Participatory ART: Playback Theatre and Theatre of the Oppressed

Mon, 24/09/2018 - 15:29 -- Nataliia Vainilovych

Type of tool:
Activity

Duration:
120+ min

Topics addressed:
Communication
Human rights
Social inclusion

Art is a powerful tool for personal and social changes. Participatory theatre helps people express themselves, empoveres, teches empathy, develop improvisation skills that can be useful in everyday life. It creates value of every experience!

Aim:

Learning to listen to each other, to develop empathy, to see in a person not a social stereotype, but who a person expresses him\herself through his\her Story. Interaction and common action (teamwork).

Methodology:

Exercises from the Playback Theatre and the Theater of the Oppressed will be used. They are interactive theaters which work with communities. They are referred to non-formal education.

Step by step process:

Big room - for the whole training
At the first stage of training - a projector and screen (for presentation)
To clarify some points, explanations - flipchat and markers (according to the situation)
Chairs - will be needed for exercise and work on stage
It is good that there is a comfortable floor and we can walk barefoot or in socks, sit / lie on the floor - because we will work with body practices too. It is great tool for work with communities which has conflict inside (or between)!!

Materials and resources:

Room without extra furniture with good floor, big enough for movement. Chairs. Flipchart and markers. Projector and monitor (if possible).

Outcomes:
It is assumed that at the end of the workshop participants will do a mini-performance within the group. If there is an opportunity to work with the participants for longer or several times, we will be able to do a mini-performance for everyone. From knowledge and experience - participants will be able to try how the theater works with their stories and what it gives. Learn about the world experience of using this tool, about its scope. We will also briefly discuss how participants can use theater in their practice.

**Evaluation:**

Participants felt the emotional impact of participating in the training, they had the opportunity to reflect on the themes of inclusion, empowerment, values of human

Participants understand the basic principles of a participatory theater.

Participants feel the ability to tell about a new tool in their communities.

Participants have an understanding of how to use the tool or its parts in their practice.

**Notes for further use:**

Elements of a participatory theater can be used in trainings of teamwork, leadership, development of trust in a group, and communicative skills. Separate exercises are great for work out the fear of public speaking, the ability to improvise in different unpredictable situations (which is necessary in different areas - in everyday life, business etc). You can also take exercises for the development of emotional intelligence, bodily awareness. Of course, developing acting skills, the ability to express yourselves, creativity.

**Rating:**

No votes yet

**Documents/handouts:**


**Source URL:** http://educationaltoolsportal.eu/en/tools/participatory-art-playback-theatre-and-theatre-oppressed

**Links**