



شركة شباب لتدريب رياضة الكابويرا



Capacity-building and PSS activities for children and youth in Za'atari through live music, sport and play

Project Outline:

This project is a two-pronged approach to deliver and make sustainable psychosocial support (PSS), life skills and informal education to children and youth in Za'atari refugee camp. This project will deliver 1) PSS activities through capoeira to male and female children in Za'atari camp, and 2) a Training-of-Trainers (ToT) component that will provide PSS and life-skills to male and female youth coaches, to build their capacity to deliver Capoeira for PSS activities to the children themselves by the end of the project. By combining Capoeira al-Shababi's PSS activities and ToT, this project aims to ensure the impact, quality and sustainability of the project.

- Capoeira al-Shababi will deliver **8 classes per week** for a total of **50 service days**.
- Each service day will contain:
 1. 1 PSS activity for male children
 2. 1 PSS activity for female children
 3. 1 TOT for male coaches and
 4. 1 TOT for female coaches
- Each PSS activity will be conducted for **1 hour**
- Each TOT class will be conducted for **1.5 hours**
- Each service day will deliver **5 hours** in total of activities and training.

Key objectives:

TOT sessions:

1. To increase access to sport and recreational activities for youth suffering from the impact of armed conflict
2. To build the capacity of local youth to act as leaders in their community
3. To build the resilience of women and youth through music, play and sport-based activities
4. To empower youth by delivering the skills, knowledge and experience necessary for them to conduct an effective psychosocial support service within their own community
5. To build the life-skills and promote healing for youth living in post-conflict zones
6. To empower female youth participation in music, play and sport-based activities and leadership skills.

PSS activities:

1. To increase access to sport and recreational activities for children suffering from the impact of armed conflict
2. To build life-skills and promote healing for vulnerable children
3. To promote gender equality through equal access of girls and boys to physical exercise, games and expression.
4. To decrease the risks of violent and aggressive behaviour in children
5. To promote social cohesion through sport, music and play in vulnerable communities
6. To build the resilience of girls and children through music, play and sport activities
7. To promote a culture of peace among children and youth in a post-conflict environment.

Project Targets:

- 10 male and 10 female youth coaches
- 25 male children and 25 female children

70 total beneficiaries



Key Activities - TOT

Capoeira al-Shababi's Training of Trainers programme empowers local youth coaches to deliver psychosocial support activities to children in their communities. Our programming provides youth coaches with advanced **training skills** in capoeira movements, body dialogue, physical expression, and music. It also develops the coaches **teaching skills** to enable them to conduct psychosocial support games and activities. We also develop the coaches knowledge of the **theory** behind our programming and support them to develop their own coaching styles.

Each TOT coach will be fully trained to conduct capoeira PSS sessions with groups of up to 25 children for long-term projects. We train a maximum of 6 coaches per class, and 12 in total, offering male and female projects side by side.

Phase 1: Skills-building

10 weeks of Capoeira-skills ToT's

Intensive Capoeira-skills training (1.5 hours each session) to youth who will learn all the elements of capoeira including:

- Physical fitness, strength and flexibility
- Body-awareness
- Spatial awareness
- Body communication skills
- Body dialogue
- Singing (in Portuguese) and instrument skills
- Capoeira conventions and etiquette
- Advanced capoeira dialogue

These ToT's will develop the youth's passion for capoeira as both a sport and a lifestyle. They will receive advanced training and reach at least intermediate level before moving to the next phase.

Phase 2: PSS-training

5 weeks of PSS and life-skills methodology

Capoeira al-Shababi will deliver interactive trainings in PSS methods according to the following:

- Capoeira al-Shababi Activity Booklet (100+ activities)
- Capoeira al-Shababi PSS Training Manual (theory and method)

- Capoeira al-Shababi **Song booklet** (50+ songs translated in Portuguese-English-Arabic)

Each of these trainings lasts about **1.5 hours** and focuses on the topics of class planning and management, Child Protection, case referrals, how to communicate and conduct yourself with students, how to act as a role model, how to create safe spaces and how to handle children's negative behaviour.

Phase 3: Practical assessments

Duration of the project

ToT Coaches will be assisting the Capoeira al-Shababi trainers throughout the project period in the PSS activities for children. After approximately 2 months of careful observation, the TOT coaches will begin leading some of the capoeira PSS activities with the children with assistance, mentorship and feedback from Capoeira al-Shababi trainers. During the final month of the project, the TOT coaches will begin to take full responsibility for the PSS activities with the children with the guidance of Capoeira al-Shababi trainers. This is also the time in which our trainers will mentor on issues of Child Protection, how to refer cases, and have a practical training in the PSS methods mentioned above.

Project Outcomes

This project develops the capacity of youth leaders to deliver a new and unique activity to children in their communities. These youth will be encouraged to independently conduct their sessions in their own styles, and adapt the activities to their preferences, talents, and what they see as most needed.

- Each coach will be trained to conduct classes with up to **25 students**.
- This project will train **10 male** and **10 female** coaches, who can sustain their own projects reaching up to **500 children**.
- The coaches will also have enough experience, skills and material to deliver sessions for at least **one year** with the same students.

Key Activities - PSS

Capoeira sessions are unique in delivering something different every class, and each session is carefully developed out of the needs identified in the previous one. We cater our activities according to the particular needs of the group, which is identified by the trainers during the first 2 weeks of activities.

All of our sessions involve music/rhythm exercises, partner/team-building activities, movement exercises and games that target focus, creativity, teamwork, trust, and expression. Our games are developed from the methodology of psychomotricity, where all participants are included at all times, competition is non-existent, and the students are given the independence to design/adapt the activities to their needs.

The table below illustrates examples of some of our common activities:

Music and Rhythm	Teamwork	Body Awareness	Creativity
Instrument practice with 5 different capoeira instruments	All capoeira movements are based on partner work	Warm ups teach students about their bodies, where to stretch, how to notice tension, and how to relieve it	Activities encourage students to discover themselves, think independently, and express creativity
Clapping exercises to increase focus, beat and synchrony	Games focus on partner/group work and depending on peers to succeed	Capoeira games teach spatial awareness, how to move around partners, and to play with space	Games encourage students to think of a unique movement, lead their peers and improvise
Capoeira songs with a leader and response, help grow group feeling, expression, leadership skills and confidence	Trust exercises are key to capoeira play and encourage positive feeling 'Energy Circle' activities encourage support of peers, social cohesion and self-confidence	Strength, self-esteem and positive energy are developed from both body and spatial awareness	Capoeira allows participants to create their own sequences of question and response, fostering creative thought

Additionally, in each capoeira session we conduct a 'social roda' (a circle of students) encouraging everyone to participate in voicing their opinions, giving feedback, and discussing topics that concern them. The students' voices are of priority in capoeira sessions, helping the children to build their self-esteem. Topics that are discussed are broad, are initiated by the children themselves, and generally focus on social pressures, gender issues, conflict, the meaning of self-defense, and more.

Project Outcomes

PSS:

- **Self-esteem** and confidence from bodywork, stress-release and supportive environment
- **Focus** is worked on through particular exercises and games to help the students feel present
- **Creativity** is improved through encouraging improvisation
- Reduction in **aggressive** tendencies through stress-releasing activities and a focus on teamwork and partner work

Life-skills:

- **Communication** skills improved through body and nonverbal communication exercises.
- **Leadership** skills will be improved through access to opportunities to lead their peers in activities
- **Resilience** will be improved through greater confidence, support and encouragement to participate actively in all activities

Informal education:

- Students will learn the basic movements of capoeira and how to insert these movements into a dialogue with others
- Students will learn to sing at least 8 capoeira songs, and lead at least 2 to their peers
- Students will learn to play at least 3 capoeira instruments
- Students will learn about the history of capoeira and its cultural conventions
- Students will learn capoeira 'etiquette' and build a community of 'capoeira players'

Monitoring & Evaluation

Capoeira al-Shababi will use a suite of monitoring and evaluation tools throughout the project period.

1. Attendance data will be collected by the trainers each session.
2. Individual, semi-structured interviews will be conducted with the TOT coaches, and focus-group discussions will be conducted with both the TOT coaches and the children at the end of the project.
3. Trainers will also collect stories based on the Most Significant Change technique through careful, routine observation of individual participants. Trainers will keep a log of students' behavioural changes by conducting baseline stories, mid-project stories, and end-of-project stories of the students in classes.
4. Capoeira al-Shababi also uses pre-test and post-test measurements of students' well being, specifically the Hopkins list for anxiety and depression and a PTSD measurement survey.

All of the above will be collected and delivered in a final report including media of the sessions conducted.

Logframe

(See below)

Budget

(See attachment)

Objective	Activities	Output	Outcomes	Means of Verification
Improve psychosocial wellbeing and resilience of vulnerable children and youth	Provide consistent and inclusive capoeira classes in locations that serve vulnerable children and conduct TOT sessions with youth	Children will receive 30 capoeira sessions over 4 months, youth will receive 30 TOT's over 4 months	80% of students attended regularly	Attendance data
	Create a safe space for children and conduct stress-releasing activities	Students release stress and build trust and care for themselves and others. Students discuss issues during our 'social roda' at the end of every class	Increased levels of psychosocial well being demonstrated through decreased symptoms of anxiety, depression or PTSD and increased resilience	Pre-tests and post-tests: Anxiety, depression, PTSD questionnaire Resilience questionnaire FGD with students
Develop the life skills of vulnerable children and youth	Enhance communication skills among students and youth	Conduct activities that foster and train communication skills	Improved skills in communication	MSC FGD with students FGD with TOT coaches
	Enhance leadership skills among students and youth	Create opportunities for students to lead their peers and for TOT coaches to deliver PSS sessions	Improved leadership skills	MSC FGD with students FGD with TOT coaches
Build social cohesion among children and youth in their communities	Build a capoeira community among students and TOT coaches	Students learn shared skills in capoeira etiquette, movements, songs, and participate in capoeira rodas	Increased levels of social cohesion	MSC FGD with students FGD with TOT coaches
	Teach students and TOT coaches capoeira class etiquette and class rules	Students learn principles of respect, personal space and teamwork	Strengthened relationships among students	MSC FGD with students FGD with TOT coaches
Provide informal education to children and youth	Teach students capoeira songs, movements and instruments	Students demonstrate foundational level of capoeira	Students demonstrated knowledge of capoeira	MSC FGD with students
	Teach TOT coaches capoeira skills and PSS methodology	TOT coaches demonstrate advanced level of capoeira skills and foundational knowledge of methods in providing PSS activities	TOT coaches demonstrated a high knowledge of capoeira and provided quality PSS activities to children	MSC FGD with TOT coaches