

Body.

Strength.

Mind.

Flexibility.

CIRCUS

Spirit.

Balance.

Circus for EVERY BODY.

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Circus for EVERY BODY



Get Out Of Your Comfort Zone and Into Your Circus Zone!

ACTIVITIES:

- Thumbs Up, Oh Yeah
- Kneesy, Earsy, Nosey





Circus Works

ATRA Conference Presentation

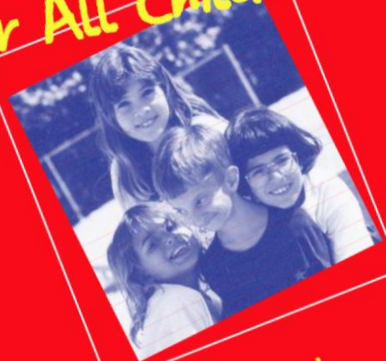
ABSTRACT

Session Title: Circus Works
Recreational circus activities for youth and adults are burgeoning research supports what practitioners have recognized for decades: social-emotional, physical, cognitive, and spiritual health and well. This session will introduce current research and evidence-based pr



A Camp for Everyone!
A Guide to Including Children of All Abilities in Summer Camp Programs

A Community for All Children



A Guide to Inclusion for Out-of-School Time

ABSTRACT

Session Title: Circus Works for EveryBODY!

Circus Works for EveryBODY!

Recreational circus programs are booming worldwide and provide pa the chance to offer truly inclusive (and innovative!) programming to i Circus learning encourages participants to challenge themselves indiv cooperatively in an inclusive environment and because of the range a available, there is a place for every-body in the program. Growing res educators have recognized for decades: circus learning engages diverse populations and



cĩrc · à · dēm'ics

d=42

Internal Locus of Control
Mastery
Spontaneity
Relaxation
Decreased Anxiety
Recreation Therapy
Movement Playfulness
Activities Coping Strategies
Spirituality

Segregated programs limit opportunities for individuals without disabilities to experience the person with a disability as a person first, in a social setting where they are an artist, an athlete, and individual first.

Many **inclusive programs** limit full engagement due to perceived barriers. For example social pressure to “play soft” or social isolation from being “played soft to.” Humans thrive on playing hard.

WHAT is Circus?



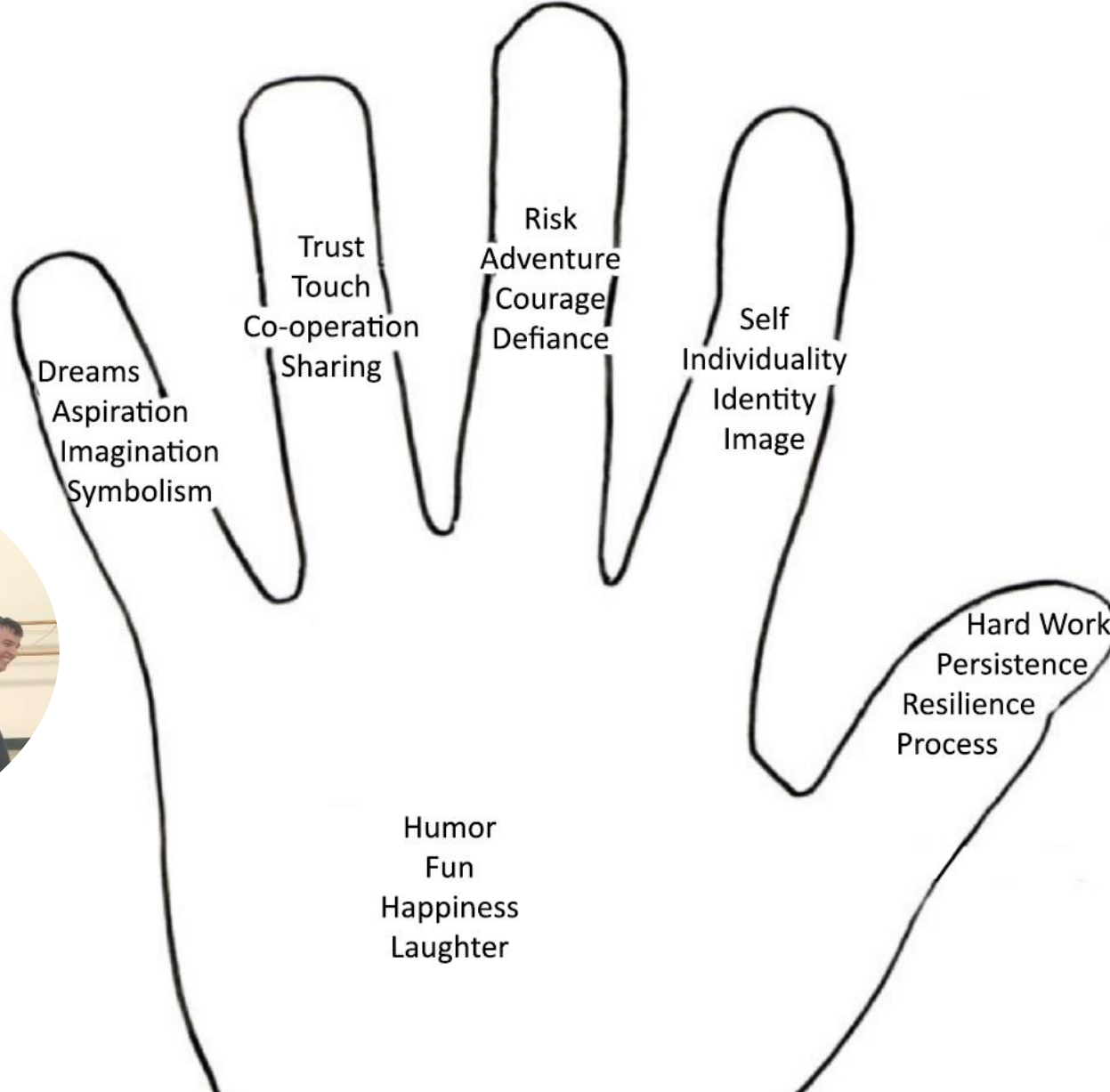
WHAT is Circus?





WHAT is Circus?





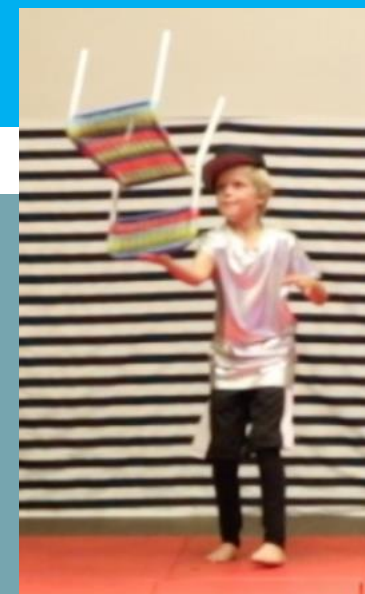
#circusworks



CIRCUS ARTS

Object Manipulation

- Juggling
- Spinning Plates
- Diabolo
- Balancing Feathers
- Hula Hoops
- Kendama
- Anything You Can Do With Any Object



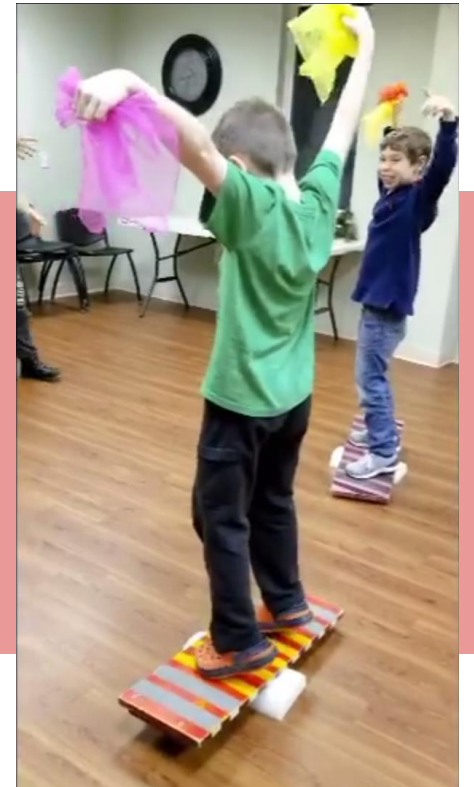
CIRCUS ARTS

Tumbling & Acrobatics



CIRCUS ARTS

Equilibristics



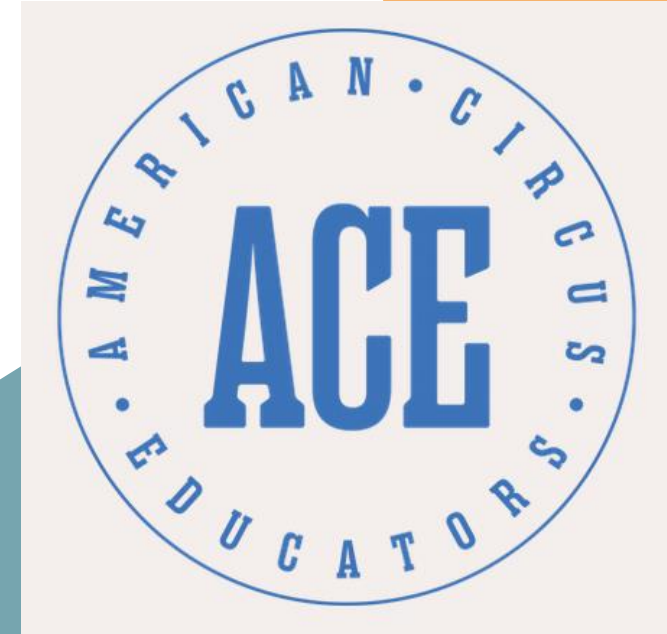
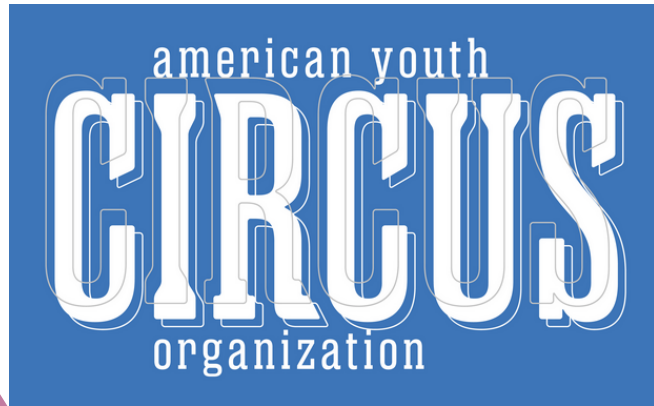
CIRCUS ARTS

**Physical Comedy &
Improvisation**

(Clowning!)



WHO is Circus?



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...and **WHERE?**

HOW is Circus done?

Youth Circus
Social Circus
Adaptive Circus
Therapeutic Circus
Functional Circus
Recreational Circus
Professional Circus
Circademics(Research)

Kristy Seymour and Patricia Wise

Circus Training for Autistic Children: Difference, Creativity, and Community

Circus training can benefit children diagnosed on the autistic spectrum and their families. In 2010, as Head Trainer at Flipside Circus in Brisbane, Kristy Seymour developed a method for using circus as a therapeutic tool for children with autism. In this article, she and Patricia Wise work between experiential and theoretical positions to explore how

DAVID P. WEIKART
CENTER FOR YOUTH
PROGRAM QUALITY

Evaluation of Program Quality and Social and Emotional Learning in American Youth Circus Organization Social Circus Programs

WHY Circus?



of Teaching in Physical Education
org/10.1123/jtpe.2018-0269
uman Kinetics, Inc.

The Impact of Circus Arts in Physical Literacy

Dean J. Kriellaars
University of Manitoba

Tia K.M. Kiez
University of Manitoba

**'It's like exercise for your soul': how participation in youth arts
activities contributes to young people's wellbeing**

Gretchen Marie Ennis^a and Jane Tonkin^b

^aSocial Work & Community Studies, School of Health, Charles Darwin University, Northern Territory, Australia
^bCorrugated Iron Youth Arts, Northern Territory, Australia

CircusMoves
body. mind. spirit.

JYD
JOURNAL of YOUTH DEVELOPMENT

<http://jyd.pitt.edu/> | Vol. 14 Issue 3 DOI 10.5195/jyd.2019.662 | ISSN 2325-4017 (online)

Self-Determination Through Circus Arts: Exploring Youth Development in a Novel Activity Context

Jennifer P. Agans
Pennsylvania State University
jxa912@psu.edu

Jacqueline L. Davis
University of British Columbia

**Circus skills—An alternative to team
sports and conventional physical
education for reluctant exercisers**

Australian Occupational
Michelle Carr
Robert Townson Public School, Raby

In Practice

**Occupational therapy and circus: Potential partners in
enhancing the health and well-being of today's youth**

Jill Maglio and Carol McKinstry

Psychology of Aesthetics, Creativity, and the Arts

**Empirical Development of a Screening Method for
Mental, Social, and Physical Wellness in Amateur and
Professional Circus Artists**

Brad Donohue, Yulia Gavrilova, Marina Galante, Bryan Burnstein, Patrice Aubertin, Elena Gavrilova,
Alisan Funk, Al Light, and Stephen D. Benning

Online First Publication, October 11, 2018. <http://dx.doi.org/10.1037/aca0000199>



QUESTIONS
?

Get Out Of Your Comfort Zone and Into Your Circus Zone!

- Positive Risk
- Shared experience
- Perseverance
- Body Awareness

Get Out Of Your Comfort Zone and Into Your Circus Zone!

ACTIVITY:

- Pass the Clap
- Object Balance: Peacock Feather
- Juggling Scarves: Solo & Partner



Conclusion?

Inclusion!

Circus learning encourages participants to challenge themselves individually while working cooperatively in an inclusive environment and because of the range and adaptability of skills available, there is a place for *every-*body in the program.







There is a place for *EVERY*-BODY
in Circus

References

- American Circus Educators Association <http://www.americancircuseducators.org>
- American Therapeutic Recreation Association <https://www.atra-online.com>
- American Youth Circus Organization <http://www.americanyouthcircus.org>
- Bolton, Reginald. (2004). Why circus works: How the values and structures of circus make it a significant developmental experience for young people. PhD Thesis. Retrieved from: <http://www.regbolton.org/why-circus-works-reg-bolton>
- Circadium School of Contemporary Circus Arts <http://circadium.com/>
- Circus Moves <http://www.circusmoves.com>
- Connecticut Parks & Rec Association <http://crpa.com/>
- Famous Clowns: Lou Jacobs Gallery (Pictured Lou Jacobs, Paul Jerome, Mark Anthony) <https://famousclowns.org/clown-pictures/lou-jacobs-photo-gallery/>
- The Flying Wallendas <https://www.facebook.com/TheFlyingWallendas/>
- Laurel and Hardy – Kneesy, Earsy, Nosey https://www.youtube.com/watch?v=DiFEFL6ThRI&feature=emb_logo
- Maglio J., McKinstry C. (2008) Occupational therapy and circus: Potential partners in enhancing the health and well-being of today's youth. *Australian occupational therapy journal*. Dec;55(4):287-90. DOI: 10.1111/j.1440-1630.2007.00713.x
- Smith, C., Roy, L., Peck, S., & Macleod, C. (2017). Evaluation of program quality and social and emotional learning in American Youth Circus Organization social circus programs. Retrieved January 2018 from American Youth Circus Organization website: <http://www.americancircuseducators.org/sel/>.
- Spencer-Cavaliere, N., & Watkinson, E.J. (2010). Inclusion understood from the perspectives of children with disability. *Adapted Physical Activity Quarterly*, 27(4), 275–293. PubMed ID:20956835doi:10.1123/apaq.27.4.275
- Zoppé Italian Family Circus (tent) <https://www.facebook.com/ZoppeFamilyCircus/>

Click below to access the Circus is for *EVERY*-BODY!
Comprehensive Resource Guide.

<https://docs.google.com/document/d/1izPX8r8G200Je583svNWxMebaScDRbslcyUfBGWgydQ/edit?usp=sharing>

Or contact
cynthia@circusmoves.com to
request a PDF.

Circus is for EVERY-BODY Resource Guide
CT Recreation and Parks Association 2019 Conference Presentation
By Cynthia Rauschert of Circus Moves

FIND CIRCUS EDUCATORS:

- American Circus Educators Member Search:
<https://ayco.memberclicks.net/ace-member-organizations#/>

TEACHER TRAININGS: (Some may include eligibility for CEUs)

- Circus Moves <http://www.circusmoves.com> (CT)
- New England Center for Circus Arts <https://www.necenterforcircusarts.org> (VT)
- Circus Arts Institute <https://www.circusartsinstitute.com/teacher-trainings.html> (GA)
- The École nationale de cirque (National Circus School)
<https://ecolenationaledecirque.ca/en/programs/teacher-training> (Montreal)

PROFESSIONAL ORGANIZATIONS:

- American Circus Educators Association <https://www.americancircuseducators.org/>
- American Youth Circus Organization <https://www.americanyouthcircus.org/>
- Cirque du Monde <https://www.facebook.com/CirqueduMondebyCirqueduSoleil/>

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