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

DOCUMENT PRODUCED BY: UNIWA

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	“A VISIT”
OBJECTIVE(S)	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 associated with mental health disorders.
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"> • Comfortable seating arrangement • Props for improvisation (hats, scarves, etc.) • Whiteboard and markers • Collect props that can be used during the improv activities. • Webinars with breakout rooms (e.g. Microsoft teams, zoom, google meet)
INSTRUCTIONS*	<ul style="list-style-type: none"> • Introduction: Brief discussion of the importance of mental health in old age. Explanation of how improvisation can help improve mental well-being by fostering creativity and social connections. • Warm-Up Exercise: Engage participants in simple warm-up exercises to loosen up and get

	<p>comfortable with each other.</p> <ul style="list-style-type: none"> • Improv Activity: Assign each group a scenario related to everyday situations that may involve mental health themes (e.g., visiting a doctor, attending a family gathering). • Discussion and Reflection: After all performances, gather everyone for a group discussion. • Closing: Emphasis on the importance of mental health discussions and shared experiences.
REFERENCES	<ul style="list-style-type: none"> • <i>Gentle Stretches for Ages 60+: Breathing Exercises to Improve Lung Health</i> https://www.youtube.com/watch?v=2fEHQYBWj1E • <i>I tried Nelson's 9 Steps for Story Writing (and it's brilliant)</i> https://www.youtube.com/watch?v=4PqGPZtyFtw&t=70s

Introduction (5 minutes)

Welcome participants and introduce yourself. Briefly discuss the importance of mental health in old age. Explain how improvisation can improve mental well-being by fostering creativity and social connections.

Warm-Up Exercise (5 minutes)

Conduct a brief warm-up to get everyone comfortable. This could involve simple breathing exercises or gentle stretching while seated. You might also include a quick round of sharing one word that describes how they feel today.



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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.

Assign each group a scenario related to everyday situations that may involve mental health themes (e.g., visiting a doctor, visiting a dietitian, a senior center, attending a family gathering).

Encourage groups to create short improvised skits based on their assigned scenarios. Provide prompts if necessary:

“How would you react if you forgot something important?”

“What would you say if someone asked about your feelings?”



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Allow each group to perform their skit for others, emphasizing laughter and enjoyment over perfection.

Discussion and Reflection (10 minutes):

After all performances, gather everyone for a group discussion.

Ask questions such as:

“What did you enjoy most about the activity?”

“How did it feel to express yourself through improv?”

“What insights did you gain regarding mental health?”

Closing (5 minutes)

Thank everyone for participating. Reinforce the idea that discussing mental health is important and that they are not alone in their experiences.



“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](#)

INSTAGRAM: [age.thea2023](#)



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