

ACTIVITY 3.1

TRANSNATIONAL WORKSHOP ON EMOTIONAL EDUCATION AND DANCE

7 - 14/09/2025 – SEVILLE (ES)

STRUCTURE OF THE LABORATORY

September 7, 2025

Arrival of participants

September 8, 2025 – Raquel Ortíz Ávila

Experiential, participatory, artistic and playful. Theatre and clown techniques will be used, with special emphasis on body and emotional expression; Musical and improvisational resources will be used, as well as group dynamics to promote disinhibition, fun and connection. Develop creativity and spontaneity through stage games, improvisations and musical resources.

September 9, 2025 – Raquel Ortíz Ávila

Theatre, clown and improvisation techniques will be used, with special attention to body, emotional and musical expression. Group dynamics will favor disinhibition, fun and connection. Promote authenticity and enjoyment in a safe and non-judgmental space, valuing mistakes as part of the creative process, and strengthen empathy, trust and group cohesion through play, humour and artistic exploration.

September 10, 2025 – Vanesa Posse

Methodology: Investigative. Know the basic emotions in the body, in space and in the qualities of movement. Develop social skills through movement.

September 11, 2025 – Gael Chaves Serra

Psychoeducational workshops through body techniques. Explore and listen to one's own body. Become aware of what is happening inside and observe its adaptation.

September 12, 2025 – Gael Chaves Serra

Psychoeducational workshop through body techniques. Know your body and how it is in the face of a conflict. What happens, what possibilities does it show me, how does it communicate?

September 13, 2025 – Laia Roses Usero

Psychodance, psychoeducational workshops through body techniques. Develop social-emotional skills through movement and dance; encourage empathy, active listening and interpersonal understanding; strengthening group cohesion and teamwork; Promote emotional awareness, creativity, artistic expression and positive conflict management.

September 14, 2025

Departure of the participants.



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