

# SKATE 4 BALANCE

by **SA**  
Paris

# SKATE BALANCE

by SVA

# ***SKATE 4 BALANCE*** TOOLKIT

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

# What is SKATE4 BALANCE?

by SOA



**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.

# locations



## 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](mailto:hello@soaparis.org) or via our form on [soaparis.org](https://soaparis.org)

# Sample Team Setup



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

Suggested roles:

## **1 COORDINATOR**

*Manages logistics, team, connects with SOA Paris*

## **2 FACILITATORS**

*Host, assist & keep the vibe flowing*

## **1 SKATE TEACHER**

*Offers a beginner-friendly class*

## **1 ARTIST**

*Leads the creative workshop*

## **1 PHYSICAL COACH**

*Guides the movement & strength session*

## **1 CONTENT HELPER**

*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€
 Videographer	Support for photos/videos	50€
 Space	Symbolic thank-you for supporting this event	50€
 Materials & Supplies	Art supply, tape, pens, printing, flyers, etc.	80€
 Drinks & 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€**



# How to promote your event

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 **Google Form** 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 **example form**.

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

# Sample Timeline



<b>30 min</b>	Welcome, music & name tags
<b>30 min</b>	Ice-breaker: “True or Trick” game
<b>30 min</b>	<b>Nutrition Game:</b> build your ideal plate
<b>30 min</b>	Strength Training 101 (with SOA Paris cards)
<b>1 hour</b>	Snack / Picnic / Brunch break
<b>1 hour</b>	Art workshop
<b>30 min</b>	Yoga or stretching session
<b>30 min</b>	Beginner-friendly skateboarding class & skate jam
<b>1 hour</b>	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 [chat](#) 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.



# Stay in touch



**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 [Google Drive](#) with our agreement, planning sheet, storage folders & more
- A spot on the [Skate for Balance page](#)
- 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!



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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!***

