Connexions module: m38581

MOTIVATION LESSON PLAN*

Angela Amara

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Abstract

This module is a motivational lesson plan that can be used by all grades and levels. This is on on-going lesson that can be used to boost student morale and confidence. This motivational journal can be used by the adults whom support students as well.

TITLE:	My Special Journal		
OBJECTIVE(S):	Students will write down and have their teacher and parents write down moments of accolades, positive memories and triumph throughout the school year.		
SUBJECT(S):	All classes	DATE(S):	
GRADE(S):	All grades	TEACHER:	

Table 1

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STANDARD(S):	ASSESSMENT(S) & GRADING RUBRIC:	
	Pass /Fail on teacher journal checksParticipation grade	
INSTRUCTIONAL STRATEGIES/PROCEDURES/GROUPING:		

- 1. During the first week of the school give each student a notebook or journal.
- 2. Have students write down 5 moments when they felt good about themselves. Allow student to decorate their journal, and each entry. Give them freedom of expression
- 3. Have students take the journal home and ask parent to write down 5 moments when they felt proud of their child.
- 4. Explain to the students that they can write down moments when they accomplished something, handled a difficult situation well, or times when they just felt good about themselves.
- 5. Have students add to their journal throughout the school year.
- 6. Occasionally, send home notes to parents asking them to write down moments when they are pound of their child. Not all situation need to be school related. Encourage parent to keep a running record of these moments as well. Have parents return them to school and allow students time to glue or tape the letters into their journal.
- 7. Check regularly to see if students are adding to their journal. As their teacher, you can add to this too.
- 8. If students are not adding entries, them conference with them to see if there is something you can add, or help them to add.
- 9. have students reflect on their journal entries during times of self-consciousness, or times when they are feeling down. Have student reflect 2 times a year (before the end of each grading period, or the beginning of each grading period) for a little boost of confidence.

TEXTS/MATERIALS/TECHNOLOGY/AUDIO-VIDEO/OTHER RESOURCES:

Notebooks, spiral notebooks or composition journal

Table 2



Figure 1