

# Theatre, a tool for social inclusion.



## SCHEDULE

### DAY 1 :

GETTING STARTED : WE ARE ALREADY PLAYING !

9h00 - 11h00 :

- Welcome time / Presentation of the training
- Exercises to break the ice and get to know each other
- Collective warm-up: feel your body, occupy the space, listen to the group
- Work on your concentration and reactivity
- Feel at ease in decision making

11 a.m. - 11:30 a.m. : Break

11:30 am - 1 pm :

- The pleasure of being on stage: beginning of an improvisation work, setting up scenes
- Feedback and discussion on the exercise
- Time for relaxation and self-reflection / Awareness of the work done
- Speaking at the end of the session

### DAY 2 :

BODY AND SPACE

9h00 - 11h00 :

- "Weather" of the weather inside us / talk about how we feel today
- Physical and vocal warm-up / work on breathing
- Use space with your body and with others. Work on placements and movement. Become aware of its supports, its posture, the people around us.
- Collective games to build a tableau vivant, photos using the "statues"
- Tell something with your body by simple gestures or postures

11 a.m. - 11:30 a.m. : Break

11:30 am - 1 pm :

- Work in duo and in music around trust and the relationship with others / Accepting the gaze of the other, breaking down barriers
- Show your duo work to the rest of the group
- Time for feedback and reflection
- Relaxation at the end of the session / Final discussion

## Objectives

- Trust yourself and others to find your role in a group
- Create to feel valued and improve self-esteem
- Work in groups and communicate
- Take the floor, get involved and have fun to create an original dynamic
- Establish other modes of communication
- Work on personal development
- Acquire tools to transmit and propose actions to a target audience
- Transpose the benefits of theater in a context and reinvest techniques for the benefit of "vulnerable" audiences.

## Speaker



**AUDE MARECHAL** is a director, actress and puppeteer. She began her training in theater and puppetry in Normandy then in Paris where she joined a school. Back in her region, she created her first show and founded her theatre company : Créa.

She multiplies training courses and travels around the world and thus finds her inspiration.

Committed to sharing her passion, she conducts mediation projects alongside her shows with vulnerable people.

She conducts work that is both very local thanks to the Créa'Bus, two traveling stages. But also abroad during projects, tours and collaborations.

## Contact

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*From the stage to the world*

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## **DAY 3 :**

### VOICE AND EMOTIONS

9h00 - 11h00 :

- "Weather" of the weather inside us / talk about how we feel today
- Physical and vocal warm-up / Breathing
- Control your breath and project your voice
- Have fun with sounds and words
- Exercises around emotions with and without words
- Give an emotion to a (simple) text, dialogue while having fun with the intonations

11 a.m. - 11:30 a.m. : Break

11:30 am - 1 pm :

- Games around a simple text: understand a text differently depending on the emotion and the chosen rhythm
- Duet scene from a few sentences of a dialogue
- Presentation of the scenes and feedback
- Improvement and evolution of the scenes
- Final relaxation time
- Discussion and feedback

## **DAY 4 :**

### THEATER OF OBJECT TO TRANSMIT A MESSAGE

9h00 - 11h00 :

- "Weather" of the weather inside us / talk about how we feel today
- Presentation of object theater and the art of puppetry
- Collective warm-up
- Develop the imagination from a chosen object: know how to observe it, look at it and tell its story
- Diversion of object and relationship between actor and object
- When the object becomes a symbol and carries a message

11 a.m. - 11:30 a.m : Break

11:30 am - 1 pm :

- As a duo or alone, setting up a scene with the object in the center
- Presentation and feedback on the work
- Improvement and evolution of the scenes
- Discussion / relaxation time

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## **DAY 5 :**

### SUMMARY AND BALANCE SHEET

9h00 - 11h00 :

- "Weather" of the weather inside us / talk about how we feel today
- Physical and vocal warm-up
- Resumption of exercises already assimilated during the week in order to see the evolution and the feeling of each one after several days
- Choose a scene that you would like to show the rest of the team and the group to confront the audience one last time

11 a.m. - 11:30 a.m. : Break

11:30 am - 1 pm :

- Individual and collective assessment time in the form of a game and in a more formal way
- General feedback on the project
- Certificates

***This program can be slightly modified by our team.***

***Cultural visits can be organized on free time, do not hesitate to contact us.***

***This training can be scheduled on other dates and adapted on request for groups from 6 participants***

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