

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

Active learning activity module 5 #1

DOCUMENT PRODUCED BY: RightChallenge

Active learning activity #1

Module	Communication and Socio-emotional Skills Development for Implementing Theatre Activities with Older Persons
Chapter	Verbal Communication Skills
Name of activity	The Story Circle
OBJECTIVE(S)	Improve listening skills, promote creative storytelling, and encourage clear articulation in a group setting.
METHODS	Storytelling, collaborative building exercise, group discussion.
TIME ALLOCATED	30 minutes
RESOURCES NEEDED	A circle of chairs for participants, a timer, and possibly a whiteboard or paper for prompts.
INSTRUCTIONS *	• Arrange chairs in a circle so all participants can see one another. • Explain that the activity will involve building a story together, with each person contributing one line. • Start with a prompt (e.g., "Once upon a time..." or "There was a character who loved..."). • Each participant adds one sentence or one word to the story, continuing from the last person's line. • Encourage participants to listen closely to each contribution to keep the story coherent and connected. • Continue around the circle until the story reaches a natural conclusion. • Ask participants how they felt during the activity, whether it was challenging to listen and respond, and discuss the importance of listening and articulation.
REFERENCES	Video source for inspiration:

	https://www.youtube.com/watch?v=RnmgMB5yUHK 
HANDOUTS	Prompts to print (see document “AGE_THEA Module 5 Activity #1 HANDOUT - The Story Circle”)

* Full instructions:

To implement the Story Circle exercise, the facilitator should begin by arranging chairs in a circle so that all participants can see one another, promoting inclusivity and connection. The facilitator should introduce the activity by explaining that the group will collaboratively build a story, with each person contributing a single line or a single word (depending on participants, choose before which variation is more adequate). A prompt, such as "Once upon a time..." or "There was a character who loved...", can be shown to initiate the story. Feel free to print out the provided handouts with prompt ideas to show participants.



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As the story unfolds, the facilitator should remind participants to listen carefully to each addition, ensuring the story flows naturally and makes sense. They may prompt quieter participants to contribute or gently guide those who get too far off track to maintain story coherence. If the story becomes challenging, the facilitator can encourage pauses for reflection or briefly recap the plot to help participants stay engaged.

Throughout the activity, it's helpful for the facilitator to motivate and encourage participants, creating a safe space where all participants feel comfortable sharing. After the story concludes, the facilitator should guide a reflective discussion, asking participants about their experience—whether they found it challenging to listen and respond and how they felt during the collaborative process. Emphasising the importance of listening, patience, and articulation can reinforce the purpose of the exercise.



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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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