



WP3 -Joint Training programme for Social, Cultural, and Health Sectors Module plan 5

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ÉDPA
social cooperative
activities for
vulnerable groups



ASOCIATIA HABILITAS
CENTRUL DE RESURSE
PSIHICALE TROSCIOARA



SOCIETATEA ROMANA
ALZHEIMER



Module Plan

Name of Module: Communication and Socio-emotional Skills Development for Implementing Theatre Activities with Older Persons

Session	Timing (Total: 4 hours)	Activities / tasks	Resources needed
Introduction to Module 5	09:00 – 09:10 10 Min	Get an overview of the thematic of the module and its objectives. Why are communication and social-emotional skills important in theatre interventions with older adults?	Computer, PPT–presentation, internet connection
Chapter I: Verbal Communication Skills	09:10 – 09:20 10 Min.	Learn about key definitions, concepts and techniques for effective verbal communication in theatre settings	Computer, PPT–presentation, internet connection
Solo-exercise: Reading Aloud with Emphasis	09:20 – 09:25 5 Min.	Select a passage from a book or article and read it aloud, experimenting with different tones, paces, and volumes. Solo-exercise to build vocal variety and practicing clear enunciation and expressive communication.	A book, newspaper or article of own choosing
Solo-exercise: Daily Reflection Out Loud	09:25 – 09:30 5 Min.	Choose a topic, like a favorite memory or a recent experience, and talk about it out loud for five minutes. Focus on organising thoughts clearly and using a variety of descriptive	–

		words to express details. Solo-exercise to builds clarity and confidence in verbal expression.	
Multimedia video example regarding a group activity	09:30 – 09:35 5 Min.	Watch videos included in the presentation to get inspired for the Active Learning Activity #1 – The Story Circle	Computer, PPT-presentation, Internet connection
Implementation of group activity #1 – The Story Circle	09:35 – 10:05 30 Min.	In a circle, each participant takes turns adding a line to a collective story. This activity improves listening skills, encourages clear articulation, and promotes creative storytelling.	A circle of chairs, a timer, and a whiteboard or printed prompts (see handout)
Chapter 2: Non-verbal Communication Skills	10:05 – 10:15 10 Min.	Learn about key definitions, concepts and techniques for effective non-verbal communication in theatre settings	Computer, PPT-presentation, internet connection
Solo-exercise: Facial Expression Practice	10:15 – 10:20 5 Min.	Stand in front of a mirror and practice expressing various emotions. This exercise helps enhance awareness of facial cues and improves the ability to express emotions without words.	Mirror
Solo-exercise: Body Language Journal	10:20 – 10:30 10 Min.	Starting a journal for noting interactions and focusing on the non-verbal cues observed in yourself and others. Solo-exercise to encourage mindfulness of non-verbal communication and	Notebook or Journal

		help develop a deeper understanding of its impact on social interactions.	
Multimedia video example regarding group activity	10:30 – 10:35 5 Min.	Watch videos included in the presentation to get inspired for the Active Learning Activity #2 – The Mirroring Game	Computer, PPT–presentation, Internet connection
Implementation of group activity #2 – The Mirroring Game	10:35 – 11:05 30 Min.	In pairs, one participant takes the lead while the other mirrors their movements and expressions. This exercise helps participants become more aware of non-verbal cues and enhances their ability to express emotions through body language.	Open space for pairs to move comfortably, printed prompts (see handout)
Chapter 3: Socio-emotional Skills Development	11:05 – 11:15 10 Min.	Learn about key definitions, concepts and techniques for effective socio-emotional skills in theatre settings	Computer, PPT–presentation, internet connection
Solo-exercise: Gratitude Journal	11:15 – 11:20 5 Min.	Start a gratitude journal where you can write down one or two things you are thankful for each day. Solo-exercise to improves self-awareness and emotional regulation by encouraging positive thinking and understanding of personal emotions.	Notebook or Journal
Solo-exercise: Mindfulness Meditation	11:20 – 11:30 10 Min.	Conduct a mindfulness meditation: Focus on your breath, notice your thoughts, and	A comfortable seat, possibly speakers if you prefer to turn on

		acknowledge your feelings without judgment. Solo-exercise to improve self-awareness, emotional regulation, and patience.	some meditation music
Multimedia video example regarding group activity	11:30 – 11:35 5 Min.	Watch videos included in the presentation to get inspired for the Active Learning Activity #3 – Emotional Role-Playing Scenarios	Computer, PPT-presentation, Internet connection
Implementation of group activity #3 – Emotional Role-Playing Scenarios	11:35 – 12:25 50 Min.	Divide participants into small groups and assign a scenario that involves a conflict or emotional challenge. Each group role-plays the scenario, focusing on using empathy and effective communication to resolve the situation. This activity reinforces conflict resolution and emotional understanding.	Open space for participants to move comfortably, printed role-play scenarios (see handout)
Integration of skills learned and feedback	12:25 – 12:35 10 Min.	Get some input on tips how to integrate communication and socio-emotional skills and evaluation tools into regular practice.	Computer, PPT-presentation, internet connection
Quiz	12:35 – 13:00 25 Min.	Final Quiz with various questions about (non) verbal communication and socio-emotional skills	Computer, internet connection



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

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

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