Art4Wellbeing

SESSION 5

Motivation: What Moves Me?

Project nr. 2025-2-NL02-KA210-YOU-000368916

ART FORM USED	Music (listening, rhythm and sound-making)

TOTAL DURATION	MAIN OBJECTIVE	SESSION PURPOSE
90 minutes	To help participants discover what moves them (what energises them, touches them and helps them restart) through music, and to turn this into one small, optional step.	To move from bodily awareness through music to personal and shared mapping of motivation, a group rhythm and a personal Move Card, without pressure to perform or to set big goals.

Materials

Speaker and phone or laptop; 3–4 prepared instrumental tracks; mood cards; kraft paper and A4 sheets; markers, pens and post-it notes; stickers in two colours; simple rhythm materials (or hands, tables and voices); Move Card handout; optional headphones or ear protection; the Group Agreement from Activity 1 visible on the wall.

Session at a Glance

NO.	ACTIVITY	TIME	FOCUS
5.1	Move to the Music	10 min	Warm-up: arrive through sound, body and mood cards
5.2	Three Soundscapes	15 min	Listening: notice what music does to body, energy and feelings
5.3	What Moves Me Sound Map	25 min	Creative mapping: discover and share sources of motivation
5.4	Our Motivation Beat + Echo	20 min	Group rhythm: express motivation through sound and movement
5.5	My Move Card & Closing	20 min	Personal soundtrack, optional small step, evaluation and closing

Methodological Basis

This session follows the experiential logic of the previous sessions: warm-up → listening → main creative activity → sharing → reflection; voluntary participation; visual prompts; mirroring and echo. The title works on two meanings: what moves me *forward* and what moves me *emotionally*. Music is used in three ways: receptive (listening), expressive (rhythm, sound, movement) and reflective (mapping, personal soundtrack). It is not music therapy and does not assess musical ability.

Learning Outcomes

By the end of the session, participants will be able to:

- Notice how different kinds of music affect their **body, energy and mood**.
- Name several personal sources of motivation, and tell apart what moves them **from inside** (for themselves) and **from outside** (because of others).
- Recognise that other people are moved by different things, and that music taste is personal and never “wrong”.
- Express a feeling or intention through rhythm, sound and movement, and listen to others’ rhythms with curiosity.
- Create a personal **Move Card** with four songs or sounds (Start, Keep Going, Reset, Celebrate) and one optional small first step.

Before the Session: Preparation Checklist

Suggested group: 8–20 participants. No musical experience is needed.

- **Tracks:** prepare 3–4 short **instrumental** tracks of about 2 minutes: (1) energetic and rhythmic, (2) calm and slow, (3) inspiring and emotional, and a gentle one for the warm-up. Use royalty-free or licensed music, keep the volume moderate and cue the tracks in advance.
- **Mood cards** (Handout 1): print and cut, or use image cards from earlier sessions.
- **Sound Map paper:** one A4 sheet per participant and one large sheet per group of 4–5 with “WHAT MOVES US” in the centre. Print one **Move Card** (Handout 3) per participant.
- Collect simple **rhythm materials** (shakers, small drums, wooden spoons, bottles with rice). Hands, tables, feet and voices are enough.
- Prepare a quiet corner or an alternative role (observer, conductor, quiet drummer) for participants who find sound overwhelming.
- Check the space: not too close to other rooms, room to stand and move, tables or floor for mapping.
- Keep the Safe Harbor group agreement visible and remind the group: “no one’s music taste is judged”.

Adaptations

- **No speaker:** use phone speakers, or hum, tap and clap live.
- **Noise-sensitive group:** lower the volume, shorten tracks, offer headphones or ear protection and quiet roles in 5.4.
- **Deaf or hard-of-hearing participants:** use vibration (hand near a speaker), visual rhythm cards, movement and drawing; let them lead as conductor.
- **Mixed languages:** use instrumental music; allow song titles and words in any language.
- **Small group (under 8):** do 5.4 as one group and 5.3 Part 2 as one shared map. **Larger group (20+):** make two shared maps and perform in two rounds.
- **Shorter time (60 min):** keep 5.1 (short), 5.2 (two tracks), 5.3 Parts 1–2 and 5.5.

Handout 1: Mood Cards

Print and cut. Keep one blank card for participants who prefer to write their own word.

calm	energised	curious	tired
hopeful	restless	nervous	excited
content	stuck	open	heavy
light	focused	unsure	Blank card: your own mood

Handout 2: Sound Map Prompts

Centre of the map: **WHAT MOVES ME**. Optional dots: **green** = mostly for myself; **orange** = mostly because of others or outside reasons.

MOVES ME FORWARD	What gives me energy and the wish to start?
MOVES ME EMOTIONALLY	What touches me, comforts me or makes me feel alive?
DRAINS MY ENERGY	What takes my energy away or makes it hard to start?
HELPS ME RESTART	What helps me get going again when I feel stuck or tired?

Handout 3: My Move Card

One per participant. A song, a sound, a rhythm, a word or a drawing can go in each box.

START	The song, sound or rhythm that gives me energy to begin:
KEEP GOING	The one that keeps me company when it gets hard:
RESET	The one that brings me back when my energy is low:
CELEBRATE	The one I would like to hear when I have done something:
SMALL STEP	A small step I could take this week (optional, rest counts too):

5.1 WARM-UP: MOVE TO THE MUSIC 10 MIN

Purpose

To arrive in the room through sound and the body, to notice the current mood without needing words, and to start lightly with no pressure to perform.

Instructions

1. Spread the mood cards (Handout 1) on the floor or a table. Invite participants to stand or sit in a circle around them.

2. Explain: “When the music starts, move however you like: a small movement, swaying, tapping, or just listening. Eyes open or closed.”

3. Play a gentle **instrumental** track for about 2 minutes. Participants move freely, standing or seated.

4. When the music stops, each person silently chooses **one mood card** that fits how they arrive today (about 1 minute).

5. In pairs, participants show their card and say: *“I chose this because …”* (about 3 minutes). A few volunteers share with the group (about 2 minutes).

Facilitator Prompt

“Let the music move you, even if only a little. There is no right way to move. When the music stops, choose the card that fits how you are arriving today. You decide how much you would like to share.”

Facilitator Note

Do not interpret anyone’s card or movement. Seated and very small movements are just as welcome. Offer a calmer corner to anyone who prefers to listen without moving.

5.2 LISTENING: THREE SOUNDSCAPES 15 MIN

Purpose

To experience that different music creates different reactions in body, energy and feelings, and that what moves one person may not move another.

Instructions

1. Hand out post-its. After each piece, participants note, in words, drawings or symbols: **Body** (what I felt), **Energy** (raised, lowered or steadied?) and **Image** (a colour, place or memory).

2. Play piece 1 (energetic, rhythmic) for about 2 minutes. Participants write or draw for about 1 minute.

3. Standing line: participants place themselves between “This moved me” and “This did not move me” and quietly notice the differences (about 30 seconds). Repeat with piece 2 (calm, slow) and piece 3 (inspiring, emotional).

4. Group talk (about 3 minutes): *“Which piece moved you most? Which did not? What surprised you about other people’s places on the line?”*

Facilitator Prompt

“There are no right or wrong reactions. The same piece may make one person want to jump, another want to rest. We are not judging music, only noticing what it does to us.”

Safety Choice

Participants may keep eyes open or closed, step away from the line, use headphones or ear protection, or listen without writing. Warn before each piece, keep the volume moderate and use instrumental music. If a piece brings up strong emotion, slow down, offer a break and follow the safeguarding steps from Activity 1. Do not ask what a memory was about.

5.3 MAIN CREATIVE ACTIVITY: WHAT MOVES ME SOUND MAP 25 MIN

Purpose

To help participants discover and name what moves them, individually and together, and to see how different, and how connected, people's sources of motivation are.

The Four Branches of My Map

1. MOVES ME FORWARD	What gives me energy and the wish to start?
2. MOVES ME EMOTIONALLY	What touches me, comforts me or makes me feel alive?
3. DRAINS MY ENERGY	What takes my energy away or makes it hard to start?
4. HELPS ME RESTART	What helps me get going again when I feel stuck or tired?

Part 1 - My Own Map

Duration: 7 minutes

1. Give each participant an A4 sheet with **WHAT MOVES ME** in the centre and four branches. Soft instrumental music in the background is optional.

2. They write or draw words, symbols, places, people, activities and, if they like, song titles or sounds on each branch.

3. Optional dots: **green** for items they do mostly for themselves, **orange** for items mostly because of others or outside reasons. Both colours or none is fine.

Part 2 - Our Shared Map

Duration: 12 minutes

1. Form groups of 4–5 around a large sheet with **WHAT MOVES US** in the centre.

2. Each person adds **three items** they are happy to share (not from branch 3 unless they wish).

3. The group connects similar items with lines, forms clusters, adds a song title or sound if it fits and may give the map a short title.

Part 3 - Gallery and Talk

Duration: 6 minutes

1. Groups put their maps on the wall. Everyone walks around quietly (2 minutes).

2. In the circle (4 minutes): *"Which sources do many of us share? How different are the things that move us? Can they change over time? Which item from another map would you like to try?"*

Facilitator Prompt

"There is no right answer to what moves you. It can be a person, a place, a song, a feeling, a moment of quiet. Draw what is true for you, not what sounds impressive. Share only what you wish to share."

Safety Choice

Participants may keep branch 3 private, use symbols instead of words, or share only what feels comfortable. Do not rank sources as good or bad. Avoid productivity language: rest, friendship, silence and nature are as valid as goals. The dots are for the participant's own noticing, not for group evaluation.

5.4 GROUP CREATIVITY: OUR MOTIVATION BEAT + ECHO 20 MIN

Purpose

To express motivation through sound and movement rather than words, to make rhythm together without any musical skill, and to practise listening to and mirroring others.

Instructions

1. Form groups of 4–5. Explain (2 minutes): each group creates a **one-minute beat** with three moments: **Start** (bold and clear), **Keep Going** (steady and repeating) and **Together** (everyone in harmony). Hands, tables, feet, voices and simple rhythm materials can be used.

2. Everyone picks a comfortable role and may switch: **Pulse** (steady base), **Pattern** (repeating rhythm on top), **Accent** (sounds or voices that decorate) or **Conductor** (listens, signals changes, keeps time).

3. Groups create their beat (about 8 minutes), using their sound map: *"What does Start, Keep Going or Together sound like for us?"*

4. Each group performs (about 1 minute). After each performance the audience does an **Echo**: they repeat the main rhythm softly for about 20 seconds (about 8 minutes in total for up to four groups).

5. Short talk in the circle (about 2 minutes): *"What feeling did your beat show? What was it like to make sound together?"*

Facilitator Prompt

"You do not need to be a musician. A beat can be a heartbeat, a footstep, a clap. Listen to each other first, then add your own sound. When another group plays, we echo it back softly, as a way of saying: we heard you."

Safety Choice

Participants may choose a quiet role (conductor, quiet pulse, observer), use ear protection, keep sounds soft or pass on performing and join the echo. Keep the volume moderate. Do not rate or compare the beats; praise listening, not loudness. If a group struggles, start with one shared pulse and add one voice at a time.

5.5	PERSONAL APPLICATION & CLOSING: MY MOVE CARD	20 MIN

Purpose

To turn what was discovered into a small personal tool, to check the group's sense of safety and connection, and to close in a contained and positive way.

Part 1 - My Move Card

Duration: 10 minutes

1. Give each participant a Move Card (Handout 3), with soft instrumental music in the background if you like. They fill four boxes with a **song, sound, rhythm, word or drawing**: **START** (energy to begin), **KEEP GOING** (company when it gets hard), **RESET** (what brings me back when my energy is low) and **CELEBRATE** (what I would like to hear when I have done something).

2. Optional: one **very small first step** for this week. It can also be a step of rest.

3. Participants share one box in pairs (3 minutes). Whole-group sharing is voluntary.

Part 2 - Evaluation & Closing

Duration: 10 minutes

1. Invite participants back into a circle. Ask for a quick **1–10 rating**: "How safe did it feel to listen, create and share today?" (fingers or aloud). Then invite brief responses to the reflection questions below; passing is allowed.

2. End with a **closing movement**: each person makes one small movement or sound that shows what moves them today. The group echoes it back, as in the opening. Thank the group.

Reflection Questions

1. What moved you today (forward or emotionally)?

2. Which box of your Move Card matters most to you right now?

3. Complete the sentence: *"When I do not feel moved, I can …"*

Facilitator Closing Prompt

"Motivation does not always come by itself, and days without energy are normal too. Sometimes it starts when we listen to what moves us. Choose one song, one sound or one small step to take with you. Thank you for listening, making sound together and sharing what moves you."

Facilitator Principles

Voluntary participation	Sharing is invited, never required. Passing and quiet roles remain possible.
No judgement of taste	Every music taste is valid; no musical skills needed. Praise listening, not loudness.
Sound safety	Moderate volume, warn before each track, offer ear protection and a quiet corner.
Motivation without pressure	Goals are optional and small. Rest and low-energy days are part of motivation.
Non-interpretation	Do not interpret maps, cards, movements or song choices.
Emotional boundaries	If strong emotion emerges, slow down, offer choice and follow safeguarding steps.

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