



“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 Module 3

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Module Plan

Name of Module 3: Theatre and theatre activities as prevention and health promotion in old age's mental health disorders

Session	Timing (Total: 4 hours)	Activities / tasks	Resources needed
Theoretical Approaches and Key Concepts	35min.	Part 1: Theoretical Approaches and Key Concepts	PPT presentation, IT resources
Learning activity 1	35 min.	<p>“EMOTIONS CHARADES”.</p> <p>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.</p> <p>Individual activity</p>	<p>Space for movement</p> <p>Paper, pens, basket to hold papers</p> <p>Emotion cards (cards with different emotions written on them)</p> <p>Timer</p> <p>Webinar platforms (e.g. Microsoft teams, zoom, google meet)</p> <p>Optional: Music player for background music</p>
Use of Theatre in the Ageing Field: Impact, Benefits	35 min.	Part 2: Use of Theatre in the Aging Field:	PPT presentation, IT resources



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and Ethical Principles		Impact, Benefits and Ethical Principles.	
Learning activity 2	40 min.	<p>“LIFE STORIES”. The goal of this improv activity is to enhance mental well-being among older adults by promoting social interaction, creativity, and emotional expression.</p> <p>Small groups work</p>	<p>Open space for movement</p> <p>Chairs arranged in a circle</p> <p>Optional props (hats, scarves, etc.) to stimulate creativity</p> <p>Webinar platforms (e.g. Microsoft teams, zoom, google meet)</p>
Types of Theatre and Theatre Activities for Preventing Mental Health Issues in Older Ages	30 min.	Part 3: Types of Theatre and Theatre Activities for Preventing Mental Health Issues in Older Age.	PPT presentation, IT resources
Learning activity 3	40 min.	<p>“A VISIT”. The primary objective of this activity is to engage older adults in an improvisational exercise that promotes mental health awareness, encourages social interaction, and reduces the stigma</p>	<p>Comfortable seating arrangement</p> <p>Props for improvisation (hats, scarves, etc.)</p>



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		<p>associated with mental health disorders.</p> <p>Small groups work</p>	<p>Whiteboard and markers</p> <p>Collect props that can be used during the improv activities.</p> <p>Webinars with breakout rooms (e.g. Microsoft teams, zoom, google meet)</p>
Multimedia Activity	10 min.	Veder Method by Theater Veder—long version. The video describes the Veder Method's benefits for people with cognitive impairments, with a particular emphasis on improving communication and emotional connections between caregivers and patients. The method benefits both patients and caregivers	IT resources
Quiz	15 min.	Responding to Quizz questions	IT resources



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

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

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

INSTAGRAM: [age.thea2023](#)



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