

Activity

- ✓ As an intro to the concept of motivation, show a film loop or short film on motivation. There are suitable websites/speakers/films recommended below:
- ✓ www.youtube.com- 40 inspirational speeches (preview & select)
- ✓ Websites of the following: Lance Armstrong; Randy Pausch; Bill Gates; Martin Luther King
- ✓ Two inspirational videos: The Don't Quit Poem (2:02 mins); Inspirational Excellence by the Alliance for Organizational Excellence (8:13 mins)
- ✓ Films with motivation/inspirational theme: Stand & Deliver; The Blind Side; The Secret; Mr. Holland's Opus; Patch Adams; Field of Dreams; Shawshank Redemption; Dangerous Minds; Fame; Sea Biscuit
- ✓ Site: www.school-teacher-student-motivation-resources-courses.com
- ✓ Site: www.What'sYourDream.com (Lance Armstrong)

Objectives

- Observe the positive effects of personal motivation through essays and real life examples
- Understand the connection of goal setting and positive motivation
- Believe the elements of motivation are possible and common to all people of any age

Materials

- ✓ Posters, essays and/or motivational film clips from the internet
- ✓ Student materials: handouts on Motivation, Interview Questions and Motivational essays based on teacher selection

Notes for Teachers

- Give students a few reminders, both written and verbal, PRECEDING this lesson, for the opportunity to share their personal ways of getting motivated through relating personal experience, or making a poster with their favorite inspirational words for the classroom.
- There may be students you have identified who could volunteer their methods of motivation. Speak to them about this assignment ahead of time.
- Be prepared to discuss the interview assignment with the students: who could the interviewees be? (Keep it open to varieties and ages of people for interesting interviews.

Summary

Have each student verbally share through a positive statement and a short essay how they believe they can be motivated, and what it is they want to accomplish. Help the students to understand that goal-setting and the attribute of motivation go hand-in-hand. (It is recommended that the goal-setting lessons come immediately before the motivation topics.)

Vocabulary

- Motivation
- Inspiration
- Support network

Reflection

This is a good time for students to reflect on a time in their recent past experience where they may have had a *very difficult time* getting motivated:

- *Identify the situation*
- *Why do you think you were you not motivated?*
- *What was the solution to the situation? Positive or negative?*
- *How did the solution make you feel?*
- *What if the solution had been different? Would that difference change how you felt?*
- *Do you remember having a goal at the beginning? Or later?*

Home Connection

Ask students to interview a parent on the same – a difficult situation where they were unmotivated, and how they solved it. Report back to class the following day.