

ACTIVITY 3.1

TRANSNATIONAL WORKSHOP OF EMOTIONAL EDUCATION AND DANCE

7 - 14/09/2025 – SEVILLE (ES)

OBJECTIVES OF THE ACTIVITY

The activity aims to develop educational methodologies related to Emotional Education, with a particular focus on methods related to bodily expression through movement and dance. These methodologies aim to support both educators and participants in creating and managing the groups envisaged for future project activities.

Expected participants: 4 key representatives from each partner organization involved in the project (2 educators and 2 beneficiaries) for a total of 16 participants. The adult representatives will act as facilitators of the activities implemented in WP3 for the target youth groups.

LOCATION

ASEDEM Asociación Española de Educación Emocional

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DESCRIPTION

This workshop is not just an artistic project, but a journey of personal growth, inclusion, and global connection, which will give participants the tools to express their inner world and build bridges beyond all borders.

The *workshop* will offer unique tools to explore your inner world and connect with others.

Objectives of the Laboratory

This workshop aims to achieve several key objectives:

- Help participants recognize and understand their emotions.
- Teach participants how to express emotions in healthy ways through movement and dance.



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- Improve body awareness and coordination.
- Promote self-confidence and self-esteem.
- Develop communication and relationship skills through the use of one's body.
- Encourage creativity and self-expression.
- Provide a safe and supportive environment for participants to explore their emotions.
- Promote the ability to manage stress and difficult emotions.
- Promote overall emotional well-being.
- Acquire educational methodologies related to Emotional Education, with particular attention to methodologies related to bodily expression through movement and dance.

LABORATORY STRUCTURE

The workshop will be structured into modules that will be developed over the various training days, combining emotional education activities and theatrical techniques:

September 7, 2025

Arrival of participants

8 Sep 2025 (Raquel Ortíz Avila): 9:00/13:00 and 14:00/16:00

Methodology : The workshop approach is experiential, participatory, artistic, and playful. Theater and clown techniques will be employed, with a particular focus on physical and emotional expression; musical and improvisational resources, as well as group dynamics, will be utilized to promote freedom from inhibition, fun, and connection.

Objectives : Creativity and spontaneity will be developed through stage games, improvisation, and musical resources.

9 Sep 2025 (Raquel Ortíz Avila): 10:00/13:00 and 14:00/18:00

Methodology : Theater and clown techniques will be employed, with a particular focus on bodily and emotional expression; musical and improvisational resources, as well as group dynamics, will be utilized to promote disinhibition, fun, and connection.

Objectives : Disinhibition and enjoyment will be promoted in a safe, judgment-free space, where mistakes are valued as part of the creative process, strengthening group connection and empathy through collaborative and artistic dynamics that enhance listening, presence, and respect. Personal and group trust will be fostered by using play, humor, and artistic exploration as tools to break down internal barriers.



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10 Sep 2025 (Vanessa Posse): 9:00/13:00 and 14:00/16:00

Methodology used : investigative.

Objectives : To understand basic emotions in the body, in space, and in the qualities of movement.
To develop social skills through movement.

11 Sep 2025 (Gael Chaves Serra): 10:00/13:00 and 14:00/18:00

Methodology used : Psychoeducational *workshops* using body techniques .

Objectives : Exploration and listening to one's body. Awareness of what happens inside the participant and observation of their adaptation.

12 Sep 2025 (Gael Chaves Serra): 10:00/13:00

Methodology used : Psychoeducational workshop using body techniques.

Objectives : Understanding your body and how it deals with conflict. What happens, what possibilities does it show me, how does it communicate?

13 Sep 2025 (Laia Roses Usero): 10:00/13:00 and 14:00/18:00

Methodology : Psychodance, psychoeducational workshops using body techniques.

Objectives : Develop social and emotional skills through body awareness, movement, and dance; develop active listening and interpersonal understanding; promote teamwork and group cohesion; foster empathy and a sense of belonging; foster emotional awareness of oneself and others; acquire positive conflict resolution skills; and foster participants' creativity and artistic expression.

September 14, 2025

Departure of participants.



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