# SKATE BALANCE

by STA

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#### **SKATE 4 BALANCE TOOLKIT**

A community guide for organizing a one-day event combining art, skateboarding & wellbeing.



## What is SKATEY BALANCE?

Skate for Balance is a one-day community event that combines art, skateboarding & wellbeing. It's designed especially for people from marginalized communities to reconnect with themselves & others. All through joy, movement & care.

This event is volunteer-led & flexible, meaning you can adapt it to your location's needs. It's supported by **SOA Paris** & designed to be accessible in different contexts.

## Who is it for?





People aged **20–40** who want to move, connect & express themselves in a safe, fun & welcoming space.

#### **Especially for:**

- Women
- LGBTQIA+ folks
- Black, Indigenous & POC communities
- People dealing with stress, disconnection or mental health challenges



### When?



We trust you, choose the date! Although please note that this one-day event must take place before the **end of October 2025**.

A day to celebrate healing, peace & togetherness through art, skate & balance.



#### **NO LIMITS: WORLDWIDE**

Want to run **Skate for Balance** in your city? You can! Just follow this toolkit, build your team & reach out to **SOA Paris** by email to *hello@soaparis.org* or via our form on <u>soaparis.org</u>

#### locations

## Sample Team Setup



#### Each event should be organized by a small **team** (ideally 7 people)

#### Suggested roles:

1 COORDINATOR	1 ARTIST	
Manages logistics, team, connects with SOA Paris	Leads the creative workshop	
2 FACILITATORS	1 PHYSICAL COACH	
Host, assist & keep the vibe flowing	Guides the movement & strength session	
1 SKATE TEACHER	1 CONTENT HELPER	
Offers a beginner-friendly class	Takes pictures or videos during the event	

Psssss! Rotate or combine roles if needed. Roles may be either voluntary or remunerated, based on your budget distribution.

## Sample budget



🧘 Yogi, physical coach & art teacher	Thank-you for leading the activities (50€ each)	150€
<b>™</b> Videographer	Support for photos/videos	50€
<b>↑</b> Space	Symbolic thank-you for supporting this event	50€
★ Materials & Supplies	Art supply, tape, pens, printing, flyers, etc.	80€
Torinks & Snacks	Bottled water, juices, etc	15€
→ Snacks	Fruits, cakes, nuts, etc.	45€
== Transport	Gas, cab or bus fare for volunteers & material	50€
Misc.	First aid, fees or any unexpected cost	60€

TOTAL: 500€





#### Use free & simple tools:

- Instagram / WhatsApp / Facebook
- Posters at skateparks, youth centers & cafés
- Voice notes in local groups or radio
- Ask community leaders to spread the word

Here is a message example:

"Join us for **SKATE FOR BALANCE** – a free, creative skate event for joy, peace & healing. Event especially made for women, LGBTQIA+ & BIPOC folks. No experience needed. Free snacks & good vibes!"

Create a <u>Google Form</u> registration link to track how many people will attend your event & what they're most interested in. This will help you adapt your activities! Here's an <u>example form</u>.

FIND THE FLYER **HERE**, EDIT IT WITH YOUR INFO!

## Sample Timeline





30 min	Welcome, music & name tags
30 min	Ice-breaker: "True or Trick" game
30 min	Nutrition Game: build your ideal plate
30 min	Strength Training 101 (with SOA Paris cards)
1 hour	Snack / Picnic / Brunch break
1 hour	Art workshop
30 min	Yoga or stretching session
30 min	Beginner-friendly skateboarding class & skate jam
1 hour	Open skate jam (music, cheering, sharing) or skate contest

## Game & activities modules



#### Find all the activities explained & cards **HERE**

You're not limited to these activities. You can use them as inspiration & create your own. If you have any question, we are here to help!



## Setting up your space



- Flat open space (skateable)
- Indoor **backup option** (if possible)
- Nearby potable water & toilets
- At least 70–80 people capacity
- A quiet zone for art, yoga & rest

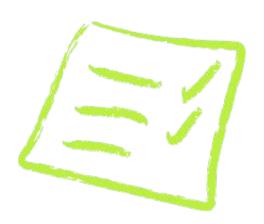
Bring what you can. Borrow what you can't! Ask local shops, centers or brands for small support (flyers, water, etc.)



### To-do list



- ✓ Join our co-creative group <a href="chat">chat</a> on WhatsApp
- ✓ Form your team
- ✓ Confirm location
- ✔ Draft your budget
- ✓ Join the 2 **SOA Paris** video calls for tips, Q&A, check up, etc.
- ✔ Promote the event (medias, socials, flyers)
- ✓ Don't forget to add our event guidelines to your project
- ✓ Run this cool event
- ✓ Submit your project report
- ✓ Send us photos & videos of your event via WhatsApp, WeTransfer, or by adding them to your project's Drive folder
- ✔ Participate in our completion call & share your feedback.







**You're in charge now, run it your way!** The idea is to build a co-creative system where local teams support & inspire each other. All via your preferred mean. A dedicated **SOA Paris** team member will stay in touch to help keep everything flowing & make sure you're supported throughout the process. You'll receive:

- A <u>Google Drive</u> with our agreement, planning sheet, storage folders & more
- A spot on the <u>Skate for Balance page</u>
- Support from the SOA Paris team every step of the way
- Connection through a co-creative global community
- 500 euros, split into two payments: before & after your project





## Need help? Contact us!

**Jessy N. Marine** (they/them) | Founder, President & Operations Manager

**Nadege Monge** (she/her) | Vice-President & General Projects Manager

**Aurelie Fradeaud** (she/her) | Treasurer & Accountant

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## Final message

You don't need a big stage to create big change. You need **intention**, care & community.

Your **Skate for Balance** event is a powerful act of healing. Let's make a positive change together!



#### Thank you!

