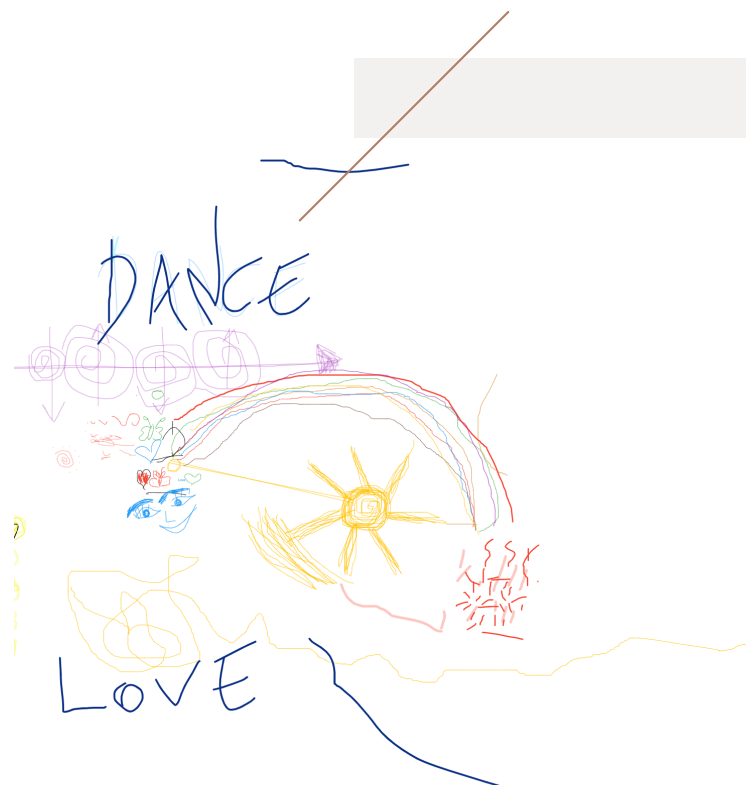
Our AIM was to train participating youth workers to develop, enhance and foster kinetic intelligence in themselves and the young people with whom they works with. By this we encourage them to build an environment that encourages the development of critical thinking.

How we got there...

Before the training took place we did a questionnaire with all the participants to check on their needs, thoughts and use of the kinetic intelligence. After the on-line training course we sent out similar two questionnaires to first evaluate the project and then also measure the impact it had on the participants. We wanted to see if their needs were met, if their thought on the use of kinetic intelligence in youth work changed and how they used their new knowledge after the training.

Before you is a report based on the analysis of the first questionnaire and last two questionnaires after the training.

The questionnaire was done with 21 participants (excluding the main trainer)



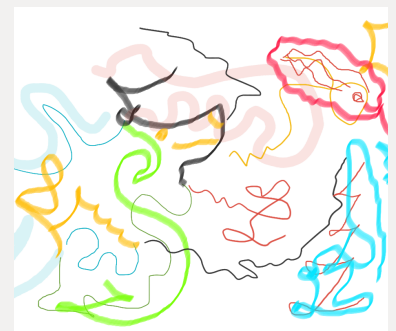
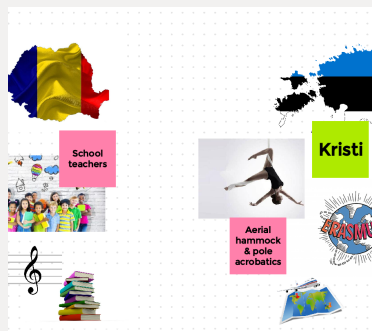
Kinetic intelligence

In the beggining participants reported that they use methods for developing kinetic intelligence in their work on organizational level from 3 to 4 on a rand from 1 (non at all) to 5 (regularly). Average knowledge of skills of coworkers in the field of kinetic intelligence was rated 3 our of 1 to 5 rank.



Beginning statments

Dance and movement methodology encourages next competencies of lifelong learning:



- cultural awareness and expression - express ideas and emotions in different artistic and cultural forms
- expressing ideas in variety of ways and contexts
- entrepreneurship - creativity as a base of enterp. - how to thing in more creative way

- personal - self reflection, critical reflection of self through movement
- social comp., sharing values - promote social change
- learning to learn - manage our own learning, reflection on ourselves, time and management; trainers will function as motivators and facilitators of the learning to learn process, a positive attitude to learning; encouraging the self reflection in further learning to learn processes

- literacy - understanding and express thoughts, feelings and facts not orally and in writing
- intercultural skills and multilingual competencies - develop curiosity and intercultural communication
- teamwork and communication - need to trust your co-participants and trainers during the process of training



Before the training

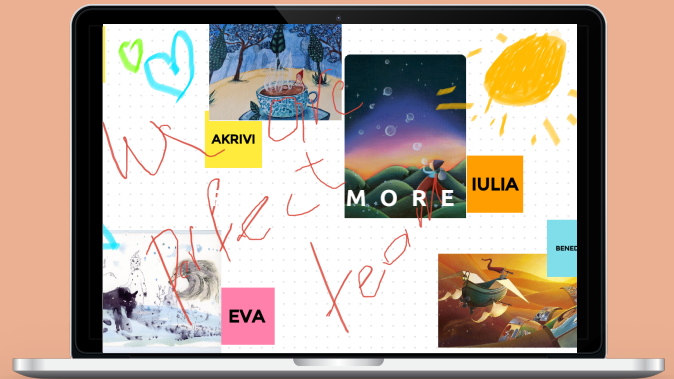


WHAT DO YOU EXPECT TO LEARN?

- space for exchange of know-how and sharing good practices.
 - expand and strengthen our artistic capacity - using art as a tool for intervention with young people
 - get to know the method as a tool of working on TB, creativity, reflection and evaluation - and using that in the fostering of active citizenship and social inclusion.
 - new partners for future project on the topic; networking; building a sustainable partnership; fostering the ability to work on the international level.
 - deep knowledge and possibilities to combine with other methods that are already being used.
 - working with Goran Bogdanovski
 - gain more confidence in using this methodology
 - get a new method and knowledge how to get closer to young people in the rural area.
 - raising quality of their projects



After the training

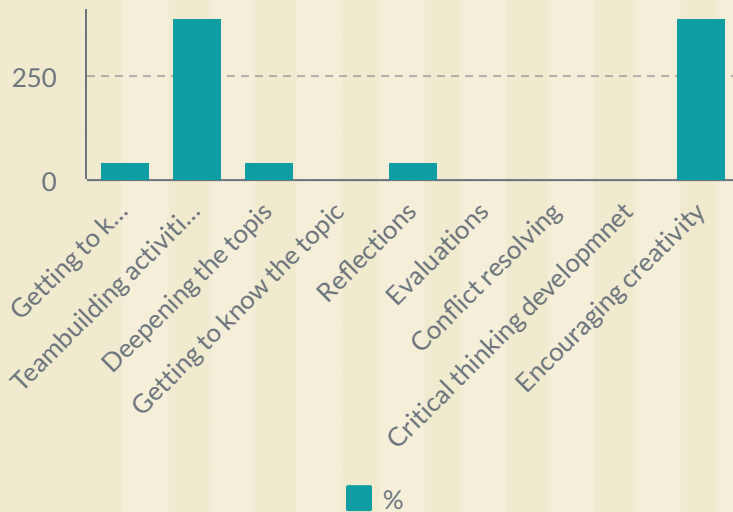


WHAT DID YOU LEARN

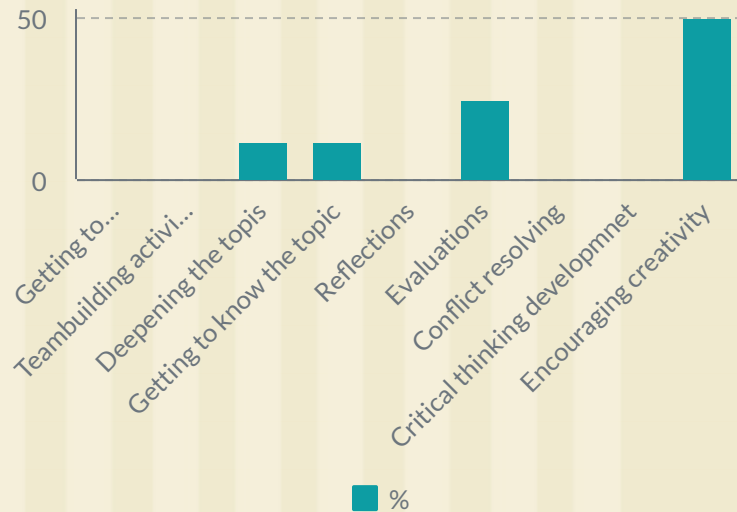
- how to use icebreaking excersises in my work
- Breathing technique, improvisation tools we learned about on the platform
- I've used music with different movements, at work, at my house with my students and my own kid
- I started introducing a great number of these activities when working with young people so that they develop a connection between their bodies, minds and souls.
- Better activities
- Use the different tools i learned to go deeper on the self knowledge and awareness, use more creativity and creative methods to engage youth
- Unerstanding the hoalistic approach to Gorans dance and movement method
- The activities proposed are easy to implement and adjust in accordance with the group's needs.
- Connection between movement/dance and art therapy
- creative methods used and connections between dance and visuals, music and feelings etc.



What do you use dance and movement for in your work with young people? (Before the training)



What do you use dance and movement for in your work with young people? (After the training)



Observation

In both charts we see that participants before and after the training see tools of movement and dance as very encouraging for developing creativity. What is interesting is that before the training participants used these tools more for getting to know each other games, well after the training they concluded that the tools can be also used more in the field of deepening and getting to know a certain topic. Also a surprising fact that participants now see the tools of movement also relevant for evaluation processes.

The method of dance and movement effectively develops creativity.



agree (100%)

The method of dance and movement effectively develops a critical mindset



agree (100%)

How do you intend to use the new skills?

to help adolescent with anorexia disease, bulimia, people with cancer, with training programme to adults to motivate them

incorporate the breathing technique and the improvisation tools in my work

I want to add some games, ice breakers, mindfulness and breathing exercises to motivate and help Young People to have energy. Also I will use some tecnics to teach them leadership and responsibility.

I will introduce a great number of these activities when working with young people so that they develop a connection between their bodies, minds and souls.

I used the drawing, improvisation tools

used the tools in my kindergarden class

I want to implement some of the tools I've learnt during the online sessions or on the dancing platform in my work, most probably in the international exchanges that we will organize.

I am thinking about how to implement some of the art therapy exercises for the workshop we have to prepare for the KA2 project as a warm up activity and getting into a creative mood.



Projekt je financirana s strani Evropske komisije. Vsebina video grdiva odraža izključno stališča avtorja/jev. Nacionalna agencija in Evropska Komisija nista odgovorni za kakršno koli uporabo informacij, ki jih publikacija vsebuje.