

Educator Checklist: Preparing an Inclusive Theatre Workshop for People with Visual Impairment

1. Prepare the Space

- ☐ Make sure the theatre space is safe and easy to navigate.
- ☐ Remove obstacles from the working area.
- ☐ Keep furniture and materials in consistent locations.
- ☐ Introduce the space before starting:
 - Where are the boundaries of the room?
 - Where are participants positioned?
 - Where can they find materials?
- ☐ Allow participants to explore the space through movement and touch.

Tip: A familiar environment helps participants feel confident and free to express themselves.

2. Create a Safe and Supportive Atmosphere

- ☐ Introduce participants and encourage connection within the group.
- ☐ Establish clear rules based on respect and trust.
- ☐ Encourage everyone to participate in their own way.
- ☐ Create an environment where mistakes are part of learning.

Remember: Theatre is not about being perfect; it is about exploring, communicating, and expressing ideas.

3. Use Clear Verbal Instructions

When explaining activities:

- ☐ Describe actions step by step.
- ☐ Explain who is involved and where people are positioned.
- ☐ Use clear information about:

- Movement
- Space
- Emotions
- Relationships between characters

Instead of:

✗ “Stand over there and look at your partner.”

Say:

✓ “Take three steps forward until you are facing your partner. Turn your body towards their voice.”

4. Encourage Voice and Sound Exploration

☐ Include activities for:

- Breathing
- Voice projection
- Rhythm and tone
- Storytelling

☐ Encourage participants to explore:

- Different emotions through voice
- Character sounds
- Dialogue and improvisation

☐ Allow participants to use their voice as a tool for imagination and expression.

5. Support Body Expression

☐ Encourage participants to explore movement and posture.

☐ Describe physical actions instead of relying on visual demonstrations.

Instead of:

✗ “Move like an old person.”

Say:

✓ “Imagine your body becoming slower, your steps becoming smaller, and your movements becoming softer.”

☐ Explore:

- Gestures
 - Facial expressions through description
 - Body position
 - Movement qualities (slow, fast, strong, gentle)
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6. Support Imagination and Story Creation

- ☐ Use storytelling activities that engage different senses.
- ☐ Encourage participants to create their own characters and narratives.
- ☐ Use objects, sounds, textures, and music as creative inspiration.

Questions to encourage creativity:

- “What does this character feel?”
 - “How does this place sound?”
 - “What happens next in the story?”
 - “How would your character move or speak?”
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7. Adapt Theatre Activities

- ☐ Allow different ways of participating:
 - Acting
 - Narrating
 - Creating sounds
 - Developing characters
 - Supporting the story behind the scenes
- ☐ Avoid activities based only on visual imitation.
- ☐ Give participants time to understand roles and scenes.
- ☐ Provide additional verbal information when needed.

Tip: Every participant can contribute to theatre, regardless of their level of vision or movement ability.

8. Encourage Collaboration and Trust

- ☐ Include partner and group activities.
 - ☐ Encourage participants to listen and respond to each other.
 - ☐ Build activities around:
 - Trust
 - Communication
 - Cooperation
 - Shared creativity
 - ☐ Always ask permission before physical guidance or contact.
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9. Create an Inclusive Performance Environment

If preparing a performance:

- ☐ Explain the stage or performance space clearly.
 - ☐ Discuss entrances, exits, and positions.
 - ☐ Allow participants to become familiar with the space before performing.
 - ☐ Focus on expression and storytelling rather than visual appearance.
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10. Reflection After the Workshop

Ask participants:

- ☐ How did you express yourself during the activities?
 - ☐ Which exercise helped you feel most confident?
 - ☐ What did you discover about your voice or body?
 - ☐ How did working with others influence your experience?
 - ☐ What would you like to explore further?
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Key Message for Educators

Inclusive theatre is not about reproducing traditional performance methods.

It is about creating a space where people with visual impairment can use their voice, body, imagination, and creativity to tell stories and connect with others.