



“On Stage In the Golden Age: Theatre for Healthy Ageing”

PROJECT NUMBER: 2023-1-RO01-KA220-ADU-000160973

# WP3 -Joint Training programme for Social, Cultural, and Health Sectors -Active learning activity 1 Module 3-

DOCUMENT PRODUCED BY: UNIVERSITY OF WEST  
ATTICA (UNIWA), GREECE



FUNDED BY THE EUROPEAN UNION. THE VIEWS AND OPINIONS EXPRESSED ARE SOLELY THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THE VIEWS AND OPINIONS OF THE EUROPEAN UNION OR THE NATIONAL AGENCY FOR COMMUNITY PROGRAMS IN THE FIELD OF EDUCATION AND VOCATIONAL TRAINING (ANPCDFP). NEITHER THE EUROPEAN UNION NOR ANPCDFP CAN BE HELD RESPONSIBLE FOR THEM.



# “On Stage In the Golden Age: Theatre for Healthy Ageing”

PROJECT NUMBER: 2023-1-RO01-KA220-ADU-000160973

## Active learning activity – description

Module 3	Theatre and theatre activities as prevention and health promotion in old age’s mental health disorders
Chapter	Use of theatre in the aging field: impact, benefits and ethical principles
Name of activity	<b>“EMOTIONS CHARADES “</b>
OBJECTIVE(S)	The goal of this activity is to engage older adults in a fun and interactive body expression game that enhances their nonverbal communication skills, promotes social interaction, and encourages physical movement.
METHODS	<ul style="list-style-type: none"> <li>● Pantomime, Nonverbal communication, Guided discussion</li> </ul> <p>Pantomimes' interactive nature as nonverbal communication can enhance cognitive functions and promote social interaction, both crucial for mentally healthy aging. Guided discussion is important for gaining a better understanding of the activity and the emotions involved.</p>
TIME ALLOCATED	35 minutes
RESOURCES NEEDED	<ul style="list-style-type: none"> <li>● Space for movement</li> <li>● Paper, pens, basket to hold papers</li> <li>● Emotion cards (cards with different emotions written on them)</li> <li>● Timer</li> <li>● Webinar platforms (e.g. Microsoft teams, zoom, google meet)</li> <li>● Optional: Music player for background music</li> </ul>
INSTRUCTIONS*	<ul style="list-style-type: none"> <li>● Introduction of the activity</li> <li>● Warm-Up exercise</li> <li>● Emotions Charades: Instructions &amp; Play</li> <li>● Discussion and Reflection</li> <li>● Closing</li> </ul>
REFERENCES	<p><i>Emotions charade</i></p> <p><a href="https://d43fweuh3sg51.cloudfront.net/media/media_files/">https://d43fweuh3sg51.cloudfront.net/media/media_files/</a></p>



# “On Stage In the Golden Age: Theatre for Healthy Ageing”

PROJECT NUMBER: 2023-1-RO01-KA220-ADU-000160973

[56f8d654-14b0-4f9b-95a8-b32c45e65d9f/797f6d04-0129-4b03-b858-4a29f6961748.pdf](https://www.uua.org/re/tapestry/children/loveguide/session8/emotion-charades)

*Activity 3: Emotion*

*Charades <https://www.uua.org/re/tapestry/children/loveguide/session8/emotion-charades>*

*Gentle Stretching for Seniors, Beginner Exercisers*

<https://www.youtube.com/watch?v=kfjVFQWWiZw>

*5 Stretches Seniors Should Do Everyday*

<https://www.youtube.com/watch?v=3dkKquMiQIk>

## Introduction (5 minutes)

Welcome participants and explain the purpose of the activity. Discuss the importance of body language and nonverbal communication in expressing emotions, as well as providing and maintaining mental health as we age. Explain how the activity will work.

## Warm-Up Exercise (5 minutes)

Arrange the space to allow for free movement without obstacles. Warm-up session can include chair stretching exercises focusing on arms, legs, and torso. Encourage participants to loosen up and feel comfortable moving their bodies.

## Emotions Charades: Instructions & Play (10 minutes)

### a. Preparing Emotion Cards

Create a list of emotions (e.g., happy, sad, angry, surprised) and write them down on cards or in a shared document. Each player can take turns picking an emotion from this list. Make sure the emotions are varied and suitable for all ages participating in the game. Here are some suggested emotions to use during the activity:



# “On Stage In the Golden Age: Theatre for Healthy Ageing”

PROJECT NUMBER: 2023-1-RO01-KA220-ADU-000160973

- Happy
- Sad
- Angry
- Excited
- Scared
- Confused
- Surprised
- Bored
- Frustrated
- Nervous
- Proud
- Embarrassed
- Hopeful
- Jealous

Each player can take turns picking an emotion card. Alternatively, to make the game more engaging, encourage participants to write an emotion on paper, and create an emotion card themselves.

## b. Activity out the emotions

Once the emotion cards are prepared, participants take turns as actors and draw charade ideas out of a basket. The player should read what is on the card without telling anyone what it says. If the player has difficulty reading or doesn't understand the card, the game moderator should explain or have them pick a new paper.

## c. Guessing the emotions

The player acts out the emotion charade without using words. You can place a time limit (e.g. 30 seconds) on the acting if it is taking a long time for ideas to be guessed. The other participants should try to guess the emotion being acted out. After each round, have a short discussion about what clues led players to guess that emotion.



# “On Stage In the Golden Age: Theatre for Healthy Ageing”

PROJECT NUMBER: 2023-1-RO01-KA220-ADU-000160973

**NOTE:** There are many ways to act out the same emotion because everyone experiences emotions differently. Some people can be reserved, while others are more expressive.

## Discussion and Reflection (10 minutes)

After all players have participated, gather everyone together for a discussion. Allow participants to share their thoughts and experiences during the activity. Participants can discuss how hard it is to name emotions, express emotions, and recognize them in others.

Ask questions such as:

- Is it easy for you to act out emotions? Why or why not?
- How did it feel to interpret others' body language?
- Are some emotions easier to show than others?
- When is it easy for you to tell what emotion another person is showing? When is it harder to tell?
- How do you respond when you see someone laugh? How do you respond when you see someone cry?

## Closing (5 minutes)

Summarize key take away about body language and its role in communication. Suggest participants practice body expressions at home by mirroring emotions in front of a mirror or with family members.

Thank participants for their engagement and encourage them to practice using expressive body language in daily interactions.

## NOTE: Setting Up the Activity Online

**Choose a Platform:** Select a video conferencing platform that allows all participants to see each other clearly. Popular options include Zoom, Microsoft Teams, Google Meet, or Skype.

**Gather Participants:** Ensure that all players have access to the chosen platform and agree on a time to play.



## “ON STAGE IN THE GOLDEN AGE: THEATRE FOR HEALTHY AGEING”

PROJECT NUMBER: 2023 - 1 - RO01 - KA220 - ADU - 000160973

WEBSITE: <https://age-thea.eu/>

FACEBOOK: [On Stage in the Golden Age: Theatre for Healthy Ageing](#)

INSTAGRAM: [age.thea2023](#)

