



PLAY, CREATE, AND HEAL

An Arts-Based Intervention for
Post-Earthquake Trauma Recovery

A production by **TEATRO ABIERTO**



24 Years of Art as Citizenship

24+

Years of continuous work using performing arts to promote civic engagement.

3,000+

Youth and children from low-income communities integrated into our shows.

4

Our actors are facilitators. We integrate communities directly into professional Dance, Theater, Circus, and Music productions.



The Loss of the Safe Space

The June 24 earthquakes left a collective wound that demands healing.

A house represents us. It is our safe place and our intimacy. Losing it leaves communities exposed, fragile, and vulnerable to an unexpected new reality.

Play as an Emotional Catalyst



Play is not just an artistic development activity; it is an irrefutable catalyst for healing the psyche and body, especially in vulnerable children and adolescents.

Based on 25 years of teaching experience at the Integral Art School Teatro Abierto.

Intervention Structure



40 Total Participants

(8 per discipline).



20 Workshop Hours

Distributed over 2 to 3 weeks.



Targeted Relief

Focused on the populations most affected by the earthquakes.



One Final Showcase

A unified, community-wide performance.



Immediate and Direct Implementation



Key Advantage:

Three of our lead facilitators currently live in these exact affected zones.

Strategic Impact

This eliminates logistical barriers and allows us to embed the healing activity directly in the heart of the community from day one.

An Ecosystem of Expression

	 Stilts	 Puppets	 Dance	 Theater	 Percussion
Physical/ Creative Focus	Physical balance with 40cm training stilts.	Manual crafting and narrative projection.	Physical preparation and improvisation.	Body exploration and stage composition rules.	Rhythm with quitiplas, shakers, and tambourines.
Healing Goal	Teamwork and creative choreography.	Storytelling and local exhibition.	Fixed choreographies for bodily expression.	Character and narrative building.	Interaction, soundscapes, and effects for others.

The Final Showcase: Rebuilding the Bond

Percussion: Provides the soundtrack and effects.

Dance and Stilts: Executes the physical movement.

Theater and Puppets: Drives the narrative.

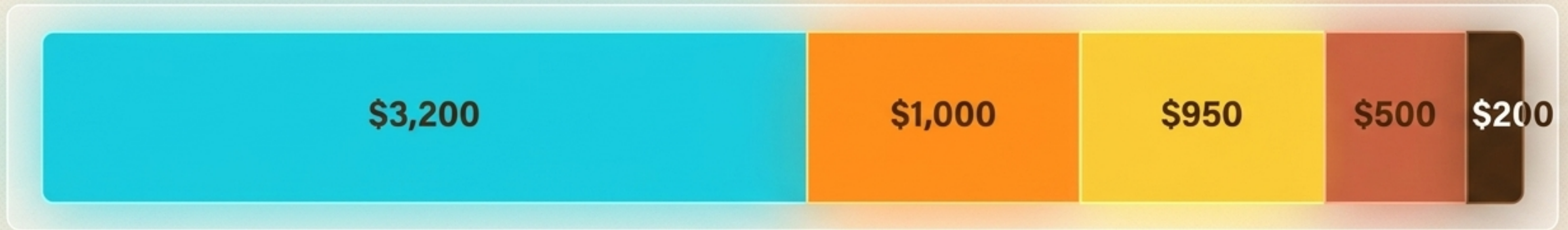


Impact Statement:

Impact Statement: The workshops do not operate in silos. They culminate in a unified spectacle, presented first to the team and then to the local public, restoring community bonds through art.

Transparent Investment (\$5,850 Total)

Full funding supports up to 3 communities.



■ **\$3,200:** Materials (Costumes, puppets, masks, stilts).

■ **\$1,000:** Fees (Facilitators, actors, and a technical team of 10).

■ **\$950:** Logistical assistance and transport.

■ **\$500:** Mobile stage, props, puppet theater.

■ **\$200:** Videographic registration.



Help Us Rebuild Their Safe Space

The stage is their
new home. Make
“Play, Create, and
Heal” a reality.

<https://adrianaavillalba.net/>