



“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 4-

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## Active learning activity – description

Module 4	Theatre and theatre activities as management and treatment methods in old age’s mental health disorders
Chapter	Theoretical Approaches of Theatre in Old Age Mental Health
Name of activity	Memory Recall and Storytelling Theatre Using Stimulus Objects
OBJECTIVE(S)	<ul style="list-style-type: none"> <li>To stimulate cognitive function and memory recall in older adults through creative expression.</li> <li>To foster social interaction and emotional sharing by encouraging participants to tell personal stories.</li> </ul>
METHODS	<b>Role-playing</b> and <b>guided discussion</b> : Participants will recall and share a personal story from their past that holds emotional significance. In small groups, these stories will be discussed and then transformed into short theatrical scenes, where participants either perform or direct the scenes.
TIME ALLOCATED	50m
RESOURCES NEEDED	<p><b>Face-to-face</b>: Small chairs arranged in circles, pens, paper for story notes, whiteboard or flipchart.</p> <p><b>Online</b>: Virtual meeting platform (Zoom, Teams), digital whiteboard (Miro, Jamboard), breakout room feature for group work.</p>
INSTRUCTIONS*	<p><b>Introduction</b> (10 minutes): Briefly introduce the importance of memory recall and storytelling in supporting mental health for older adults, referencing reminiscence therapy.</p> <p><b>Warm-up Activity</b> (5 minutes): In pairs or small groups, participants recall and share a personal detail, such as their favorite childhood game or family tradition.</p> <p><b>Activity Play</b> (20 minutes):</p> <p><b>Face-to-face</b>: Participants form small groups of 3–4. Each</p>



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	<p>participant shares a brief memory. The group selects one memory to turn into a short scene. Participants either perform or direct the scene, adding dialogues and movements.</p> <p><b>Online:</b> Use breakout rooms for small groups. Participants share their stories, and the group creates a scene using body language, verbal cues, and virtual space, while one person narrates the story.</p> <p><b>Discussion and Reflection (10 minutes):</b> Participants reflect on how recalling memories made them feel and discuss the emotional benefits of storytelling in relation to their mental health.</p> <p><b>Closing (5 minutes):</b> Facilitator summarizes the session and highlights the positive impact of sharing life stories and social interaction.</p>
REFERENCES	Erik Erikson's Psychosocial Development Theory, Butler's Life Review Theory
HANDOUTS	None needed.





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

PROJECT NUMBER: 2023 - 1 - R001 - KA220 - ADU - 000160973

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

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

INSTAGRAM: [age.thea2023](#)



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