

TheatrE:Education

To see and to be seen

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Objectives:

- to learn how to notice others in their complexity
- embracing our uniqueness
- to facilitate learning through theatrical instruments
- Creativity is a superpower. To discover and own our creative capacities
- Why do children play? To rediscover the power and magic of game playing
- To pay attention to our surroundings, both within and without
- back to our true nature
- to awaken in children, teenagers and adults the spirit of playfulness, humor, make-believe in the best sense of the word
- to help the people we work with to take things at their true value in any and all situations

Target group:

Youth workers, adult education practitioners, trainers, facilitators, teachers, educators, support staff, learning facilitators, representatives coming from school, child and adult education.

Brief description:

Theatre is the ultimate tool to make yourself visible. To others and, surprisingly, to yourself. And it's not only a matter of appearance, but also the core of who you truly are. Why to see and be seen? Because that's what keeps us alive, indeed.

Theatre games and methods, as a remedy, in order to offer another view of the way we see, hear, touch, feel, to deepen our relationship with ourselves and

others, to discover and/or rediscover parts of us we forgot about or didn't realize were there. To offer the people around us a sense of meaning, to give an answer to the why question and, more practically, to feel better, stronger, to have more confidence, to have the courage to speak up and uphold their ideas, to be creative, to change, to solve problems, to be more in touch with what is essential.

Methods: theatrical games and exercises (breathing, improvisation, body language and movement, creative reading, pronunciation and intonation, public speaking) and puppeteering.