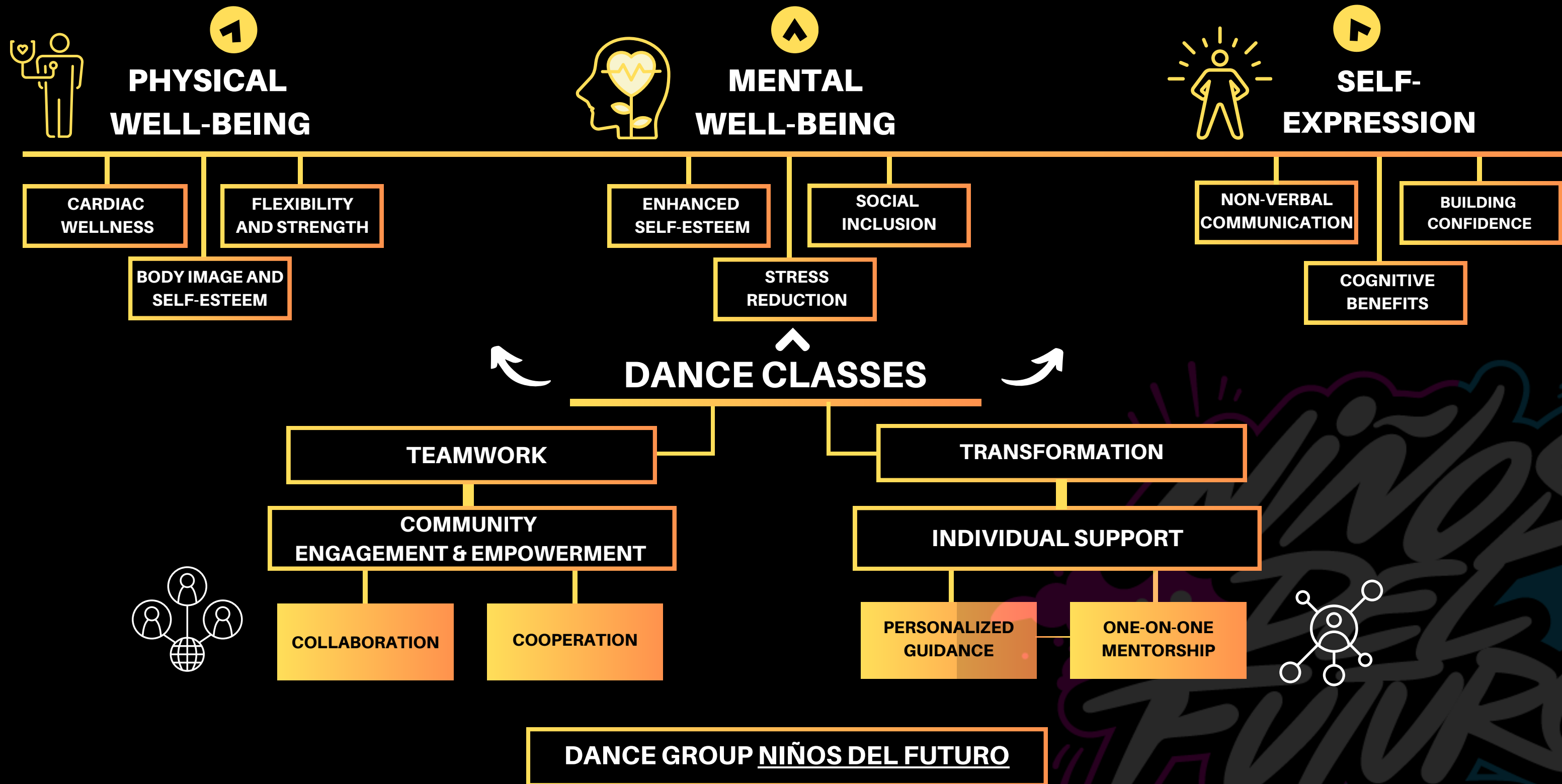


THEORY OF CHANGE

Empowering Underprivileged Children through Dancing



NIÑOS DEL FUTURO

INTRO

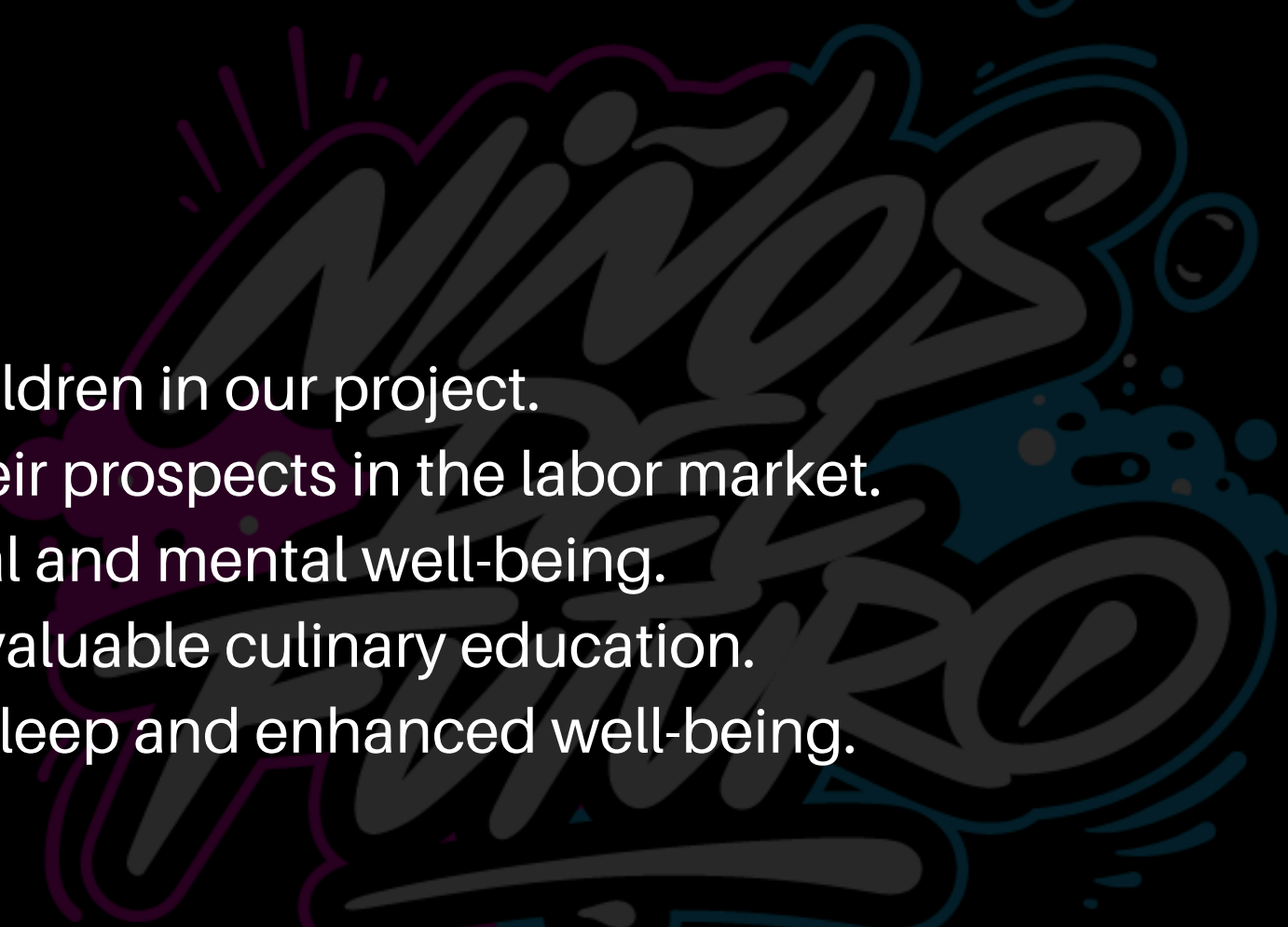
In addition to our dance project, **Flow Callejero**, we offer much more to the youth in Colombia. Here's a quick look at the rest of our programs before we go deeper into our dance project.

NIÑOS DEL FUTURO: We bring hope and opportunities to Colombia's most vulnerable children.

At Niños del Futuro, we are committed to transforming the lives of children living in extreme poverty in Colombia's most vulnerable neighborhoods. Our mission is rooted in the belief that every child deserves access to hope, love, education, and the opportunity to thrive regardless of their circumstances. Through a range of projects and initiatives, we strive to provide holistic support to these children and their communities, fostering empowerment, resilience, and positive change.

PROJECTS:

- **Community center:** Our community center provides a safe space for children in our project.
- **Barber project:** We educate the youth in barbering skills to enhance their prospects in the labor market.
- **Shoe project:** We provide children with footwear to improve the physical and mental well-being.
- **Chefs project:** Young chefs cooking for their community while gaining valuable culinary education.
- **Sleeping project:** Distributing sleeping bags to kids for a better night's sleep and enhanced well-being.





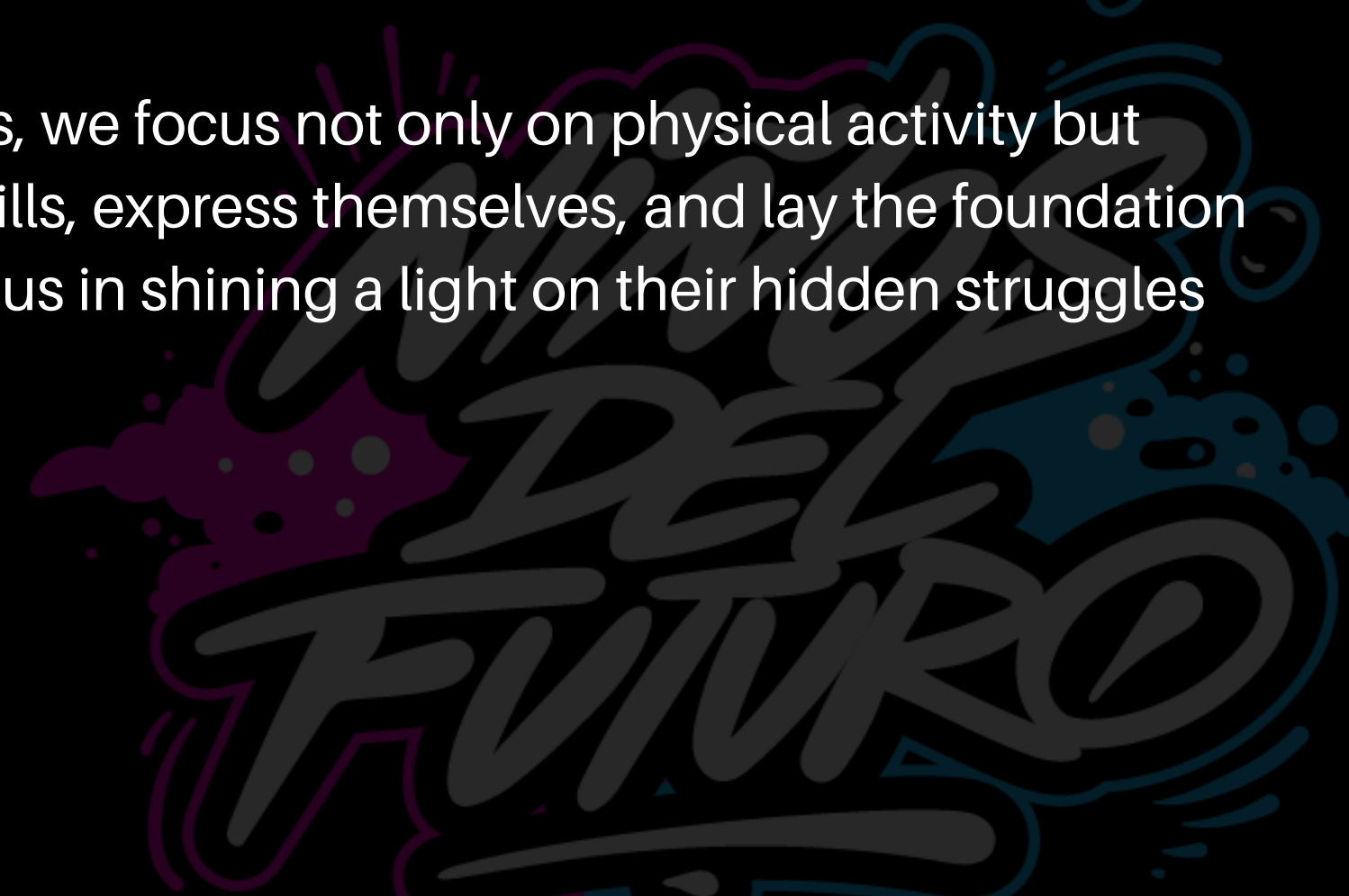
DANCE GROUP - FLOW CALLEJERO

DANCE FOR CHANGE: EMPOWERING UNDERPRIVILEGED YOUTH THROUGH MOVEMENT

CHAPTER 1: THE HIDDEN STRUGGLE

In our Theory of Change, we recognize that lasting social impact begins with understanding the personal situations our youth are struggling with, such as poverty, abuse, and violence. Additionally, most of the youth growing up in disadvantaged neighborhoods don't have regular access to structured physical activities due to a lack of money and resources, as well as the absence of nearby opportunities.

By working closely with the youth and providing them with dance classes, we focus not only on physical activity but also offer them a way to cope with their daily lives, improve their social skills, express themselves, and lay the foundation for the long-term empowerment of the children and the community. Join us in shining a light on their hidden struggles and igniting hope for a better future.



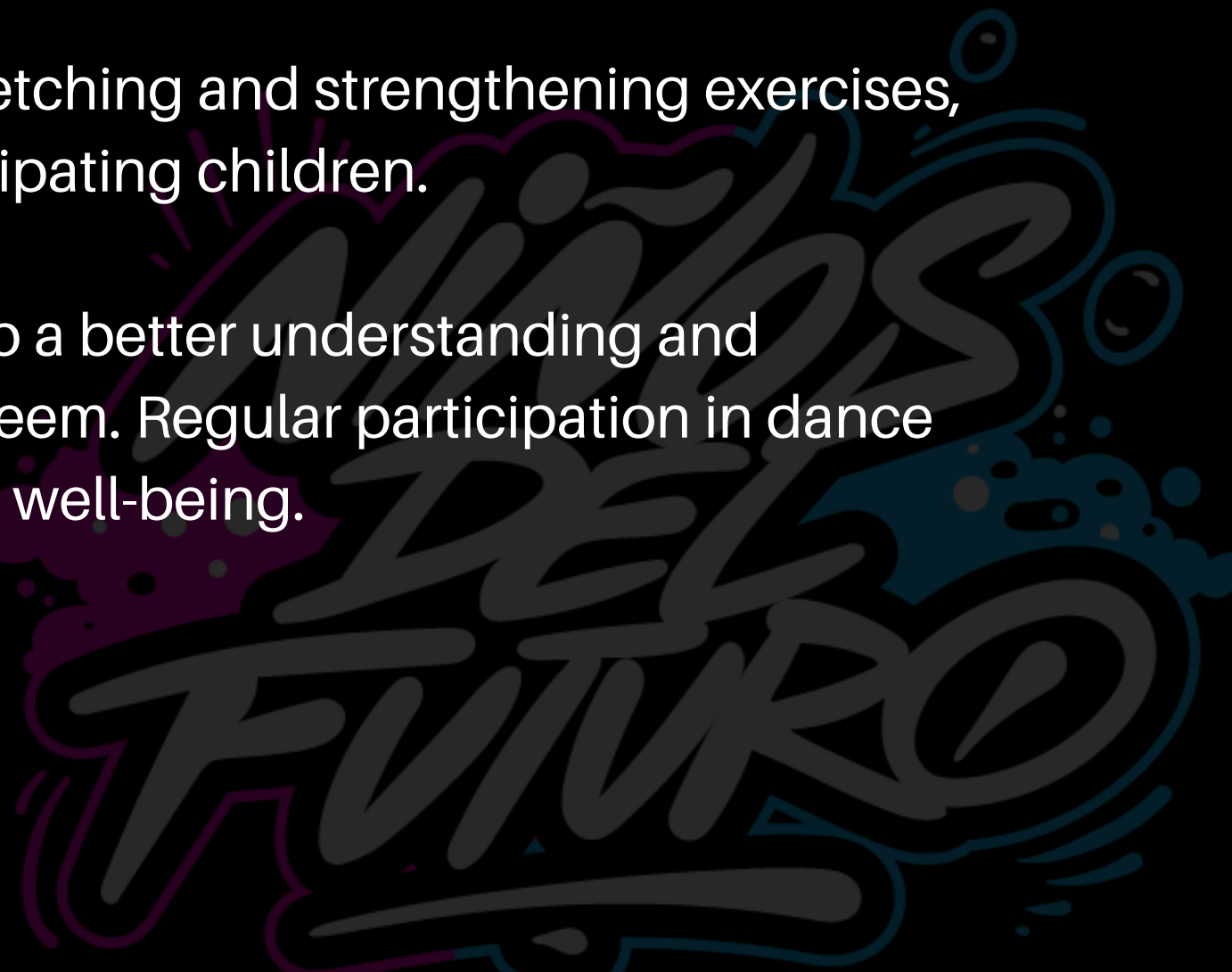


CHAPTER 2: DESIRED LONG TERM GOAL

To improve the physical, social, emotional and mental well-being of children living in extreme poverty, we use the art of dance to empower the youth and help them create a brighter future.

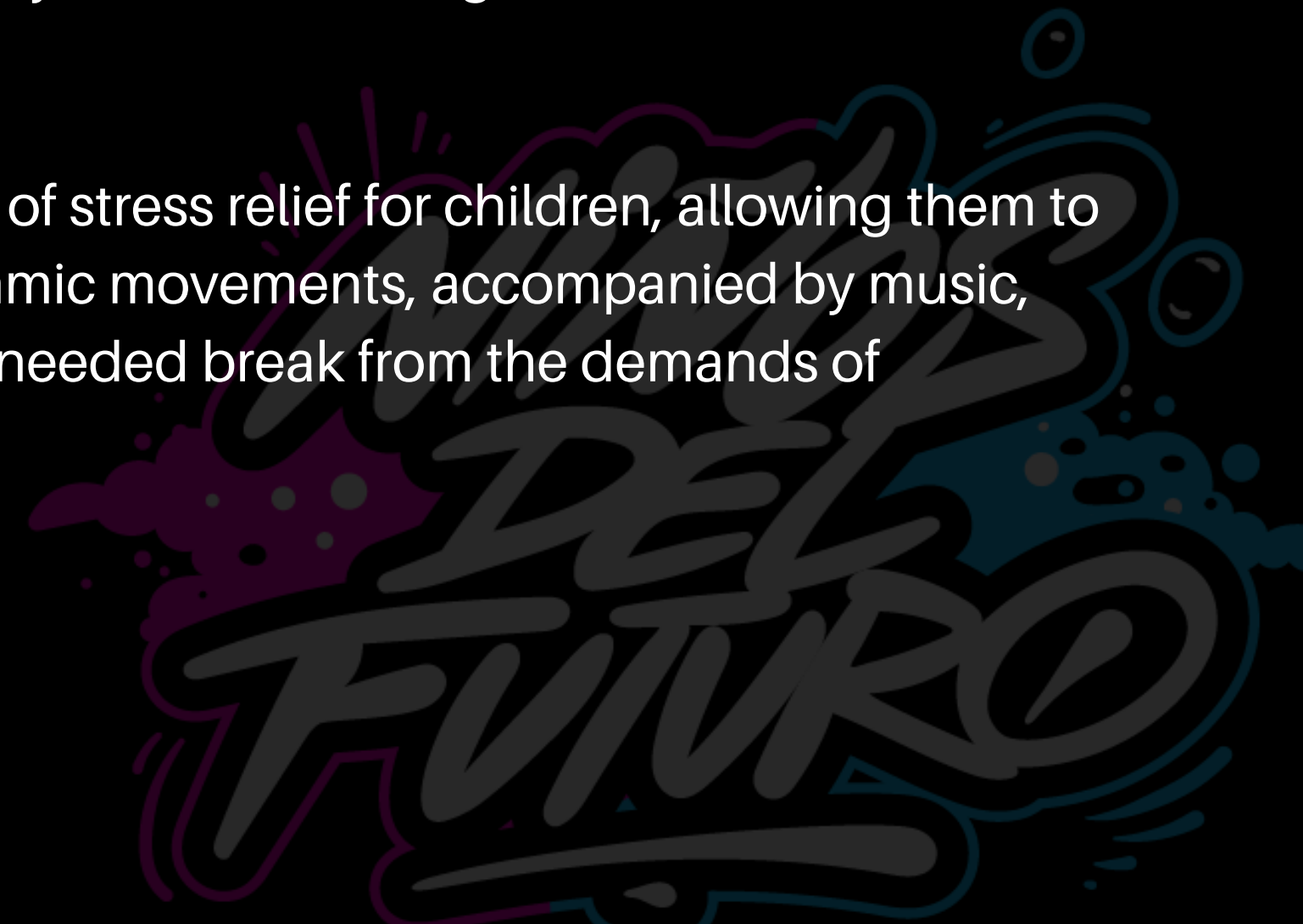
Physical Well-being:

- **Improved Cardiac Wellness:** Engaging in dance requires continuous movement, which can enhance cardiovascular endurance, leading to a healthier heart and improved circulation.
- **Enhanced Flexibility and Strength:** Dance movements often involve stretching and strengthening exercises, promoting better flexibility, balance, and muscular strength among participating children.
- **Positive Body Image and Self-Esteem:** Through dance, children develop a better understanding and appreciation of their bodies, leading to increased confidence and self-esteem. Regular participation in dance activities can also foster a positive body image, which is crucial for overall well-being.



Mental Well-being:

- **Enhanced Self-esteem:** Mastering dance moves and performing in front of others can significantly boost children's confidence and self-esteem. As they experience success and recognition for their efforts, they develop a sense of accomplishment and self-worth.
- **Social Inclusion:** Participation in dance projects fosters a sense of belonging and camaraderie among children. They form bonds with their peers, collaborate as a team, and receive support and encouragement from both instructors and fellow dancers, fostering a strong sense of community and contributing to their overall sense of well-being.
- **Stress Reduction:** Engaging in dance activities can serve as a form of stress relief for children, allowing them to temporarily escape from academic or personal pressures. The rhythmic movements, accompanied by music, can promote relaxation, reduce anxiety levels, and provide a much-needed break from the demands of everyday life.

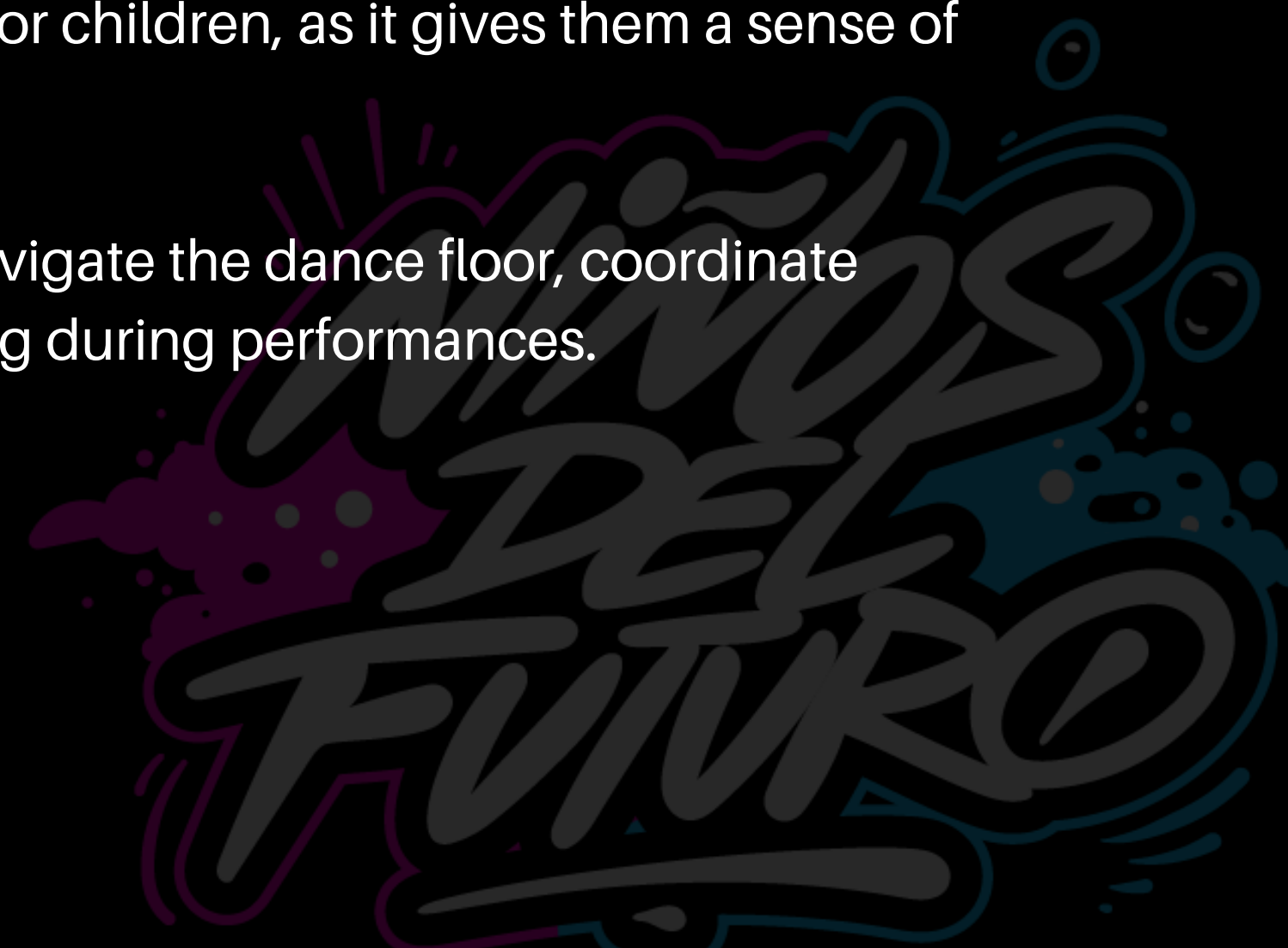




CHAPTER 3: SELF-EXPRESSION

Non-Verbal Communication:

- **Outlet for Emotions:** Dance is a form of non-verbal communication that allows individuals to convey emotions and stories through movement. For children who may find it difficult to articulate their feelings verbally, dance provides an alternative outlet for expression.
- **Creativity and Individuality:** Dance encourages creativity and allows individuals to express their unique personality and experiences. This can be particularly empowering for children, as it gives them a sense of identity and self-worth.
- **Spatial Awareness:** Dance fosters spatial awareness as children navigate the dance floor, coordinate movements with others, and maintain proper alignment and spacing during performances.

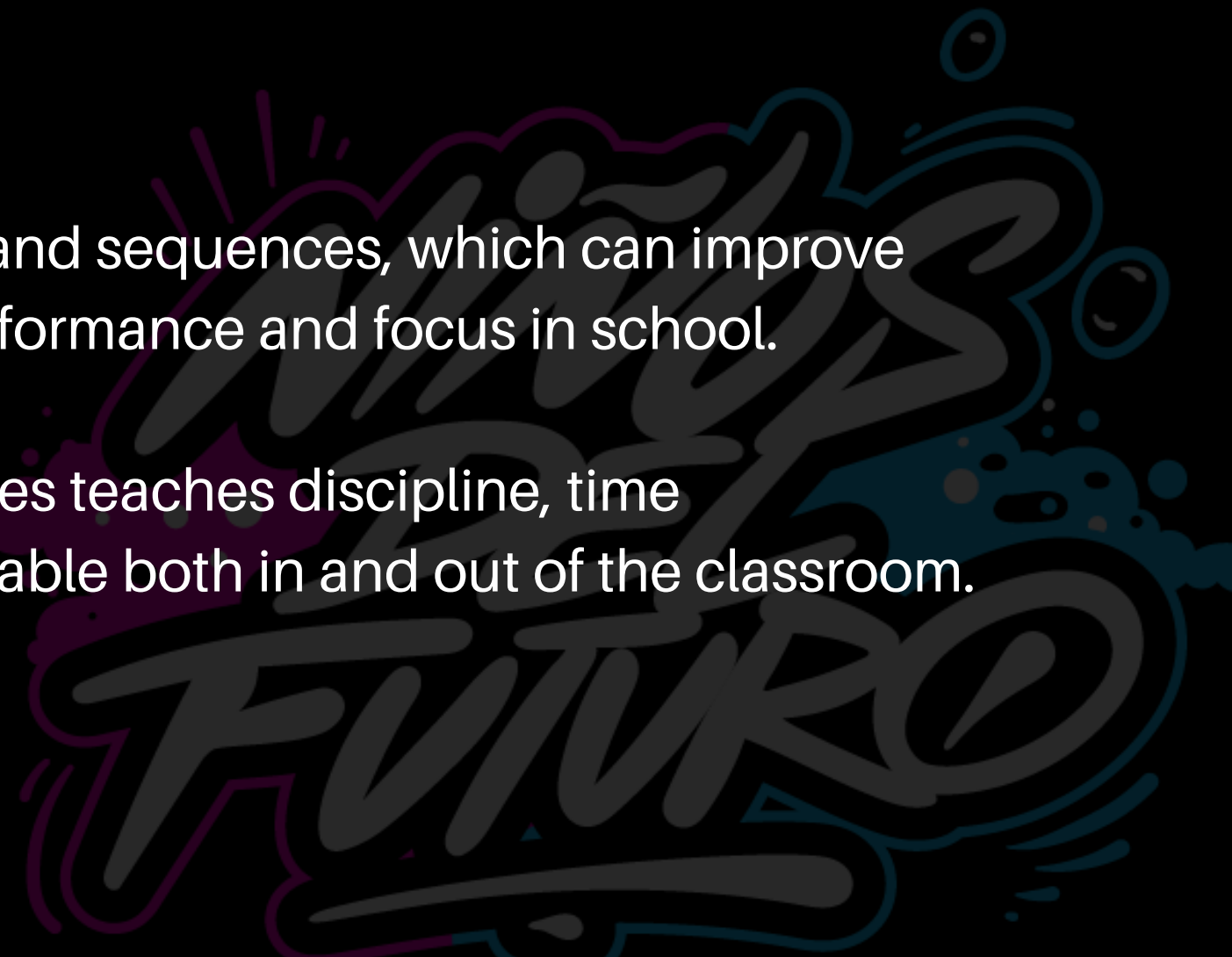


Building Confidence:

- **Skill Development:** Learning and mastering dance routines can boost self-esteem and confidence. The process of improvement and achievement in dance can reinforce a positive self-image and a sense of accomplishment.
- **Public Performance:** Participating in performances can help children overcome shyness and build public speaking and presentation skills. The positive feedback and applause from an audience can further enhance their confidence and social skills.

Academic and Cognitive Benefits:

- **Enhanced Cognitive Function:** Dance requires memorization of steps and sequences, which can improve memory and cognitive skills. This can translate into better academic performance and focus in school.
- **Discipline and Time Management:** Participation in regular dance classes teaches discipline, time management, and the importance of regular practice, skills that are valuable both in and out of the classroom.

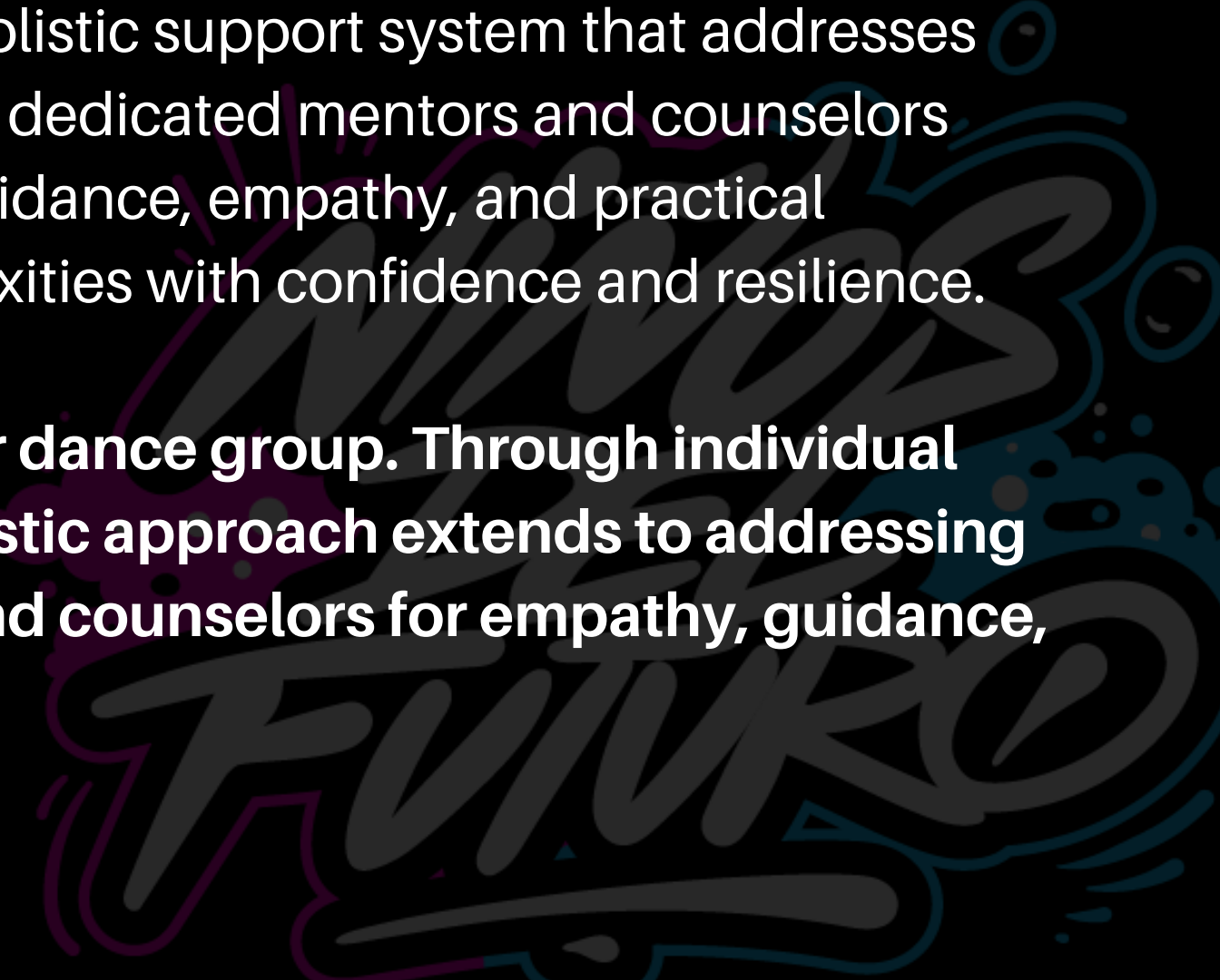


CHAPTER 4: FOLLOW UP

Follow-Up and Monitoring:

- **Individualized Progress Tracking:** Each child's progress in the dance group is closely monitored and documented, allowing us to provide tailored feedback and support. Through regular evaluations and one-on-one sessions, we identify strengths, areas for improvement, and personal goals, ensuring that every child receives the attention and guidance they need to thrive.
- **Holistic Support System:** In addition to dance instruction, we offer a holistic support system that addresses children's personal challenges outside of the dance group. Our team of dedicated mentors and counselors provides a safe space for children to discuss their concerns, offering guidance, empathy, and practical assistance to help them overcome obstacles and navigate life's complexities with confidence and resilience.

At Ninos del Futuro, we offer personalized support for every child in our dance group. Through individual progress tracking, we ensure tailored feedback and guidance. Our holistic approach extends to addressing personal challenges, providing a safe space with dedicated mentors and counselors for empathy, guidance, and practical assistance.



CHAPTER 5: HOW TO MAKE AN IMPACT?

Your donation enables us to continue providing dance classes, organizing events, and facilitating fun activities for these deserving kids. Moreover, your support allows us to offer scholarships and transportation to reputable dance academies, giving these children access to professional training and opportunities they wouldn't otherwise have. Together, we can empower these children to dream big and achieve their fullest potential through the transformative power of dance. Donate now and be a part of their journey!

**Your logo or quote on
dance outfits?**

*Make a difference with us! Sponsor our dance group and see your
logo or quote featured on our dynamic outfits.*





21 MILLION

PEOPLE IN COLOMBIA ARE LIVING IN POVERTY



4 MILLION

ARE CHILDREN!

**IN LOW-INCOME
AREAS:**

children with acces to sports
30%



children without acces to sports
70%

**70% OF CHILDREN DO NOT HAVE ACCESS
TO ORGANIZED SPORTS PROGRAMS**

70 %



In low-income areas, nearly 70% of children lack access to organized sports programs. Without these opportunities, they miss out on the health, teamwork, and personal development benefits that sports provide. It's essential to address this disparity to ensure all children have equal opportunities for growth and well-being.



385 MILLION

CHILDREN WORLDWIDE

WERE ESTIMATED TO BE LIVING IN EXTREME POVERTY