

NAME of activity	Walk on a string
duration	2/3 hours
audience	From 6 years old. Groups of 10 max.
Pedagogical goal	<ul style="list-style-type: none"> - body awareness. - body balance. - Knowing our limits- risk taking
Description	<ul style="list-style-type: none"> - The trainer first has to install the structure. Without a professional one, it is possible to use a slackline and to fix it around a tree, a post, a car... - Before starting, it is necessary to warm up, from ankles to neck, with every articulation. We climb on the string with socks, or ballet slippers. - The first crossing are made with a trainer on each side of the participant who will use their hands as supports. Feet are put flat, sliding along the string. - other participants look. - Participants must look a fix point in front of them, or the end of the string where they go to, to get balanced (don't move down the head). - Little by little, we only use one hand (on one side), then no more hands, balancing ourselves with the use of arms. - It is possible to find other ways to cross the string (laying down, hung, backwards, sitting down, sliding...). With all those ways, it is possible to create a small act.
Material	String or slack line, mate or carpet under
Space	Flat ground, trees or posts with several meters between
Comments	The risk taking will be felt differently according to each person. The trainer must make sure about the participants' security.
Restitution	The workshop can open to a talking time about risk taking, feelings, sensations... from there, it is possible to create an act, with figures, that start with the easiest ones, to the most complicated.