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WP3 -Joint Training programme for Social, Cultural, and Health Sectors -Active learning activity 2 Module 3-

**DOCUMENT PRODUCED BY: UNIVERSITY OF WEST
ATTICA (UNIWA), GREECE**

Active learning activity – description

Module 3	Theatre and theatre activities as prevention and health promotion in old age’s mental health disorders
Chapter	Use of theatre in the aging field: impact, benefits and ethical principles
Name of activity	“LIFE STORIES”
OBJECTIVE(S)	The goal of this improv activity is to enhance mental well-being among older adults by promoting social interaction, creativity, and emotional expression.
METHODS	<ul style="list-style-type: none"> Creation of short scenarios, Role playing, Guided discussion. <p>Engaging older adults in short scenarios and role-playing activities stimulates cognitive functions. Guided discussion is important for gaining a better understanding of the activity and the emotions involved.</p>
TIME ALLOCATED	40 minutes
RESOURCES NEEDED	<ul style="list-style-type: none"> Open space for movement Chairs arranged in a circle Optional props (hats, scarves, etc.) to stimulate creativity Webinars with breakout rooms (e.g. Microsoft teams, zoom, google meet)
INSTRUCTIONS*	<ul style="list-style-type: none"> Introduction: Brief introduction about the importance of mental well-being as we age. Discuss how improv can help improve mood, reduce anxiety, and foster social connections. Warm-Up Exercise: Engage participants in simple warm-up exercises to loosen up and get comfortable with each other. Improv Activity: Creation of a short scene based on a

	<p>prompt related to aging: e.g., “A day at the park,” “A family gathering,” “A trip down memory lane,” “A favourite place to play as a child”, “A conversation or interaction that inspired you”, “A turning point in your life”, “A favourite holiday using sensory details” (e.g. sight, sound, smell, taste, and touch), “What was I doing on a significant historical date?”, “A tradition my family observed during my childhood”, “My childhood best friend and what we used to do together”.</p> <ul style="list-style-type: none"> • Discussion and Reflection: After all performances, gather everyone for a group discussion. <p>Closing: Emphasis on the importance of staying connected with others and expressing themselves creatively as they age.</p>
REFERENCES	<ul style="list-style-type: none"> • <i>Name Game An Introduction Activity</i> https://www.youtube.com/watch?v=Pd8_pZ2wHo8 • <i>How to Narrate Your Life Story</i> https://www.youtube.com/watch?v=Brpk26Oq4aE&t=93s
HANDOUTS	NO

Introduction (5 minutes)

Welcome participants and introduce yourself. Begin with a brief introduction about the importance of mental well-being as we age. Explain how improvisation can help improve mental well-being by fostering creativity and social connections. Encourage participants to be open-minded and supportive of each other.

Warm-Up Exercise (5 minutes)

Engage participants in simple warm-up exercises to loosen up and get comfortable with each other. Examples include: Name Game: Each participant says their name along with a fun fact about themselves.

NOTE: The same instructions will be provided during the activity's online process.

Setting Up the Activity Online

Choose a Platform: Select a video conferencing platform that allows for face-to-face interaction, which can enhance the storytelling experience. Popular options include Zoom, Microsoft Teams, Google Meet, or Skype.

Gather Participants: Ensure that all players have access to the chosen platform and agree on a time to play.

Use of breakout rooms: They will be used to allow webinar attendees to split into smaller groups to participate in the preparation of scenarios during the online session. **Assign Participants:** Use the breakout room feature to divide participants into small groups. You can either assign them automatically or manually based on your knowledge of team dynamics.

Regroup and play: Return to Main Room: After the allotted time, bring everyone back to the main session for acting.

Improv Activity (15 minutes)

Divide participants into small groups of 2–4 people. Each group will create a short scene based on a prompt related to aging (e.g., “A day at the park,” “A family gathering,” or “A trip down memory lane”). Encourage participants to draw from their own life experiences while improvising their scenes. After 10 minutes of preparation, each group presents their scene to the larger group.



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Discussion and Reflection (10 minutes)

After all groups have performed, facilitate a discussion about what participants felt during the activity.

Ask questions such as:

How did it feel to share your stories?

What emotions came up during the improv?

Did you learn anything new about yourself or others?

Closing (5 minutes)

Thank everyone for participating. Reinforce that mental health is important and that staying connected with others and expressing themselves creatively as they age.



“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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