

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

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 stimulating human connection and interaction
Name of activity	Use of the story, writing and image – The mineralogy of the word
OBJECTIVE(S)	• To get to know each other • To foster a profound sense of connection and mutual understanding. • To enhance tact, empathy and sensitivity towards the other • Mutual support, connection, dialogue and contact between people • To enable individuals to find common ground in the experiences of others • To stimulate the development of social relations further and outside the weekly meeting time
METHODS	The conductor encourages self-expression and storytelling through writing. Once the poems have been finished and read, the conductor leads a discussion on the main themes that emerged. 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 will ask each participant to write something independently on the agreed theme, such as care. After defining the couples, the host will have to create several rooms within the video call, each for each couple. In this way,

	the two people will be able to work privately. Once the writing part is finished, you will return to the group video call for the final reading and discussion.
TIME ALLOCATED	30 minutes
RESOURCES NEEDED	• Sheets of paper • Pens • Coloured markers • Pictures
INSTRUCTIONS*	• Invite participants to write something answering questions such as "What is care? Who takes care of me? Who do I care for?"; • Form pairs; • Invite participants to read the text to their partner; • Each member of the couple has to choose a few words from the text written by the partner; • Among the words identified, the couple chooses some of them to write a new poem; • Reading of the composition to the group; • Feedback from participants. OR: • The conductor shows images and asks "What do you see? What does it remind you of? How do you feel watching this?"; • The conductor returns what emerged in form of text.
REFERENCES	
HANDOUTS	



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

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

* 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)

The activity opens by emphasizing the great saving power of autobiographical writing and its use as a method to help heal.

Thanks to tools like this, even black periods can be transformed; our gaze towards them changes and we perceive them as important passages of life that have made us what we are today.

The focus of this activity is to stimulate expression, the sharing of ideas/opinions/feelings. In this case it is done through the writing of sentences, texts, poems.

If you are working in groups, the facilitator and participants can choose a topic. To encourage people, the conductor can also read something first, e.g. an article, an excerpt from a book, etc., related to the chosen theme.

The theme can vary each time the exercise takes place. The conductor's knowledge of the group is fundamental because he can therefore propose themes based on the preferences, tastes, and experiences of the participants, thus favouring and encouraging their participation, expression and sharing.

It is also possible to choose the themes based on any anniversaries or celebrations related to the international context or of national importance (for example, International Women's Day or the Anniversary of the Liberation during the Second World War in the case of Italy).

The facilitator asks those present to write something, answering questions such as *"What is care? Who takes care of me? Who do I take care of?"*. The conductor can change the question depending on the group, the moment and the theme chosen.

The next step is to form pairs by randomly extracting the names of the two components. Once formed, each pair works on its own. Each member of the couple reads his or her own writing to the other. On the second reading, the listener chooses six words/passages that particularly strike him. Subsequently, the other partner does the same. After rereading the selected words, 6 are discarded together, 3 each among those previously indicated by the partner. In pairs, you choose 5 of the remaining 6 words to write a poem together. The poem, which is given a title, is then read to the group.

The last step of the exercise is to ask the participants for feedback: opinions and impressions on what they have done, the sensations and emotions aroused.

The activity ends with an invitation to devote yourself to taking care of yourself, to follow your passions, to laugh, to do what makes you feel good and does not make you think.

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 will ask each participant to write something independently on the agreed theme, such as care. After defining the couples, the host will have to create several rooms within the video call, each for each couple. In this way, the two people will be able to work privately. Once the writing part is finished, you will return to the group video call for the final reading and discussion.



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The modality just described is specially designed for caregivers and family members who take care of their loved ones. However, exercise can also be adapted for people with Alzheimer's, dementia or other similar neurodegenerative diseases. The conductor proposes the viewing of images and, taking notes, will ask: "*What do you see? What does it remind you of? How do you feel watching this?*". The facilitator will then put together what emerged and proceed to return it in the form of a text. This becomes the mineralogy of the word.

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.



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

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

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

FACEBOOK: [On Stage on the Golden Age: Theatre for Healthy Ageing](#)

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