

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

DOCUMENT PRODUCED BY:

APS LE COMPAGNIE MALVISTE ETS, ITALY

Active learning activity – description

Module	Practical theatre activities that can be implemented by social and mental health professionals and cultural operators working with older people
Chapter	Theatre activities for enhancing psychological /emotional wellbeing of older people
Name of activity	Scene writing
OBJECTIVE(S)	• Stimulation of cognitive engagement; • To encourage psychosocial skills (e.g. overcoming fear of exposure, developing and taking responsibility, self-confidence, self-esteem, self-expression) • To enable individuals to find common ground in the experiences of others; • To enhance group skills (e.g. team bonding, building trust, mutual respect and listening to the other); • To create a relaxed and comfortable atmosphere where everyone can open up according to their own pace; • To foster a profound sense of sharing, connection and mutual understanding.
METHODS	The conductor encourages self-expression. Taking the key words and stories repeatedly told/repeated by the person, the conductor then proceeds to tell them to the group as if he had been the one to live these experiences. It's possible to adapt the activity to the online mode. By starting a group video call with all members of the group, The conductor encourages the story and self-expression of each participant in the same way as in the face-to-face

	mode, capturing all the recurring details and information apparently dear to the person. Also during the video call, the facilitator will tell everything he has collected from the participants as if they were his own experiences and stories.
TIME ALLOCATED	30 minutes
RESOURCES NEEDED	• Chairs; • If necessary, sheets of paper and pens to take notes.
INSTRUCTIONS*	• The conductor grasps the keywords and the stories of everyone; • The conductor makes all the information his own; • The conductor tells these stories and experiences as if they had been lived by him in first person; • The person who had previously told them therefore feels involved and happy; • The person will be even more stimulated in expressing and telling about herself/himself.
REFERENCES	
HANDOUTS	

* Full instructions:

Welcome, personal presentations and introduction (15 minutes)

It is important to welcome everyone, one by one. Ideally, you have to work in a circle, standing or sitting doesn't matter; the circle is the perfect shape where you can see everyone and no one is excluded.

First of all, everyone is asked to introduce himself. You can ask the person how he feels, his feelings about the initiative etc. This allows people to feel comfortable, to start to open up, each one with its own time, and create a comfortable climate and environment.

Finally, explain how the activity will be implemented and its purpose.

Activity (30 minutes)

By grasping and welcoming the stimuli, the keywords, the stories told and perhaps repeated several times by the person with Alzheimer's, the conductor must make all the information his own. The stimuli can be recurring themes or words in the anecdotes told by the person with Alzheimer's, as well as the strong bond shown to/with some places or objects of his daily or past life. The person with Alzheimer's often tells and repeats stories and experiences from his distant past that have remained particularly impressed on him.

Below, a concrete example. If a person with Alzheimer's often shares memories of his or her experience of military service, the facilitator, even if he or she has never lived it, will then proceed to tell it as if he or she had done it himself. The facilitator must collect and make his own words, stories and experiences and then tell them to the group as if they had been lived by him. The person who had previously told them therefore feels involved and happy because he thinks: "*I did it too!*". In this way, thinking they have lived the same experience, the person will be even more stimulated in expressing and telling about himself/herself.

A useful and precious moment to know as many details as possible is during the opening activity, an occasion in which everyone must have the opportunity to introduce themselves and freely share something about themselves.

It's possible to adapt the activity to the online mode. By starting a group video call with all members of the group, The conductor encourages the story and self-expression of each participant in the same way as in the face-to-face mode, capturing all the recurring details and information apparently dear to the person. Also during the video call, the host will tell everything he has collected from the participants as if they were his own experiences and stories.



“On Stage In the Golden Age: Theatre for Healthy Ageing”

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Discussion and closing moment (15 minutes)

The operator asks everyone for a final feedback and if someone wants to share his feelings about what he did, even just a simple concluding word.



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

PROJECT NUMBER: 2023 - 1 - RO01 - KA220 - ADU - 000160973

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

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