



CAVEMAN

Motivation Lane Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens /Pencils
- ▶ The Motivation Lane worksheet

L.O:

- ▶ To recognise how I can self motivate.
- ▶ To be able to put that into practice and motivate myself to achieve my goal.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Have the children discuss the last time they tried something new and gave it their best shot. Ask them if they are happy to share what they learned from doing so and how it may have motivated them to do it again.

MAIN TEACHING (10mins)

Ask the children if they can describe what self-motivation is and why it is good to practice it.

Highlight if anyone says something similar to it being the ability to find the willpower to do something that they would not otherwise naturally or normally do. For example, completing chores is not something that many people would jump at the chance to do, and we often have to find the motivation to do them. But once they are done, we feel good about it and have more time to do the things we enjoy doing.

The same goes for doing something new, like trying a new food, doing something that scares us, or learning a new instrument or sport. We may not always succeed straight away, but self-motivation will help us to keep coming back and trying again until we do.

MAIN TASK - Motivation Lane (15mins)

Tell the children that they are going to be thinking about something they want to do or achieve, but it needs to be something that they need to find the motivation for.

What they will be doing is drawing a roadmap for their car (featured on the worksheet) to drive them along, finding little sparks of motivation along the way to fuel the journey. Their car must stop off at least five times to refuel with motivation. Then at each stop the children must write something that will motivate them to continue towards what they want to achieve.

Give some examples of what they could use as motivation, such as if they will learn something new, have more free time or see something wonderful.

This exercise can be practiced with any task or thing that they might need extra drive to work towards, as it can help them look for the positives in themselves, the journey and the achievement itself.

PLENARY (2mins)

Ask for volunteers to share their Motivation Lane roadmap, what it is they want to achieve with it and the sparks of motivation they thought of along the way.

Motivation Lane Worksheet

CHILDREN'S SHEET

Think about something that you want or need to do that you need more motivation for. This will be your destination. Between that and the car at the bottom of the page, which will be driving you to your destination, draw a road, along which you can place a number of different motivational points from which your car (you) can stop to fuel your journey. You can include as many motivational points as you need, and think about what will motivate you to achieve this goal.

