Art4Wellbeing

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Session 5

Motivation: What Moves Me?

Discovering what energises us, touches us and helps us restart, through listening, rhythm and sound.

Art Form Used in This Session

Music
(listening, rhythm and sound-making)

Main Objective

- Discover what moves you forward and emotionally
- Notice how music affects body, energy and mood
- Express motivation through rhythm and sound
- Create a Move Card with one optional small step

Target Group

Young people (14–30)
Adaptable for diverse groups

Total Duration

90 minutes

Materials (overall)

- Speaker, phone or laptop
- 3–4 instrumental tracks
- Mood cards, kraft paper, post-its
- Markers, pens, coloured dots
- Simple rhythm materials
- Move Card handout

Time	Activity & Title	Purpose	Instructions (Key Steps)	Facilitator Prompts
10 min	5.1 **Move to the Music** Warm-up 	• Arrive through sound and body • Notice the current mood • Start lightly, no pressure to perform	1. Spread mood cards; stand or sit in a circle. 2. Move freely to a gentle instrumental track. 3. Choose one mood card that fits how you arrive. 4. Share in pairs: "I chose this because …"	• "Let the music move you, even if only a little." • "There is no right way to move." • "You decide how much to share."
15 min	5.2 **Three Soundscapes** Listening 	• See how music affects body, energy and feelings • Notice that what moves one person may not move another • Listen without judging taste	1. Listen to three instrumental pieces (energetic, calm, inspiring). 2. After each, note Body, Energy and Image. 3. Stand on the line: "This moved me" ↔ "This did not". 4. Group talk: what surprised you?	• "There are no right or wrong reactions." • "We are not judging music, only noticing what it does to us." • "What surprised you about the line?"
25 min	5.3 **What Moves Me Sound Map** Creative Mapping 	• Discover and name what moves you • See how different and connected our sources are • Include rest and quiet as sources	1. Draw your map: moves me forward / emotionally / drains my energy / helps me restart. 2. Optional dots: green = for myself, orange = because of others. 3. In groups, add three shared items to a big map. 4. Gallery walk and talk: what do we share? What can change?	• "There is no right answer to what moves you." • "It can be a person, a place, a song, a moment of quiet." • "Share only what you wish to share."
20 min	5.4 **Our Motivation Beat + Echo** Group Rhythm 	• Express motivation through sound and movement • Make rhythm together without musical skill • Listen to and mirror others	1. In groups, create a one-minute beat: Start, Keep Going, Together. 2. Choose a role: Pulse, Pattern, Accent or Conductor. 3. Perform; the audience echoes the main rhythm softly. 4. Talk: what feeling did your beat show?	• "You do not need to be a musician." • "Listen first, then add your own sound." • "We echo it back to say: we heard you."
20 min	5.5 **My Move Card & Closing** Personal Soundtrack 	• Turn discoveries into a small personal tool • Check safety and connection • Close in a positive way	1. Fill your Move Card: Start, Keep Going, Reset, Celebrate. 2. Optional: one very small first step (rest counts). 3. Rate safety 1–10 and reflect in the circle. 4. End with a movement or sound showing what moves you.	• "What moved you today?" • "Which box matters most to you right now?" • "Choose one song, one sound or one small step to take with you."

Facilitator Tips

- Create a safe, inclusive and non-judgmental space.
- Keep the volume moderate; warn before each track.
- No musical skills needed – praise listening, not loudness.
- Offer quiet roles and ear protection.
- Goals are optional and small.

Key Messages for Participants

- What moves you is personal.
- Every music taste is valid.
- Rest and low-energy days are part of motivation.
- We make rhythm together.

Follow-up (Optional)

- Turn your Move Card into a playlist.
- Notice one moment this week that moves you.