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STRONGER YOU(TH)



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Learning Material



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PROJECT INFORMATION

NUMBER: 2024-1-PL01-KA220-YOU-000253958

ACRONYM: STRONGERYOU(th)

TITLE: STRONGERYOU(th): PROMOTING MENTAL HEALTH THROUGH THE DEVELOPMENT OF A PREVENTION AND INTERVENTION PROGRAMME THAT WILL ENHANCE YOUTH WORKERS KNOWLEDGE AND SKILLS ON MENTAL HEALTH AND SELF CARE, FOSTER YOUTH RESILIENCE AND PROMOTE WELLBEING

ACTION TYPE: KA220-YOU - Cooperation partnerships in youth (KA220-YOU)

WEBSITE: <https://strongeryouthproject.eu/>

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CREATIVITY & MUSIC - using Sound and Imagination to Support Mental Wellbeing

Partner Organisation Name	SMART eco power
Country	Poland

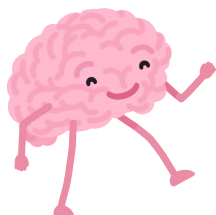


MODULE DESCRIPTION & LEARNING OBJECTIVES

CREATIVITY & MUSIC - This module supports young people in exploring how creativity and music can improve mental wellbeing. Music allows self-expression, emotional regulation, and building connections with others. By using sound, rhythm, and imagination, participants will discover how creative practices strengthen resilience, reduce stress, and improve self-awareness.

LEARNING OBJECTIVES - By the end of the module, learners will:

- Understand the role of music and creativity in supporting mental health.
- Explore emotional expression through sound, rhythm, and lyrics.
- Gain confidence in using music as a tool for stress relief and self-regulation.
- Strengthen creative thinking and imagination as protective factors for wellbeing.
- Develop personal strategies to integrate creativity and music into daily life.





Module Topics & Structure

1. Music and Mental Wellbeing
2. Creativity and Emotional Expression
3. Voice, Rhythm, and Sound as Tools of Expression
4. Music and Community Connecting with Others
5. Integrating Creativity and Music into Daily Life





LEARNING OUTCOMES

Knowledge & Understanding

Learners will be able to:

- Define creativity and explain its impact on wellbeing.
- Describe how music influences emotions, stress, and self-perception.
- Recognize the value of improvisation, songwriting, and active listening.
- Identify social and psychological benefits of shared musical experiences.

Skills

Learners will be able to:

- Use music as a tool for self-expression and relaxation.
- Apply active listening and reflective techniques to explore emotions.
- Create simple sound-based or lyrical improvisations.
- Design a personal action plan to integrate music and creativity into daily routine.





SECTION 1: Music and Mental Wellbeing

1. Theoretical Concept

1. Theoretical Concept

Description: Music impacts emotions, cognition, and wellbeing. It reduces anxiety, improves mood, and enhances focus.

Key Theoretical Input: Music therapy research shows that sound influences the nervous system, releasing dopamine and reducing cortisol. Regular musical engagement supports resilience.

Multimedia Links:

- [Video: How Music Affects Your Brain \(YouTube\)](#)
- [Article: American Psychological Association – Music and Stress](#)

2. Practical Activity Structure

- **Name of Activity:** My Emotional Playlist
- **Focus:** Build awareness of how music influences emotional states.
- **Materials Needed:** Phones/headphones, paper/pens.
- **Duration:** 20 minutes.

Instructions:

1. Learners select 3 songs: one that calms them, one that energizes, and one that reflects sadness/struggle.
2. Write down emotions felt during listening.
3. Share in small groups.

Reflection: Discuss how choosing music intentionally can regulate mood.



SECTION 2: Creativity and Emotional Expression

1. Theoretical Concept

Description: Creativity is the ability to produce ideas, images, or expressions that reflect inner states. It fosters self-awareness and reduces psychological tension.

Key Theoretical Input: Creative activities activate brain areas linked to flow, motivation, and resilience.

Multimedia Links:

- [TED Talk: The Art of Being Yourself – Caroline McHugh](#)
- [Article: Creativity as a Protective Factor in Mental Health](#)

2. Practical Activity Structure

- **Name of Activity:** Drawing Sound
- **Focus:** Transform music into visual expression.
- **Materials Needed:** Paper, crayons/markers, music.
- **Duration:** 15–20 minutes.

Instructions:

1. Play an instrumental track.
2. Participants draw shapes, colors, or patterns reflecting what they hear.
3. Share drawings in pairs.

Reflection: Discuss how sound translates into feelings and symbols.



SECTION 3: Voice, Rhythm, and Sound as Tools of Expression

1. Theoretical Concept

Description: The body is an instrument. Voice and rhythm allow direct emotional release and reduce stress.

Key Theoretical Input: Group rhythm (drumming, clapping, chanting) synchronizes heart rate and increases a sense of belonging.

Multimedia Links:

- [Video: The Healing Power of Drumming](#)
- [Article: Singing and Mental Health: Psychological Benefits of Vocal Expression](#)

2. Practical Activity Structure

- **Name of Activity:** Sound Circle
- **Focus:** Foster group connection and release emotions through sound.
- **Materials Needed:** Percussion instruments or improvised objects (tables, bottles, hands).
- **Duration:** 20 minutes.

Instructions:

1. Participants form a circle.
 2. Each person adds a simple rhythm, clap, or vocal sound.
 3. The group builds a collective improvisation.
- **Reflection:** Discuss how it felt to contribute and be part of a collective sound.



SECTION 4: Music and Community – Connecting with Others

1. Theoretical Concept

Description: Music strengthens bonds, reduces loneliness, and builds collective identity.

Key Theoretical Input: Shared singing or music-making creates oxytocin release, increasing trust and empathy.

Multimedia Links:

- [Video: Choirs and Mental Health](#)
- [Article: Group Singing and Wellbeing Research](#)

2. Practical Activity Structure

- **Name of Activity:** Collective Songwriting
- **Focus:** Build collaboration, creativity, and self-expression.
- **Materials Needed:** Paper, pens, instruments (optional).
- **Duration:** 30 minutes.
- **Instructions:**
 1. In small groups, participants write short lyrics about a chosen theme (e.g., hope, resilience).
 2. Add rhythm or melody.
 3. Present to the group.
- **Reflection:** Emphasize that the process, not the quality, matters.



SECTION 5: Integrating Creativity and Music into Daily Life

1. Theoretical Concept

Description: Regular creative practices build resilience. Even 5-10 minutes daily with music reduces stress.

Key Theoretical Input: Small habits, like mindful listening, journaling with lyrics, or humming, improve mental wellbeing over time.

Multimedia Links:

- [Video: Daily Music Habits](#)
- [Article: Mindful Music Listening](#)

2. Practical Activity Structure

- **Name of Activity:** My Creative Action Plan
- **Focus:** Help participants apply tools in everyday routines.
- **Materials Needed:** Paper, pens.
- **Duration:** 30 minutes.
- **Instructions:**
 1. Each learner identifies one daily habit with music (e.g., playlist for morning energy, singing before bed).
 2. Write 2–3 small goals for the next month.
 3. Share with a peer for accountability.
- **Reflection:** Discuss how to maintain motivation and adapt practices to personal needs.



KEY LEARNINGS

- Creativity and music are powerful tools for emotional regulation, stress reduction, and resilience.
- Music provides a universal language that builds community and self-expression.
- Practical exercises such as playlists, drawing sound, drumming, or songwriting make emotional exploration tangible.
- Small daily actions involving music help maintain long-term mental wellbeing.





GLOSSARY

- **Creativity:** The ability to generate original ideas, expressions, or solutions.
- **Music Therapy:** The clinical use of music to support emotional, cognitive, and social health.
- **Improvisation:** Creating sound or rhythm spontaneously without preplanning.
- **Active Listening:** Paying close attention to music, focusing on emotional and physical responses.





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- **Saarikallio, S. (2011). Music as emotional self-regulation throughout adulthood. Psychology of Music, 39(3), 307–327.**
- **MacDonald, R., Kreutz, G., & Mitchell, L. (Eds.). (2012). Music, Health, and Wellbeing. Oxford University Press.**
- **American Psychological Association. (2019). The power of music to reduce stress. Retrieved from <https://www.apa.org>**
- **TEDx Talks and YouTube resources on creativity, music, and wellbeing.**