



DRAMA METHODS (Paradigm-breaking methods)

Drama methods are participatory and bodily approaches based on theatre and improvisation techniques. In the context of the green transition, they are used to enhance environmental awareness and support interaction and change. These methods can be utilised in identity work of the health and care Community of Practice, group dynamics development, emotional processing and organisational changes related to the green transition. Drama methods can help participants to empathise with different perspectives and deepen their understanding of the environmental theme being addressed.

What is required:

- Creating a safe and open atmosphere and framing the work
- Willingness to immerse oneself and try new ways of expressing oneself
- A professional facilitator skilled in drama methods

Level of difficulty: 2 (depends on the exercise and participants' experience; requires a skilled facilitator or a drama methods professional as a co-facilitator)

Time required: 30-90 minutes (depending on the exercise)

Materials:

- Space for movement
- Possibly props
- Writing tools or digital platforms for reflection, if needed

Participants: 6–40

How to use:

1. Introduction: Present the goals of the method and create a safe atmosphere.
2. Warm-up: Light physical and mental exercises to help participants to relax and prepare.
3. Exercise: Implement the chosen drama method such as a role play, forum theatre, improvisation or process drama.
4. Reflection: Review experiences and insights together with the group.

When to use:

- In learning processes and training
- In group work and team development
- In supporting change processes and developing organisational culture
- In processing emotions and experiences

Why to use:

- Promotes interaction and participation





- Supports the development of emotional intelligence and empathy
- Provides a safe environment to experiment and learn
- Helps to deepen understanding from different perspectives

How to document:

- By recording discussions and insights related to reflection
- By taking photographs or videos (with participants' consent)
- By producing summary reports or visual notes

The roots of the method can be found here: Drama methods are influenced by drama and theatre pedagogy as well as applied and participatory theatre. Theatre forms developed by Augusto Boal (1979), such as forum theatre, are the foundation of drama methods. Boal was inspired by Paulo Freire's critical pedagogy and critical thinking as the basis for theatre work. Using drama methods requires training. In the context of the green transition, a good practice is to work in pairs, where a facilitator specialising in the green transition collaborates with a drama director.

Further information:

Information on Forum Theatre, developed by Augusto Boal.

Boal, A. (1992). *Games for actors and non-actors* (A. Jackson, Trans.). Routledge.

Boal, A. (1995). *The rainbow of desire* (A. Jackson, Trans.). Routledge.

Boal, A. (1996). Politics, education and change. In J. O'Toole & K. Donelan (Eds.), *Drama, culture and empowerment* (pp. 47-52). IDEA Publications.

Pässilä, A., Oikarinen, T., Parjanen, S., & Harmaakorpi, V. (2013). Interpretative dimension of user-driven service innovation: Forum Theatre in facilitating renewal in Finnish public health care. *Baltic Journal of Management*, 8(2), 166-182.