



**PEDAGOGICAL
STANDARD SAFETY
RULES FOR RUNNING
CULTURAL ACTIVITIES**

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OUTLINE

"Every man is an artist..." – Joseph Beuys

Inclusion is about all parts of life and what we do. Inclusive art and culture are important for people to live together with differences and equality. Everyone should have the chance to enjoy culture and art and grow their own creative, artistic, and intellectual skills. Inclusive culture means all people take part in the arts, and it helps us build a society that doesn't just follow old ideas of what's normal.

The United Nations Convention on the Rights of Persons with Disabilities (Article 30) talks about how we can break down barriers to joining in culture and art and help people express themselves artistically. For services that support people with intellectual disabilities, being part of art and culture is important for inclusion and support diversity in society.

To make it possible for everyone to take part in art and culture, and to express themselves artistically, we need to plan and think ahead. Our main goal is to make sure everyone can join in with theater, art, and culture. We will teach people how to:

- Be involved in cultural activities
- Have their own artistic voice and grow in it

This way, theater can be a place where people can learn and grow in two ways: by watching and by actively performing.

2. What we do

"Those who want inclusion find ways, those who want to prevent it look for justifications." Hubert Hüppe

Focus on what people want and need - everyone gets the opportunity to take part in the theatre.

To make sure everyone can take part in culture and grow artistically, we need to focus on what each person wants and needs. We'll use this approach all the way through our activities. Sometimes, it might be hard to see or understand what someone wants or needs, but we'll always make room for everyone to share their thoughts. We'll treat each person as an equal and pay attention to their individual needs.

Total communication – recognise how we and others express ourselves.

To include everyone in talking and sharing, we need to focus on what everyone interests and needs. We'll offer many ways for people to communicate so that everyone has an opportunity to express themselves and access to information and tools (like sign language, pictures, and AAC).

We'll plan, adapt, and carry out activities based on each person's abilities and interests. Sometimes, it's hard to know what someone wants or needs. For people who need more support, we will ensure that they will be included and supported to engage in the activity.

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Our goal is to recognize, keep up, improve, and grow each person's abilities and interests.

Inclusion in theater activities – everyone gets to be part of the theater process

Our main goal is to help people feel more confident about themselves. Participants learn to make choices and improve their social skills. We have developed some questions to help others choose the right theater activities

4. PROCEDURES – How we did it!

WHO does WHAT, WHY, WHERE, WHEN, HOW and WITH WHAT?

These questions help get ready for the theater process.

When we answer them clearly, it's easier for participants to tell others and express their skills, talents and personal expression both on stage and off stage. Theater helps people see their own strengths and possibilities. By building on these skills and talents that we have learnt through the theatre we can continue to learn and grow.

WHY WE USE THIS STANDARD – The reasons behind it

"Everyone can act. Everyone can improvise. Anyone who wishes to can play in the theatre and learn to become 'stage-worthy.'" – Viola Spolin

Theatre helps grow people's imagination and understanding. It lets them see the limits in their environments and supports and look for other ways to be able

to take part in theatrical activities. The main focus is on thinking in a holistic way and wanting to be part of theatre, including them as personal goal. Participants learn to become different characters and show them through their body, voice, and expression. They can try new things and present themselves on stage. This is a powerful way to build their personality and feel more confident.

By trying things out, they learn a lot about their posture, body language, voice, and emotions. They can be represented in inclusive theatre and the opportunity to empathize with the challenges of others.

We see and respect diverse participants. This is the key to working well together. It's important to be non-judgmental, focus on the person, and treat everyone with respect. To make sure everyone has equal access, we need ways to communicate that meet their needs.

What?

What theater topics will be taught? We always base this on the skills, abilities, and interests of the participants. These will be our starting point, and we'll prepare the content differently for each person and group.

How?

By having fun and enjoying theater, we can help people find and grow their skills. Our main focus is on keeping everyone motivated, and theater is a great way to do that.

Theater (play) can:

- Boost actors' self-confidence
- Let people have hands-on and sensory experiences
- Help with social group activities and encourage sharing and inspiration
- Allow people to express their feelings
- Improve self-awareness and the ability to take action
- Help people communicate better
- Help people understand their own and others' limits
- Encourage empowerment

When

Time is important when doing theater activities. We need to give participants the time and space they need to be part of the theater process (allow for breaks and different speeds!).

Where do theater activities happen?

They can be indoors or outdoors. A real stage isn't needed for a successful workshop. The spaces should be welcoming, where creativity can grow and everyone can move safely.

How and with what?

The implementation of the different theatre offers depends on the participants. What media, materials, learning techniques and learning methods are needed? Through the individual use of media and other aids, access is possible for a successful outcome.

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1. SUMMARY

"When I do theatre, I just feel great!" – Elias Schipeck

In short, using theater in a playful way is very rewarding for everyone involved. Theater activities help build important social and cultural skills. Through play, we can improve attention, awareness, language and body expression, presence, imagination, emotions, and social experiences. Theater helps us see people as whole individuals, giving them the freedom to be and show who they are, with all their potential and abilities!

"Anyone can do theatre! What one can do, all can do! ...We should not take reality, including theater, stories, and history, for granted. Instead, we should always know that things could have turned out differently, and believe in the possibility of change and work towards it!"

From Boal's "Theatre of the Oppressed"

Checklist to Engage in Community Cultural Activities

1. Focus on what people want and need	Achieved
Have you carried out a needs assessment	
Have you gathered individuals interests in order to adapt activities	

2. Total Communication	Achieved
<ul style="list-style-type: none">Boost actors' self-confidence	
<ul style="list-style-type: none">Let people have hands-on and sensory experiences	

<ul style="list-style-type: none"> • Help with social group activities and encourage sharing and inspiration 	
<ul style="list-style-type: none"> • Allow people to express their feelings 	
<ul style="list-style-type: none"> • Improve self-awareness and the ability to take action 	
<ul style="list-style-type: none"> • Help people communicate better 	
<ul style="list-style-type: none"> • Help people understand their own and others' limits 	
<ul style="list-style-type: none"> • Encourage empowerment 	
<ul style="list-style-type: none"> • Do we have the appropriate multimedia and support tools to support engagement for all participant 	

3. Inclusion in theater activities –	Achieved
Who will join in?	
Who should we reach out to?	
What theater topics will be taught?	
Have you ensured that the topics can be engaged by all participants using universal design methods	
Have you discovered the common dominator to support engagement from all participants.	
Have you a plan to motivate all participants but also allow personal choice during the activities	
Have you ensured that you have enough time allocated to support engagement for all the activities.	
Have you ensured that the environment is suitable for all participants, is there enough room to move around and express themselves	

