



Theatre in classroom.

SCHEDULE (4 hours/day)

Objectives

- Learn theater exercises and know how to recreate them in class
- Understand and apply the exercises according to the objectives and the students
- Know how to use theater tools to develop creativity, group dynamics, communication and expression (and others)
- Know how to integrate a theater activity into an educational program
- Be able to organize a workshop within his class (schedule, duration, place...)
- Integrate a climate of trust and know how to introduce a theater course to students



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.

DAY 1 :

GET TO KNOW EACH OTHER AND START PLAYING

- Welcome time / Presentation of the training
- Exchange on the place of the theater at school
- Exercises to break the ice and get to know each other
- Collective warm-up: feel your body, occupy the space, listen to the group

Break

- Exercises to feel good on stage, find your place in the group and create a caring atmosphere
- 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

- "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.
- Exercises to feel comfortable and good in your body and to be able to perform

Break

- Collective games to build a tableau vivant, photos using the "statues"
- Tell something with your body by simple gestures or postures
- Time for feedback and reflection
- Relaxation at the end of the session / Final discussion

Contact

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From the stage to the world

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DAY 3 :

VOICE AND EMOTION

- "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

Break

- 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 :

SET UP A THEATRE WORKSHOP

- "Weather" of the weather inside us / talk about how we feel today
- Collective warm-up
- Discussion about the place of a theater workshop in the educational path
- Train setting up a theater workshop according to audiences and situations
- Put yourself in a situation

Break

- Continue to work on the different scenarios and proposals of each participants
- Presentation and feedback on the work
- Discussion / relaxation time

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DAY 5 :

SUMMARY AND BALANCE SHEET

- "Weather" of the weather inside us / talk about how we feel today
- 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

Break

- 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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