



SELF DEVELOPMENT THROUGH THEATRE– THE BETTER ME

Example on how to engage with young people to pull them in
reflection on their future and profession

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workshop goals



- Find out about the creation of theatrical illusion and the 5 Ws (Who, Where, When, What and Why)
- Learn to use body language to create a theatrical illusion/story
- Perform on stage
- Apply the knowledge for their personal growth and development
- Link the theater 5Ws with their own 5Ws
- Explore possibilities in the city for taking further steps
- Move a step closer to their better version of themselves



- Contextual explanation of the facilitator; working individually, in pairs and in small groups with the participants; performing skits and role-playing under given circumstances and themes; discussions.
- The time for realization of this workshop is 120 minutes (2 hours).



- INTRODUCTION ACTIVITY

Mentor and participants sit in a circle. The mentor address a question/s and try to learn more about the participant's interests, stories. The questions that the mentor asks are related to finding out how the participants see themselves in future.

Example: If you could do only one thing for the rest of the life, what would that be? How do you see yourself in 10 years from now? What is your biggest passion?

5Ws Discussion



- The participants/attendees discuss the 5s in Theater (Who, Where, When, What and Why – Character, Place, Time, Action and Reason). After figuring out how each one of them influences the actors' body, voice and emotions they continue on with the following activity: creating individual statues



Participants are asked to perform individually and show a character with a story by freezing in a body posture and a facial expression. The rest of the participants (as an audience) try to extract as much information as possible: who is the character; where does the action take place; when is it happening; what is happening and why is it happening, thus applying the knowledge of the 5 Ws in a practical analyzes.

STATUES (PAIRS)



- Participants are asked to perform in pair and present statues as a pair. The rest of the group analyzes the story.

STATUES (GROUPS)



- Participants are asked to create statues in bigger groups and apply the 5Ws knowledge.



STATUES (WHOLE GROUP)

- The whole group prepares statues for the facilitator/mentor. The mentor tries to analyze the whole groups' statues.



- The mentor explains the key terms in the art of theater: drama and theater. The mentor explains how the previous 5Ws are linked to Drama/Theater. Participants are asked to give examples about dramatic life situations and analyze the 5Ws of those situations.

MY OWN 5Ws



- Another discussion follows where participants analyze their own 5Ws. They are asked to think what they could do to change their 5 Ws or consider them from another point of view in order to get a step closer to their better version of themselves.



Co-funded by the



Co-funded by the
Erasmus+ Programme
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The Talent Matching Europe Project has been co-funded with support from the European Union. The project publications and communications reflect the views only of the author/s, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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