

# Art for Life: LLP LDVPA09 IT0362

## Creative Labs Didactic Units

Creativity in job training – An approach to creativity stimulation through performative arts

### Didactic Unit Number 1

*Title: The Self and the Group*

#### Aims/objectives of the session

- To develop a partnership relation within the group, preparing the individual to a more active participation with others;
- To develop expressive skills as a tool towards training and towards an active participation in society;
- To promote Self-Esteem;
- To discover oneself;
- To understand the body as a way to relate and to express.

#### Used activities/Contents

- To present yourself loudly looking in your colleges eyes;
- To walk through the room blindfolded, promoting group mutual help;
- To develop improvisation exercises in groups of two, considering a base story (ex: to enter a jungle with a friend e try to handle the difficulties...).





### Needed facilities/technical equipment

- A large room where people can walk, move freely, do physical exercises;
- A tissue to blindfold:
- *Cd Music player.*

### Learning outcomes

With these didactic units the trainees will:

**Technical Scope** – To project the voice correctly, demonstrating confidence in communication;

**Performance Scope** – To be able to develop a free communication without constraints and inhibitions;

**Experimental Scope** – To reveal spontaneity and creativity in action and problem solving, thought improvisations and dramatic practice;

**Academic Scope** – To develop tools to improve the ability to work in group.

## Didactic Unit Number 2

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*Title: Emotions and Sensations*

### **Aims/objectives of the session**

- To develop emotions and sensations valorisation in the contact with society and with other persons as a way to improve creativity and self expression;
- To have creative competences through emotional inspiration;
- To know yourself;
- To promote emotion self-control;
- To control uncomfortable sensations;

### **Used activities/Contents**

- Perception and sensorial exploration (to feel the body warm, skin or hair, etc).



### **Needed facilities/technical equipment**

- A large room where people can walk, move freely, do physical exercises;
- *Music CD player;*
- *Lyric texts.*



### Learning outcomes

With these didactic units the trainees will:

**Technical Scope** – To develop the ability to create emotion or to hide them;

**Performance Scope** – To be able to show a neutral posture, a statue position and also extreme sensations;

**Experimental Scope** – To reveal spontaneity and creativity in life and in problem solving through improvisation practice and dramatization;

**Academic Scope** – To have more tools to face the tasks from the other training modules of the training course (reading, presentations, argumentations, etc).

## Didactic Unit Number 3

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*Title: Body and Voice*

### **Aims/objectives of the session**

- To be aware of the body and its importance in communication and information provider;
- To develop expressive skills;
- To embrace body and vocal originality of each individual;
- To discover oneself;
- To understand the body as a vehicle of information;
- To identify in the human voice the person's feelings.

### **Used activities/Contents**

- Exercises with different body rhythms and movements;
- Dance exercises;
- Free body expression from musical stimulus;
- Vocal projection exercises;
- Singing exercises;





### Needed facilities/technical equipment

- A large room where people can walk, move freely, do physical exercises;
- *Music CD player;*
- *Classic Guitar.*

### Learning outcomes

With these didactic units the trainees will:

**Technical Scope** – To project the voice correctly and to use the body in different situations;

**Performance Scope** – To be able to make a presentation for an audience without insecurities;

**Experimental Scope** – To reveal spontaneity and calm in actions;

**Academic Scope** – To use more tools to face the tasks from the training course;

## Didactic Unit Number 4

*Title: Space*

### Aims/objectives of the session

- To be aware of the surroundings (space and object) and its importance on the individual;
- To understand the importance of our surroundings in the way we feel;
- To develop the ability to resist to the adverse space;
- To educate towards freedom;
- To use space without inhibitions.

### Used activities/Contents

- To use all the space in the room;
- To hide in any place in the room (under the table or chairs, curtains, etc);
- To walk in different directions;
- To use the floor as a work space;



### Needed facilities/technical equipment

- A large room where people can walk, move freely, do physical exercises;
- *Tables*
- *Chairs;*
- *Music CD player*

### Learning outcomes



With these didactic units the trainees will:

**Technical Scope** – To show confidence in taking advantage of the space wherever it is;

**Performance Scope** – To reveal in a public presentation the ability to move and control the space around oneself (first for the classmates and then gradually to the exterior);

**Experimental Scope** – To reveal spontaneity and creativity in actions and problem solving;

**Academic Scope** – To have more tools to face the tasks from other areas of the training course.



## Didactic Unit Number 5

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**Title:** *Verbal and Non Verbal Language*

### **Aims/objectives of the session**

- To promote reading and the continued reading habits;
- To develop language in the expression/communication process;
- To develop creative competences through dramatic expression;
- To focus reading, theatre and the dramatic arts as a fundamental way to communication/expression learning;
- To understand the language as a prime vehicle between people;
- To use correctly the native language;
- To express oneself with calm and clearly;

### **Used activities/Contents**

- To read poetry and other literature in a dramatic way;
- To make nature and animal sounds during the reading;
- To practice over reacting as well as economy in personal expression and volume;
- To laugh out loud
- To imitate cry and anger





### Needed facilities/technical equipment

- A large room where people can walk, move freely, do physical exercises;
- *Poetry lyrics.*

### Learning outcomes

With these didactic units the trainees will:

**Technical Scope** – To project the voice, and to express more clearly and paused;

**Performance Scope** – To be able to perform a reading for others, controlling emotions and insecurities;

**Experimental Scope** – To reveal increasing comfort in reading and verbal, manifestations;

**Academic Scope** – To have more tools to face the tasks from the courses training modules.