



Program Description

Unleash the power of expression in education with our dynamic training course, "Express Yourself." Designed exclusively for educators, this program is crafted to empower you with the tools and techniques to create a classroom environment that nurtures individuality, fosters creativity, and enhances effective communication.

Competences

Fostering Self-Expression: Learn strategies to cultivate an atmosphere where students feel encouraged and empowered to express their thoughts, ideas, and emotions.

Creativity Unleashed: Explore innovative methods to infuse creativity into your teaching approach, inspiring both you and your students to think outside the conventional boundaries.

Effective Communication Techniques: Enhance your communication skills to establish a more profound connection with your students, colleagues, and parents, fostering a positive and collaborative learning community.

Inclusive Practices: Discover inclusive teaching practices that embrace diverse forms of expression, ensuring that every student feels valued and heard.

Methodology

Hands-On Workshops: Engage in interactive workshops that provide practical tools and activities to implement expressive teaching methods in your classroom.

Peer Collaboration: Share experiences and insights with fellow educators, creating a supportive network to exchange ideas and inspiration.

Resource Toolkit: Receive a comprehensive toolkit filled with resources, lesson plans, and creative exercises to continue incorporating expressive teaching methods beyond the course.

Expert Guidance: Benefit from the expertise of seasoned educators who will guide you through the process of incorporating expressive elements into your teaching practice.

Results

The skills acquired by the participants can be useful for:

- Conduct educational projects through play and experiential learning as a means of teaching. For example, improving communication skills in a foreign language through theatre, but also improving social skills.
- To test and develop their pedagogical and communication skills and improve their collaboration with students.
- To contribute to the creation of a new, open, inclusive and participatory school.
- To increase motivation for professional and pupil development.
- Encourage teamwork to introduce dramatic and creative tools in their centers.

Day by day Planning

DAY 1. A Place to Trust, a Place to Be: Exploring the Dramatic Game.

- 9.00-9.30 Welcome Session.
- 9.30-10.30 Presentation activity in different ways of creative expression: why we are here? Our desires and expectations of the course.
- 10.30-11.00 Introduction of the course contents and learning outcomes.
- 11.00-12.30 The Joy of Play: Engaging with the Inner Child to Facilitate Play with Children — Exploring Game Types and the Initial Stages of Drama Sessions.
- 12.30-13.15 Creating Safe and Empowering Learning Environments: Embodied Listening, Mindful Presence, and the Role of the Body in Education
- 13.15-14.00 Collective Reflection and Sharing: Insights Gained from Today's Experience.

DAY 2. Knowing Myself, Knowing You: Opening the Door to Our Creativity.

- 9.00-10.00 Waking Up: Connection with our Body and Today's Inner Sensations and Feelings.
- 10.00-11.00 Creative and Body Expression: Exercise and Dynamics. Self-Awareness. Cohesion-Values.
- 11.00-13.00 Imagination, Storytelling, and Character Development: Creative Techniques and Application Tools for Diverse Audiences — The Second Stage of a Drama Session.
- 13.00-14.00 Creative Writing Reflections: Applying Drama Theory in Children's Education.

DAY 3. The Power of Storytelling: Crafting Original Narratives and Their Application in Theatre.

- 9.00-9.30 Waking Up: Connection with our Body and with our group.
- 9.30-11.00 Connecting with our affective memory: what stories do they tell us?
- 11.00-12.00 Fairy tales and drama applied to creative writing. The technique of the mural character's and the empty chair.
- 12.00-13.00 Contemporary tales and drama applied to creative writing. Decision Alley or Thought Tunnel.
- 13.00-14.00 Sharing what I have learned with creativity writing. Theory of The Drama applied in children education.

DAY 4. Music as a Medium for Emotional Expression and Storytelling: An Introduction to Music Therapy.

9.00-9.30 Introduction to Music as a Universal Language

9.30-10.00 Tools to Enhance Personal and Interpersonal Freedom and Creativity

10.00-11.00 The Power of Listening

11.00-12.00 Sonorous Body and Intersubjectivity

12.00-13.00 My Musical Body: The Silent Orchestra, Body Percussion Games, and Educational Applications

13:00–14:00 Musical Identity, Reflection, and Songwriting Workshop

DAY 5. Social Theatre – Exploring Spontaneous Theatre and Sociodrama

9.00-11.00 Waking Up: Embodying the Present through Spontaneous and Playback Theatre

11.00-12.30 Collective Conflict Resolution Through Creative Role-Play and Psychodrama Techniques

12.30-13.30 Collective Reflection Through Body Jam: Sharing Our Learning Through Movement.

13.30-14.00 Goodbye Session.