

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

DOCUMENT PRODUCED BY:

APS LE COMPAGNIE MALVISTE ETS, ITALY

Module Plan

Name of Module: Practical theatre activities that can be implemented by social and mental health professionals and cultural operators working with older people

Session	Timing (Total: 4 hours)	Activities / tasks	Resources needed
Introduction and explanation of the contents of the module: Theatre activities for the elderly	1 hour	The main themes: Social theatre, with its objectives and tools; the creation of the right environment; the participants; some exercises.	PPT, pictures, videos
Active learning activity 1 – Physical and cognitive awakening through music and movement Welcome, personal presentations and introduction	10 minutes	It is important to welcome everyone, one by one. Everyone is asked to introduce himself The conductor explains how the activity will be implemented and its purpose	
Active learning activity 1 – Physical and cognitive awakening through music and movement Activity	40 minutes	To the rhythm of music and following the conductor, the group works on the individual parts of the body: head, shoulders, hips, elbows, wrists, knees, ankles and feet. To stimulate the imagination, the conductor propose to	Chairs Music tracks Speakers for amplifying

		reproduce gestures reminiscent of actions of everyday life.	
Active learning activity 1 – Physical and cognitive awakening through music and movement Discussion and closing moment	10 minutes	Final feedback Sharing feelings, impressions and new ideas	
Active learning activity 2 – Scene writing Welcome, personal presentations and introduction	15 minutes	It is important to welcome everyone, one by one. Everyone is asked to introduce himself The conductor explains how the activity will be implemented and its purpose	
Active learning activity 2 – Scene writing Activity	30 minutes	By grasping and welcoming the stimuli, the keywords, the stories told and perhaps repeated several times by the person with Alzheimer's, the conductor must make all the information his own. The facilitator must therefore collect and make his own words, stories and experiences and then tell them to the group	Chairs; If necessary, sheets of paper and pens to take notes.

		<p>as if they had been lived by him.</p> <p>The person who had previously told them therefore feels involved and happy and will be even more stimulated in expressing and telling about herself/himself.</p>	
<p>Active learning activity 2 – Scene writing</p> <p>Discussion and closing moment</p>	15 minutes	<p>Final feedback</p> <p>Sharing feelings, impressions and new ideas</p>	
<p>Active learning activity 3 – Use of the story, writing and image – The mineralogy of the word</p> <p>Welcome, personal presentations and introduction</p>	15 minutes	<p>It is important to welcome everyone, one by one.</p> <p>Everyone is asked to introduce himself</p> <p>The conductor explains how the activity will be implemented and its purpose</p>	
<p>Active learning activity 3 – Use of the story, writing and image – The mineralogy of the word</p> <p>Activity</p>	30 minutes	<p>The facilitator asks those present to write something, answering questions such as "What is care? Who takes care of me? Who do I care for?".</p> <p>The conductor proposes the viewing of images and, taking notes, will ask: "What do you see? What does it remind you of? How</p>	<p>Sheets of paper</p> <p>Pens</p> <p>Coloured markers</p> <p>Pictures</p>



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

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

		do you feel watching this?".	
Active learning activity 3 – Use of the story, writing and image – The mineralogy of the word Discussion and closing moment	15 minutes	Final feedback Sharing feelings, impressions and new ideas	



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 (ANPCDEFP). NEITHER THE EUROPEAN UNION NOR ANPCDEFP CAN BE HELD RESPONSIBLE FOR THEM.



“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 on the Golden Age: Theatre for Healthy Ageing](#)

INSTAGRAM: [age.thea2023](#)



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 (ANPCDEFP). NEITHER THE EUROPEAN UNION NOR ANPCDEFP CAN BE HELD RESPONSIBLE FOR THEM.