

# **Final Report on the Sensory Theater Project**

## **S3ITA**

### **Project Purpose**

The sensory theater project was created with the aim of fostering the development of students' expressive, communicative, and relational skills through the use of theatrical language and perceptual experiences related to the five senses. The activity aimed to promote self-awareness, listening to others, cooperation, and the appreciation of different modes of personal expression.

### **Activities**

During the program, students participated in sensory perception exercises, relaxation and concentration activities, individual and group improvisations, guided explorations of space and movement, as well as activities aimed at creating short expressive performances.

Particular attention was paid to listening to one's body, using one's voice, managing emotions, and nonverbal communication. Sensory experiences were used as creative stimuli to encourage the production of shared narratives, images, and performances.

## **Objectives Achieved**

Students demonstrated active participation and growing engagement in the proposed activities. Significant progress was observed throughout the project in:

- development of body and sensory awareness;
- improvement in communication and expressive skills;
- increased self-esteem and confidence in one's potential;
- collaboration and teamwork skills;
- respect for time, space, and shared rules;
- managing emotions in relational and performative contexts.

## **Evaluation**

The experience proved particularly positive both educationally and interpersonally. Students demonstrated interest, curiosity, and a willingness to get involved, gradually overcoming any initial shyness or difficulties expressing themselves.

The activities fostered an inclusive and collaborative classroom environment, contributing to the strengthening of interpersonal relationships and the well-being of the group. The sensory approach allowed all students to participate according to their characteristics and potential, enhancing different communication styles and learning approaches.

## **Conclusions**

The project represented an important opportunity for personal and social growth for the students, offering an educational space in which to experiment with creativity, listening, empathy, and collaboration. The objectives set were largely achieved, and the experience highlighted the effectiveness of sensory theater as an educational tool capable of integrating emotional, relational, and cognitive aspects into the students' academic journey.

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