**Description of the Activity**

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| **Title** | "Theatre of Inclusion" - Drama workshops for young adults with physical disabilities to promote social inclusion |
| **Duration** | 120 minutes |
| **Aim of the activity** | To utilize drama and theatrical techniques as tools for self-expression, empowerment, and social inclusion among young adults with physical disabilities. The workshops aim to foster creativity, build confidence, and encourage meaningful connections within a supportive and inclusive environment. |
| **Brief Description of the activity** | Engaging drama workshops where young adults with physical disabilities explore various theatrical techniques, storytelling, and improvisation. Through collaborative activities, participants will develop communication skills, enhance self-confidence, and embrace their unique abilities, promoting social inclusion within the group. |
| **Detailed Description of the activity** | 1. Introduction and Icebreaker: Create a warm and welcoming atmosphere for the participants. Begin with introductions, allowing each young adult to share their name, a fun fact, and their interest in drama. Engage in an icebreaker activity that encourages interaction and breaks the ice within the group. 2. Body and Movement Warm-up: Conduct a series of gentle warm-up exercises that focus on body awareness, stretching, and mobility. Incorporate elements of dance, yoga, or physical theater techniques, tailored to accommodate different physical abilities. This activity prepares the participants for the physical aspects of the drama workshop. 3. Storytelling and Character Building: Guide the participants in storytelling exercises where they create and develop characters using their imaginations. Encourage them to explore various physicality, gestures, and vocalizations to bring their characters to life. This activity promotes creativity, self-expression, and the development of narrative skills. 4. Improvisation and Scene Work: Engage the participants in improvisational activities and scene work, where they collaborate to create spontaneous scenes. Provide prompts or scenarios that allow them to explore different emotions, conflicts, and relationships. This activity enhances communication skills, teamwork, and encourages participants to think on their feet. 5. Accessible Theatre Techniques: Introduce participants to specific theatre techniques that can be adapted to accommodate different physical abilities. For example, exploring voice projection, facial expressions, or utilizing assistive devices for creative purposes. This activity allows participants to explore their unique talents and abilities within the theatrical context. 6. Inclusive Performance Project: Collaboratively work towards creating a short performance piece that incorporates elements explored in the workshops. Participants can contribute through acting, storytelling, movement, or any other form of creative expression. Emphasize the importance of teamwork, mutual support, and inclusivity throughout the rehearsal process. 7. Sharing and Reflection: Organize a sharing session where participants have the opportunity to present their performance piece to an invited audience, such as friends, family, or other community members. Following the performance, facilitate a reflection session where participants can share their thoughts, feelings, and experiences throughout the workshop process. |
| **Materials/Items needed for the activity** | Open space for movement, comfortable clothing, props or costumes for performance piece (if desired), assistive devices or adaptations as necessary based on participants' specific needs. |
| **Evaluation** | The success of this activity can be evaluated through observation of participants' engagement, creativity, and their ability to collaborate effectively within the group. Feedback from participants, as well as audience reactions, can provide valuable insights into the impact of the drama workshops on social inclusion and personal growth. |
| **Other comments** | Ensure the physical environment is accessible and safe for all participants. Provide support and assistance as needed, considering individual mobility requirements. Celebrate the diversity and uniqueness of each participant, emphasizing the importance of inclusivity and respect throughout the workshops. |