

Module 3: My choices!		Level: MLD/SEMH
Unit 3A: Who am I?		Preparation for Adulthood: Employment
Lesson 3A3: What is motivation?		
Objectives	Learning Outcomes	
<p>To explore the concept of motivation and drive to achieve goals.</p> <p>To identify different factors that motivate them.</p> <p>To recognise motivation varies from person to person.</p>	<p>Students will:</p> <p>Actively participate in hands-on activities designed to explore different motivators.</p> <p>Demonstrate an understanding of personal motivators.</p> <p>Express their preferences and responses to specific activities.</p>	
Activities	Resources	Assessment/Evidence
<p>Introduction: Start the lesson with the introduction and definition of the word motivation. Create a "Motivation Wall" where students can contribute by posting pictures, quotes, or drawings of things that motivate them. Provide materials for students to create their motivational posters, which can include their favourite activities, people who inspire them, or personal goals. This activity encourages self-expression and reflection on what drives them.</p> <p>Motivation Treasure Hunt: Organise a treasure hunt around the school or classroom, where students find and collect items that represent different motivators (e.g., tokens for praise, small rewards, symbolic objects like a trophy for achievement). Each item corresponds to a motivational factor (such as recognition, rewards, and personal satisfaction). Students to work in teams to find items, promoting collaboration and teamwork.</p> <p>Hands-On Challenge Stations: Set up stations with different challenges or activities that require hands-on engagement, such as building a simple structure with blocks, cooking a basic recipe, or completing a creative art project. Each station highlights a different aspect of motivation, such as competition, creativity, or skill mastery. Students rotate through stations, engaging in the activities and reflecting on which challenges they find most motivating.</p> <p>Plenary: Gather the students and review the activities they participated in and encourage students to share what they found most motivating and why, using simple prompts and visual aids. Acknowledge each student's contributions and highlight the different types of motivators discussed, such as rewards, recognition, and personal satisfaction. Reinforce the idea that understanding what motivates them can help in setting and achieving future goals. End the session with positive reinforcement, thanking the students for their participation and emphasising the importance of staying motivated.</p>	<p>Provided:</p> <ul style="list-style-type: none"> • WRSIL task cards • The Good Things About Working cards <p>Materials needed:</p> <ul style="list-style-type: none"> • Poster boards, markers, magazines for cutouts, glue, and pins for posting • Tokens, small reward items, symbolic objects, treasure maps, or clues • Blocks, cooking ingredients, art supplies, station instructions 	<p>Suggested mediums:</p> <p>Evidence sheets Photographs of students engaging in activities.</p> <p>Visual records of sorted items and matched tools.</p> <p>Observation notes on student participation and engagement.</p> <p>Direct questioning throughout the session with the use of pauses and prompts.</p> <p>Prompting recall of knowledge through minimal verbal instructions.</p> <p>Student planner Lesson marked as introduced and dated.</p>
<p>Teacher Guidance Notes: This lesson aims to introduce students to the concept of motivation, helping them to understand what drives them and how motivation can vary. Create an engaging and practical learning environment with interactive, hands-on activities to capture students' interest. Encourage teamwork and self-expression through activities like the treasure hunt, challenge stations, and the Motivation Wall. Support students in exploring and reflecting on their motivators, providing positive reinforcement to encourage participation and validate their efforts. Conclude the lesson with a reflective discussion to help students internalise the concept of motivation and understand its application in real-life situations. This lesson aims to help students recognise their motivators and how these can be used to achieve goals and overcome challenges.</p>		