

## ACTIVITY 3.1

### TRANSNATIONAL LABORATORY OF EMOTIONAL EDUCATION AND THEATRE

6 - 13/07/2025 – SEVILLE (ES)

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#### OBJECTIVES OF THE ACTIVITY

The activity aims to develop educational methodologies related to Emotional Education, with a particular focus on theatrical methodologies. These methodologies aim to support both educators and participants in creating and managing the groups envisaged in 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.

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#### 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:

- Developing Emotional Intelligence by helping participants recognize, understand, and manage their own emotions and those of others.



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- Creative Expression by providing a safe and stimulating environment to explore different forms of artistic expression, particularly through theatre and music.
- Building self-esteem by encouraging children to value their abilities and overcome any insecurities.
- Integration and Socialization, creating an inclusive environment where participants can interact, collaborate and build meaningful relationships.
- Communication Skills, improving verbal and non-verbal communication skills through theatrical play and interpretation.
- Preparation for international interaction, providing the foundation for effective communication and intercultural understanding with children from partner countries.

## 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:

### July 6, 2025

Arrival of participants

### July 7, 2025 ( María Japón Ponce ): 9:00/13:00 and 14:00/16:00

**Methodology used** : This is an experiential, expressive, and emotional methodology based on physical theater, group play, and emotional education. It will create connection, fun, and authenticity among participants.

**Objectives** : to connect participants authentically; to improve physical and emotional expression; to strengthen the group; to awaken creativity; and to integrate the experiences of each participant.

### July 8, 2025 ( Laura Campoy García ): 10:00-13:00 and 14:00-18:00

**Methodology used** : Emotional literacy.

**Objectives** : naming one's emotions; understanding one's body as a vehicle for emotional expression; learning to observe and listen to one's emotions; listening to and observing emotions through play; expressing emotions and regulating their intensity; developing emotional mastery; using breathing.

### July 9 , 2025 ( Carmen Hernández Segovia ): 9:00-13:00 and 14:00-16:00

**Methodology used** : Development of theatrical dynamics through different emotions aimed at delineating the character or person within you. Listening, observation, play, movement, voice, and action are used to experience sensations, discover abilities, and foster socio-emotional skills that foster identity and community spirit.



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**Objectives** : Promote self-esteem and self-confidence; listen to one's own inner voice and that of the group; promote cooperative work; discover expressive abilities; encounter others; explore bodily and emotional sensations.

**July 10, 2025 ( María Japón Ponce ): 10:00/13:00**

**Methodology used** : experiential and physical, based on play, improvisation, and collective creation. Nonverbal listening, emotional connection, and free expression through the body will be priority channels of communication. The dynamics are designed to be inclusive, active, and accessible, fostering connection and trust within the group through diversity.

**Objectives** : promote physical and emotional listening; stimulate coordination, presence, and trust within the group through shared movement; promote creative collaboration and play to better understand one another; cultivate a space of care, sensitivity, and mutual respect; leave one's mark within the group by encouraging shared reflection; and strengthen the group's identity as an expressive and emotional community under construction.

**July 11, 2025 ( Charo Sánchez Casado y Teresa Arbolí ): 10:00/13:00 and 14:00/18:00**

**Methodology** : Expressive movement. Expressive group work.

**Objective** : Connect with emotions through the body, movement, and music; develop interactions and deep connections that allow participants to release their emotions and express themselves authentically both within the group and in everyday life; strengthen group bonds and promote collective creativity; enhance feelings of equality within the group.

**July 12, 2025 ( Charo Sánchez Casado y Teresa Arbolí ): 10:00/13:00 and 14:00/18:00**

**Methodology** : integrative technique based on theater and emotional education ; theatrical improvisation and the PIBE method.

**Objective** : to recognize difficulties, strengthen self-esteem, and connect with one's strengths; the play as a pretext and vehicle for healing one's emotions.

**July 13, 2025**

Departure of participants.



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