

Utilising interactive theatre, art-based mediums, and gaming to explore issues and engage with young people

Outside In Conference - 6th May 2009

Reconnect Mental Health

robert.boardman@ae.salvationarmy.org

ian.heininger@ae.salvationarmy.org

(02) 9542 5699 www.reconnect.salvos.org.au

Warm ups

- The cross and the circle, name and circle
- Image of the hour
- Mime and snapshot

Interactive Theatre

- This involves a scenario first acted out by the “actors”, and then the scenario is replayed, calling on the group for alternative ideas and strategies that can change the outcomes of the scenario.
- The group is then involved in acting out the positive ideas and strategies to explore new approaches to the issue and obtain a more positive conclusion to the drama.

Interactive theatre

- Video

Interactive Theatre

- Allows for a variety of learning styles- *eg visual, auditory, and kinesthetic (doing).*
- Assumes the capacity to generate options and alternative solutions- *ie the facilitator promotes participation.*
- Adult learning principles- each person to some extent “finds” out their own learning- *The wrap **may** focus more on resources rather than principles or learnings.*
- Allows for practice and rehearsal of ideas- *Avoids the “knowledge into practice” barrier.*

“Everyone can do theatre - even actors.
And theatre can be done everywhere,
even inside theatres” Augusto Boal

Interactive art

- Portrait
- 12 Circles
- Actor/freeze frames
 - Each person is given a piece of paper with an object / animal/ activity on it. The person is then asked to freeze frame in a pose that portrays their word and everyone draws what they think it is in 1 minute.
 - Words could include:
 - Animals: Bird, Giraffe, Snake
 - Activity: Cooking, Swimming, sleeping, karoake
 - Event: Birthday, New Years Eve,

Interactive art

- Individual drawings of one of the following:
 - Your journey this year as a mode of transport (i.e. bus, train, car, speed/slow, etc..)
 - A strength developed or refined
 - How you re-energise refresh
 - Yourself as a tree (i.e Christmas tree, part of a forest, shelter, etc..)

Interactive Gaming

- The Gaming club is for young people aged 12-16 who may be socially isolated and have mental health concerns within the family.
- We get together regularly (about every three weeks) and hang out and play Playstation / Wii games. We also have activities in the school holidays.



Interactive Gaming- questions

- **The games**

- What was your favourite moment today?
- Who took the most risks in the games?
- Who worked best as a team?
- Who was the most improved player?

- **The people**

- Who was the most interested about others in the game?
- Who shared the food the best?
- Who was the funniest?

- **The friendships**

- What was one thing you learnt about someone else today?
- How would you rate your ability to get on with everyone today?
- What was one thing you really liked about someone today?

Interactive Boardgames

- Boardgames
 - Cooperative vs. competitive games
 - Interactive with other people/family
 - Scotland Yard
 - Break the Safe

■ Questions?

Discussion points

- What could I take from today that I could use?
- What else would I need to do before I start using this?

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