Art4Wellbeing

# SESSION 6

## Motivation: From Intention to Action

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

| ART FORM USED | Storytelling |
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| TOTAL DURATION | MAIN OBJECTIVE | SESSION PURPOSE |
|---|---|---|
| **90 minutes** | To strengthen motivation by helping participants turn a wish into one small, concrete first step, using a short story set one week in the future. | To move from a playful energy check to choosing a direction, writing a story, hearing it retold by a partner and receiving peer encouragement, so that participants leave with a small step they have chosen and said aloud. |

## Learning Outcomes

By the end of the session, participants will be able to name a direction they want to move in; imagine a small first step, an obstacle and a way through it; hear their own story retold by another person; offer and receive encouragement; and state one concrete step for the coming week.

## Materials

A selection of visual/image cards; A4 paper; pens; Post-it notes; tape or a free wall; optional calm background music. No handouts are needed.

## Session at a Glance

| NO. | ACTIVITY | TIME | FOCUS |
|---|---|---|---|
| **6.1** | Walk and Switch | 10 min | Warm-up: activate energy, body and a sense of direction |
| **6.2** | Pick a Direction | 15 min | Choose an image and name a direction to move in |
| **6.3** | A Week From Now | 35 min | Main storytelling activity: write a future story and have it retold |
| **6.4** | The Cheering Wall | 20 min | Peer encouragement and a first step made visible |
| **6.5** | Session Evaluation & Closing | 10 min | Spoken commitment, reflection and a safe close |

**Core Principle**
Participants choose what to share. Passing is always allowed. The story may be fictional or told in the third person. The facilitator never interprets a story or tells anyone what to do. Steps stay small.

## 6.1 WARM-UP: WALK AND SWITCH 10 MIN

### Purpose

To wake up body and energy, reduce inhibition, and introduce the idea of moving towards something, without asking anyone to share more than a word.

## Instructions

**1.** Participants walk freely around the room at a comfortable pace. Invite them to notice their speed, posture and breathing. Optional calm music may play.

**2.** Call “Switch.” Participants stop, face the nearest person and complete: “Right now my energy feels like…” with one word, sound or gesture. The partner may echo it back.

**3.** Participants walk again, this time at a pace of their own choice, slower or faster than before.

**4.** Call “Switch” a second time. Participants find a new partner and complete: “A direction I would like to move towards is…” in a few words.

**5.** After a last short walk, gather in a circle and take one breath together.

**Facilitator Prompt**
“There is no right pace and no right answer. Notice how you are walking today. When I say ‘switch’, turn to the nearest person and share a word or a few words. A nod is always enough if you prefer to pass.”

## 6.2 PICK A DIRECTION 15 MIN

### Purpose

To give participants a symbolic starting point for the story, so they begin from an image rather than from a personal goal they must justify.

## Instructions

**1.** Spread the visual cards face up on the floor or on tables.

**2.** Invite each participant to choose one image that shows a direction, place or state they would like to move towards. The choice may be literal or symbolic.

**3.** Ask them to find one detail inside the image that stands for “the way forward”: a path, a light, a door, an object, a colour.

**4.** In pairs, each person has about 4 minutes to share and completes: “I chose this because…” and “The direction in this image, for me, is…”

**5.** Tell participants to keep the card. It is the starting point of the main story.

**Facilitator Prompt**
“Choose the image that pulls you, not the one that is easiest to explain. Then find the one detail that points the way. The direction can be big or very small, such as rest, finishing something, or calling someone.”

**Facilitator Note**
Do not interpret the chosen image. Ask only open questions, and let the participant decide what the direction means.

## 6.3 MAIN ACTIVITY: A WEEK FROM NOW — 35 MIN

### Purpose

To build motivation by letting participants experience a small step as already taken, then hear it retold by another person, which makes the step feel real and doable.

## Story Structure

The facilitator writes these five lines on a board or flipchart. No handout is needed.

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| **1. A WEEK FROM NOW** | Where are you, and what direction have you moved towards? |
| **2. THE SMALL STEP** | What small step did you take, and when and where? |
| **3. THE OBSTACLE** | What almost got in the way? |
| **4. THE WAY THROUGH** | What helped: a person, a thought, a habit, a reminder? |
| **5. THE FEELING** | How did it feel when the step was done? One sentence. |

## Instructions

**1.** Participants keep their card from 6.2 in front of them and write on an A4 sheet for 12 minutes, using the five parts and the past tense: “One week later, I…” They may write full sentences, short notes or draw scenes.

**2.** Form pairs. In round 1, person A tells or reads the story (3–4 minutes). Person B only listens.

**3.** Person B retells the story in the third person (2–3 minutes), starting: “Once, one week from now, someone…” B keeps A’s own details and does not add advice, praise or interpretation.

**4.** A says in one sentence what they want to keep from hearing the story retold.

**5.** Switch roles for round 2 with the same timing. Each round takes about 10 minutes, with a few minutes left for transitions.

**Facilitator Prompt**
“Imagine it is a week from now, and you did take one small step. Write the story of that moment as if it already happened: what you did, what almost stopped you, and what helped. Keep the step small enough to really do this week.”

**Facilitator Tip**
If a step feels too big, ask: “What is the smallest version you could do in five minutes?”

**Safety Choice**
Participants may invent a character and write the step for them, change details, write in the third person, draw instead of writing, tell the story without reading, or pass. Do not ask whether a fictional story is ‘really’ about them.

## 6.4 THE CHEERING WALL 20 MIN

### Purpose

To make each small step visible and to strengthen motivation through respectful, strength-based encouragement from peers.

## Instructions

**1.** Each participant writes on one Post-it a short title for their story (for example, “The Week I Finally…”) and their small step in one line. Names are optional. Stick the Post-its on the wall at eye level (5 minutes).

**2.** Give each participant three small Post-its. Invite a silent walk along the wall (8 minutes).

**3.** Participants leave brief notes beside other people’s steps, using starters such as: “I can imagine you doing this because…”, “One strength that will carry this step is…”, “I like that this step is…”

**4.** Participants return to their own step and read the notes in silence (4 minutes).

**5.** Each person chooses one note or word to keep and takes it, with their own step, back to their seat (3 minutes).

**Facilitator Prompt**
“Read each step and write what you notice or can imagine, not what the person should do. Name a strength you see in the step or in the story. One or two kind, concrete sentences are enough.”

**Facilitator Note**
Avoid advice, “you should”, comments on appearance, or assumptions about someone’s history. Encouragement should be respectful, concrete and focused on strengths. Participants who prefer not to display their step may keep it anonymous or pass.

| 6.5 | SESSION EVALUATION & CLOSING | 10 MIN |
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### Purpose

To turn the story into a spoken commitment, check participants' sense of motivation and safety, and close with a simple shared gesture.

## Reflection Questions

**1.** What was it like to imagine your step as already done?

**2.** What was it like to hear your story retold by someone else?

**3.** Which part of the story felt most real or doable?

**4.** What encouragement from the wall stayed with you?

**5.** Complete the sentence: *"This week, my first step is… (when and where)."*

Gather in a circle. Each participant says their sentence aloud and, if they wish, shows with their fingers from 1 to 10 how ready they feel to take the step. Passing is always possible.

**Closing Gesture:** After each sentence, the group echoes with one small step forward, mirroring the walking from the warm-up.

**Facilitator Closing Prompt**
"You did not need to share your whole story or a big plan. You chose one small step and heard it spoken. Keep your step Post-it and the note you chose; they are yours to take with you."

## Facilitator Principles

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| **Voluntary participation** | Sharing is invited, never required. Passing remains possible at every stage. |
| **Story ownership** | Do not interpret, diagnose or search for hidden meanings in participants' stories. |
| **Creative distance** | Fiction, invented characters and third-person retelling are valid and can increase safety. |
| **Small steps** | Steps are small, concrete and chosen by the participant. No one assigns, judges or compares steps. |
| **Encouragement, not advice** | Peers name observable strengths rather than give advice or evaluation. |
| **Emotional boundaries** | If strong emotion emerges, slow down, offer choice and grounding, and follow safeguarding procedures where necessary. |

## Adaptation Options

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| **Younger groups** | Write the sentence starters on the board and shorten the story to three parts: Small Step, Obstacle, Way Through. |
| **Large groups** | Use two or more walls in 6.4 to reduce waiting. |
| **Multilingual groups** | Allow writing and retelling in any language; drawing is an equal option. |
| **Online** | Use a shared slide or chat as the wall and breakout rooms for pairs. |
| **Short version** | Keep 6.2, 6.3 and the closing sentence of 6.5. |