



WP3 -Joint Training programme for Social, Cultural, and Health Sectors -Active learning activity Module 4-

DOCUMENT PRODUCED BY: EDRA

Active learning activity – description

Module	4. Theatre and theatre activities as management and treatment methods in old age’s mental health disorders
Chapter	Types of Theatre Activities Implemented for Mental Health Disorders in Old Age and Their Impact
Name of activity	Embodied Theatre and Movement
OBJECTIVE(S)	<ul style="list-style-type: none"> To promote emotional release and physical well-being through movement-based theatre exercises. To enhance body awareness and reduce stress in older adults by encouraging non-verbal expression.
METHODS	Embodied theatre and somatic movement: Participants engage in simple movement exercises that emphasize non-verbal expression. They will explore gestures and body movements to express emotions or tell a story.
TIME ALLOCATED	50m
RESOURCES NEEDED	<p>Face-to-face: Open space for movement, soft music, chairs for participants to sit if needed, scarves or soft props for use in movements.</p> <p>Online: Virtual platform with video capability, soft background music played by the facilitator, and instructions on how to adapt movements within a smaller space at home.</p>
INSTRUCTIONS*	<p>Introduction (10 minutes): Discuss the role of embodied theatre in reducing stress and improving body awareness. Reference Embodiment Theory and how it relates to cognitive and emotional health in older adults.</p> <p>Warm-up Activity (5 minutes): Guide participants through gentle stretching and breathing exercises to relax and become aware of their bodies.</p> <p>Activity Play (20 minutes):</p> <p>Face-to-face: Lead participants in simple movement</p>



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	<p>exercises using scarves or props. Encourage them to move in response to different emotions (e.g., "Move as if you are feeling joyful," "Express sadness through your hands and feet").</p> <p>Online: Instruct participants to engage in small, contained movements in their own space. Use scarves or simple props available at home to aid expression, or mimic movements with their hands.</p> <p>Discussion and Reflection (10 minutes): Participants share how they felt during the movement exercise and discuss how physical expression helped them release emotions or reduce stress.</p> <p>Closing (5 minutes): Facilitator summarizes the role of movement in emotional well-being and the importance of reconnecting with the body.</p>
REFERENCES	Embodiment theory, Neuroplasticity principles in cognitive stimulation
HANDOUTS	None needed.



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

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

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