

## Framework for Feedback – Five Ways to Wellbeing

**Date:** 27.1.25

**Number of Music Leaders:** 2

**Number of Participants (under 18):** 7

**Number of Participants (18+) :** 1

**Reflections from : Emma Welton**

### **Connections**

*between people and with the environment and the music; my connections with people and with the environment and the music*

Paul and Evelyn talked about visiting the fallen oak outside Roborough. We all looked at it outside the window. We are all awed by it and interested in what will happen to it next. We'll visit it next time and make a piece of music with/about it. Evelyn has been told that it would have sounded like a bomb exploding when it fell.

The building itself was making a lot of noise with the wind and rain today. I listened to it. We could have made music that responded to/combined with the building and weather, but we didn't.

### **Being Active**

*increased energy and engagement from participants, colleagues, support staff and myself*

It was a physical challenge just getting to the venue in the storm today. Too much for Ian.

Building a shed was much more physically energetic than much of our usual kinds of playing. We all started the session on our feet.

### **Taking Notice**

*what did I see changing or developing in people, in their relationship to music and with others in the room*

- Adrian was really pleased to discover that we had adopted the name Earthlings - his suggestion.
- I noticed Evelyn and Adrian bringing their Drama instincts into play during the Building a shed game - using bodies fully, working at different levels (heights).
- Zara was timid in joining in with Building a shed - learning to trust her own ideas.

### **Keep Learning**

*what did I learn and what did others in the room learn about the people taking part, the environment and the music*

a little about music from other cultures with irregular time signatures

a little about how to subdivide irregular time signatures

we all learned a little about the difference between pulse and rhythm

### **Giving**

*what did I share with others today and how; what did others share with me; how did they do this*

- Hilary shared a story from her childhood learning the piano while we were learning to play 2 against 3.
- Evelyn shared insight into the oak tree and that she hasn't got a date for her chemo yet.
- Paul shared his sense of awe about the size of the fallen tree.
- Mike shared his dice and everyone took a turn at rolling.
- I shared how to practice thinking in 5/4 by walking with one foot on a kerb and the other at a lower level - making us walk lopsidedly.
- Zara and Chris shared that they really enjoyed (playing at and being involved in) the Wassail last week.