

27. August 2026

Music school

Movement theatre: telling stories with the body

Free drama workshop for girls aged 10 to 14 as part of the Kulturrucksack NRW programme

How do you tell a story without using many words? At the "Movement Theatre - Acting and Improvisation" workshop, girls aged 10 to 14 from Bocholt can try their hand at just that. On 11 and 12 September 2026, the LernWerk Bocholt will be all about movement, acting and the creative power of one's own body.

The workshop will be led by the actress and theatre educator Simone Silberzahn, who will introduce participants to the possibilities of physical theatre through a variety of exercises and playful activities.

Movement theatre differs from traditional spoken theatre: the focus is not primarily on texts and spoken dialogue, but on physical expression, movement, facial expressions, gestures and pantomime. Through various physical and awareness exercises, participants are first encouraged to discover their own bodies as a means of expression. They then develop a wide range of ways to portray feelings, situations and stories based on their own ideas and themes.

In the workshop, stories are invented and improvised together: Who is involved? Where does the story take place? What happens - and why? The answers are not only spoken, but above all told through the body. Participants develop their own short plays and then present their work to one another.

The workshop will take place on Friday 11 September from 4 pm to 7 pm and on Saturday 12 September from 10 am to 4 pm at the LernWerk, Industriestraße 1 in Bocholt.

The programme is aimed at girls aged 10 to 14 from Bocholt and is part of the 'Kulturrucksack NRW' initiative. Participation is free of charge.

You can register online at [bocholt.de/kulturrucksack](https://www.bocholt.de/kulturrucksack) .



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