

ACTIVITY 3.1

TRANSNATIONAL WORKSHOP ON EMOTIONAL EDUCATION AND THEATRE

6 - 13/07/2025 – SEVILLE (ES)

STRUCTURE OF THE LABORATORY

July 6, 2025

Knowledge and creation of the group through recreational activities and role-playing.

July 7, 2025 – María Japón Ponce

Connect participants in an authentic way; improve body and emotional expression; strengthening the group; spark creativity; Integrate the experience of each participant.

July 8, 2025 – Laura Campoy García

Giving names to emotions; to know one's own body as a vehicle for our emotional expression; learning to observe and listen to one's own emotions; listening to and observing emotions through play; expressing emotions and regulating their intensities; develop emotional mastery; use of breathing.

July 9, 2025 – Carmen Hernández Segovia

Foster self-esteem and self-confidence; listening to one's own inner voice and that of the group; to promote cooperative work; discover expressive skills; getting to know others; explore bodily and emotional sensations.

July 10, 2025 – María Japón Ponce

Promote bodily and emotional listening; to stimulate coordination, presence and trust in the group through shared movement; promoting creative collaboration and play to get to know each other better; cultivate a space of care, sensitivity and mutual respect; leaving one's own mark within the group by encouraging shared reflection; to strengthen the identity of the group as an expressive and affective community under construction.

July 11, 2025 – Charo Sánchez Casado and Teresa Arbolí

Connect with emotions through the body, movement and music; develop deep interactions and bonds that allow participants to release their emotions to show themselves authentically both within the group and in everyday life; strengthening group bonding and promoting collective creativity; Enhancement of feelings of equality in the group.

July 12, 2025 – Charo Sánchez Casado and Teresa Arbolí

Recognizing difficulties, strengthening self-esteem and connecting with one's own strengths; the theatrical text as a pretext and vehicle to heal emotions.

July 13, 2025

Closing and departure of the participants.



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