



“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 2 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	The Use of Theatre as Management and Treatment of Mental Health Disorders in Old Age
Name of activity	Improvisational Theatre for Emotional Expression
OBJECTIVE(S)	<ul style="list-style-type: none"> To encourage emotional expression and spontaneity in older adults through improvisational theatre. To improve social interaction and reduce feelings of anxiety or isolation.
METHODS	Improvisational Theatre and brainstorming : Participants will be given scenarios and asked to improvise their responses, engaging in spontaneous dialogue and role-play. This will be done in pairs or small groups.
TIME ALLOCATED	50m
RESOURCES NEEDED	<p>Face-to-face: Scenario cards (printed), space for movement, chairs arranged in groups, whiteboard or flipchart for brainstorming.</p> <p>Online: Virtual meeting platform with breakout rooms, digital versions of the scenarios (shared on-screen or chat), online brainstorming tools like Google Jamboard</p>
INSTRUCTIONS*	<p>Introduction (10 minutes): Explain the concept of improvisational theatre and how it helps with emotional expression and mental flexibility, referencing Drama Therapy principles.</p> <p>Warm-up Activity (5 minutes): Start with a basic improv exercise like “Yes, and...,” where participants build on each other's statements in pairs or small groups.</p> <p>Activity Play (20 minutes):</p> <ul style="list-style-type: none"> Face-to-face: Divide participants into small groups and give each group a scenario card (e.g., "You are



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	<p>at a family gathering," "You've just received unexpected news"). Groups improvise short scenes based on the scenarios.</p> <ul style="list-style-type: none"> • Online: Use breakout rooms. Assign each group a scenario, and participants improvise scenes, either with cameras on for body language or using only their voices. <p>Discussion and Reflection (10 minutes): Discuss how improvisation allowed participants to express emotions spontaneously. Reflect on whether the activity helped participants feel more relaxed or connected to others.</p> <p>Closing (5 minutes): Summarize the benefits of emotional expression in theatre and the importance of creativity in maintaining mental health.</p>
REFERENCES	<i>Jacob L. Moreno's Role Theory, Drama Therapy principles</i>
HANDOUTS	Scenario cards: Examples include “You meet an old friend at the market,” “You are planning a surprise birthday for a family member.” These can be printed or shared digitally.



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

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

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

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