





### Objective:

\*Students will identify what motivates them to achieve a goal.

### Materials:

- \*Printout of the mountain.
- \*Star play pieces (one for each player)
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- \*\*"What do you use to climb" page.
- \*Climbing tools descriptors (one of each tool for every player, cut out in advance)

### Guiding Questions

- \*Why is it important to understand what motivates us and what does not?
- \*How can we use motivation to get things done?

### Activity Details:

- \*Place the motivation mountain on the table and give each student a different colored star playing piece.
- \*Say "Let's imagine we were going to climb a mountain, would we just head up the mountain without thinking about what we would need? No, we would plan out what tools to take with us to successfully make it up the mountain. It's the same when we have a goal we want to reach. In order to successfully reach it, we need to use certain tools to get there. What can we use to motivate ourselves to reach our goals? Well, it depends on each person because different things motivate each of us. It is important to know what motivates us and what does not motivate us so we can use that knowledge to complete our goals. Let's talk about some things that can motivate us (review the Motivation tips paper). Now, we are going to climb motivation mountain. To get to the summit, there will be different tasks that need to be completed and we have to choose what will best motivate us to complete them. There is no wrong answer because we all have different motivators. Once you choose a motivator tool, you will be given a more detailed description of what that tool means. You can keep these and share them with your parents and teacher so they know what motivates you as well."
- \*Place the star playing pieces on start at the bottom of the mountain, and have the first student pull a playing card. Give them the matching tool description after they give their answer and move their star to the next elevation. After everyone has reached the summit, review the motivation tool descriptions.

### ASCA Standards Alignment:

- \*Mindset: (M 5) Belief in using abilities to their fullest to achieve high-quality results and outcomes.
- \*Behavior: Self-management skills: (B-SMS 2) Demonstrate self-discipline and self-control.
- \*Behavior: Learning strategies: (B-LS 4) Apply self-motivation and self-direction to learning.

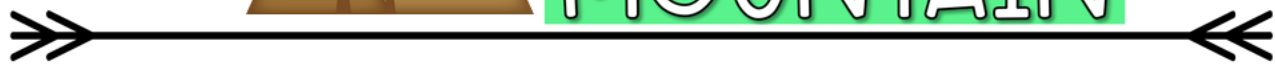
### SEL Competencies:

- \*Self-management: impulse control, self-discipline, self-motivation.
- \*Responsible decision making: Identifying problems, analyzing situations, solving problems, evaluating.

CLIMB



MOTIVATION  
MOUNTAIN



What do you use to motivate yourself?



Navigating through challenges.



Clearing the path of punishments.



Stepping into recognition.



Lighting up our interests.



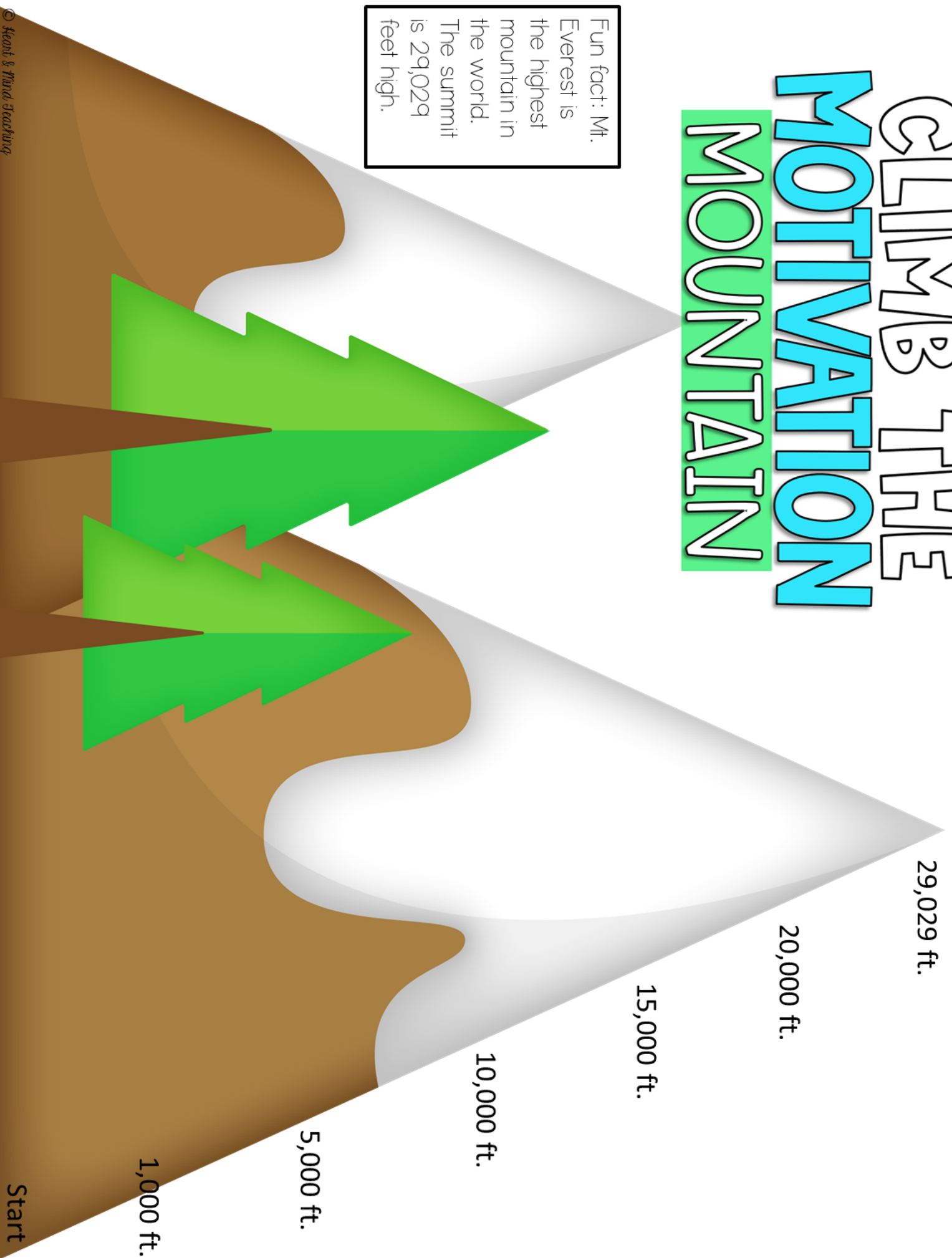
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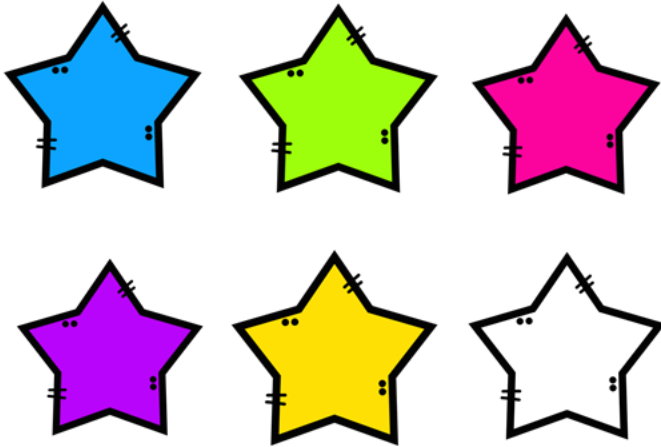
Pitching up some Praise.

# CLIMB THE MOTIVATION MOUNTAIN

Fun fact: Mt. Everest is the highest mountain in the world. The summit is 29,029 feet high.





# Play Pieces




You have a big science project due next week.

What can you use for motivation?

 Your parent will be so proud when you complete this.


 You might get to be in the science fair.

 You love science and find experiments like this interesting.


 You know your teacher will be upset if you do not start it.

You have a baseball game next week and need to practice your swing. What can you use for motivation?

 You might win the game.


 You want to see how much better your swing can get.


 You love practicing your skills, it is one of your favorite things to do.


 The crowd will cheer loudly for the best players.


You have to clean your room before dinner time.

What can you use for motivation?

 Your parent will tell you what a great job you did cleaning up.

 Your parent will be very pleased to see your clean room.


 Your parent said you can have ice cream if you clean it.


 You know if you don't clean it, you will get grounded.


You have a spelling test tomorrow and spelling is hard for you.

What can you use for motivation?

 You can show others that you have improved.


 You want to challenge yourself to improve at this.


 Your parent will be disappointed if you do not get a good grade.

 Your teacher will let you pick from treasure box if you do well.


Your part of the group project is due soon.

What can you use for motivation?

 Your partners will say good things about you.


 You will look like a good partner to your group mates.


 You want to get a good grade.


 You don't want your partners to tell the teacher that you did not do it.


You have a project due soon that involves a few days of work.

What can you use for motivation?

 You will learn more about this topic, and you like to learn.


 You will get a better grade the more time you spend on it.


 You will reward yourself by playing your favorite game when finished.

 You will not be able to finish it if you do not start now.


You have a lot of homework tonight.

What can you use for motivation?

 Your teacher always praises those who do their homework.

 You will get a homework reward in class for completing it.


 You will feel accomplished once you have finished it all.


 You know if you put it off, you will have to miss your favorite show.

You need to read two chapters of your class book tonight.

What can you use for motivation?

 Your teacher will put your name as a star student.

 You don't want to not know the answer if the teacher asks you about the book.


 You want to find out what happens in the book.

 Once you read these chapters, you will almost be done with the book.


You promised you would help a friend with their project.

What can you use for motivation?

 Your parent will tell you what an awesome helper you are.

 You will look like a good friend for helping, your friend will be so grateful.


 You enjoy helping people.


 Your friend will be mad at you if you do not help.


You need to improve your attendance.

What can you use for motivation?

 You will get a good attendance award.

 Your teacher will tell you how proud they are of you.


 You won't have so much make up work anymore.

 You will get a prize for having good attendance.


You need to practice for a presentation in front of the class.

What can you use for motivation?

 You enjoy improving this skill.


 Your classmates will be impressed by you.


 If you do not practice, you might mess up.

 You want to see how well you can speak in front of others.

You have to run a mile during P.E. next month.

What can you use for motivation?

 You want to see if you can do it.

 Your classmates will all see you finish the mile.

 If you finish the mile, you get a certificate.

 If you don't practice, you might not be able to make the mile.

You have to finish a big project that is due soon.

What can you use for motivation?



You are interested in how the project will turn out.



You will get a better grade if you don't rush to complete it later.



You will feel proud once you have finished it.



If you finish the project early, you don't have to worry about it later.

You have an important test in a few days.

What can you use for motivation?



You will get a good grade if you study now, and you can then show it to your parent.



You don't want to get a bad grade.



If you do well on the test, your mom promised a reward.



If you do well on the test, your mom will say she is proud of you.

The doctor says you need to eat healthier.

What can you use for motivation?



You want to see if you can persevere.



Other people will notice that you are eating healthier and compliment you.



You will feel better when you are eating healthier.



You don't want to be unhealthy.

You need to be able to do a push up for next PE class.

What can you use for motivation?



You will get a PE award.



Other people will say how impressed they are.



You want to see how strong you are.



You want to push yourself to complete this goal.

You need to clean up your area in the lunchroom.

What can you use for motivation?



You want to get a helper award.



Your teacher will recognize you as a helper on the announcements.



If you do not do it, you will get in trouble.



The cafeteria monitor will praise your help.

You have to do research for a project.

What can you use for motivation?



After you finish, you will feel like you got a lot done.



You will learn more about this topic.





You will let yourself eat the candy you have been saving.



Your parent will say what a hard worker you are.

You are supposed to earn a specific boy/girl scout badge.  
What can you use for motivation?


 Your scout leader will say they are impressed.

 You get presented the badge in front of everyone.

 You will feel proud to achieve it.


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You need to complete all your house chores.  
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 You don't want your parent to get upset.

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 You want to see if you can.


 You don't want to be without friends.

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 You will be viewed as more responsible.


 Your teacher will praise your punctuality.


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You are asked to be the classroom helper.

What can you use for motivation?

 Your teacher will praise you for all your help.


 Your class will be impressed.

 You like to be a helper.


 You get a reward for being a helper.


You are supposed to read every night.

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You need to clean out your desk.  
What can you use for motivation?


 If you don't clean it, you will probably lose stuff inside it.

 Your teacher will be so happy that your desk is organized.


 Your teacher will give you a prize.

 You like having a clean and organized space.

You have to do a backpack check before you leave the house.

What can you use for motivation?  
 Your teacher and parent will be proud of you being responsible.


 Your teacher will comment that she is so proud of you.

 You don't want to forget anything you need for school.


 You want to push yourself to be more responsible.

You have to finish an art project.  
What can you use for motivation?

 You enjoy creating.


 Your friends will say what a beautiful art piece you made.


 If you do not do it, you will get a low grade.


 You have a chance of being featured on the bulletin board.


You need to practice speaking Spanish.

What can you use for motivation?

 You want to see if you can learn another language.

 Learning this will be interesting and fun for you.

 Your parent said they would take you to a movie if you did this.

 Your parent will say how impressed they are.

# YOU REACHED THE TOP OF MOTIVATION MOUNTAIN

Count the amount of check's you got for each type of motivation.  
List the total here:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

My biggest motivator is: (The highest number of checks)

My 2<sup>nd</sup> best motivator is: (The 2<sup>nd</sup> highest number of checks)

My lowest motivator is: (The lowest number of checks)

# MOTIVATION MOUNTAIN

Find your two highest motivators and discover what motivates you and what does not.

Knowing what motivates you gives you the power to motivate yourself when needed. Some tasks take more motivation than others but knowing what works for you will help you achieve your goals.

What will help motivate me?

What will NOT motivate me?

How will I use this self-knowledge in my life?



## Navigating through challenges

You are motivated by things you find challenging. You look for new and interesting subjects and skills to take on and conquer. You want to learn more about things to understand and apply them in your world.

### What will help motivate me?

- \*Learning new skills and how to apply it.
- \*Deeper learning that delves into the how and why of a subject.
- \*Things you find challenging.

### What will NOT motivate me?

- \*Tasks that are easy.
- \*Doing something you have already achieved before.



## Clearing the path of punishments

You are motivated by avoiding punishments and things you find unappealing. The consequence of not doing something pushes you to do it.

### What will help motivate me?

- \*Gaining self confidence in your abilities.
- \*Fear of failure.
- \*Understanding the consequences of not completing a specific goal.

### What will NOT motivate me?

- \*Unachievable goals.
- \*Unclear consequences.
- \*Lack of follow through of consequences.



## Stepping into recognition

You are motivated by being recognized for your strengths, abilities, and accomplishments. You are self-driven to achieve the recognition.

### What will help motivate me?

- \*Immediate positive feedback.
- \*Awards/Certificates
- \*Public recognition
- \*Good Grades

### What will NOT motivate me?

- \*You do not respond well to criticism or being reprimanded.
- \*Goals that you are unlikely to be able to achieve.



## Lighting up our interests

You are motivated by curiosity and problem solving. You like to learn new things for the sake of learning, learning is your reward.

### What will help motivate me?

- \*Topics you are interested in.
- \*Assignments that are project or research based.
- \*Linking old and new information.

### What will NOT motivate me?

- \*Something you have already learned about.
- \*A negative environment.



## Refilling Rewards

You are motivated by the reward you will receive, not by the achievement of the goal itself. You expect to get something in return for your hard work.

### What will help motivate me?

- \*Rewards and prizes.
- \*Earned extra time for preferred activity.
- \*Good Grades

### What will NOT motivate me?

- \*Not receiving the reward.
- \*There is no clear reward indicated.



## Pitching up some Praise

You are motivated by being recognized for your achievements with verbal praise from others.

### What will help motivate me?

- \*Immediate positive verbal feedback.
- \*Sense of belonging in the class.
- \*Cooperative learning.
- \*Good Grades

### What will NOT motivate me?

- \*Being reprimanded in public.
- \*Good work not being praised.
- \*Criticism.

CLIMB



MOTIVATION  
MOUNTAIN

## Motivation Tips:

- ➔ Think about how you will feel when finished.
- ➔ Give yourself a reward for completion.
- ➔ Tell yourself if you do this first, then you can do what you want.
- ➔ Try to find a way to make it fun.
- ➔ Tell yourself you can do it.
- ➔ Ask an adult for help to motivate you.
- ➔ Think of the positive things that will happen if you do it.
- ➔ Think of the consequences that will happen if you do not do it.
- ➔ Break down the task into smaller chunks.

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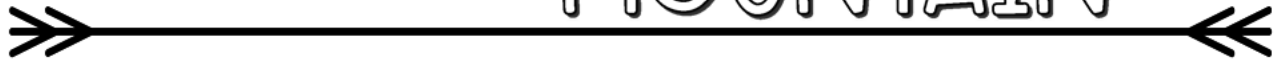
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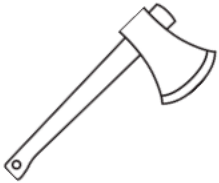
MOTIVATION  
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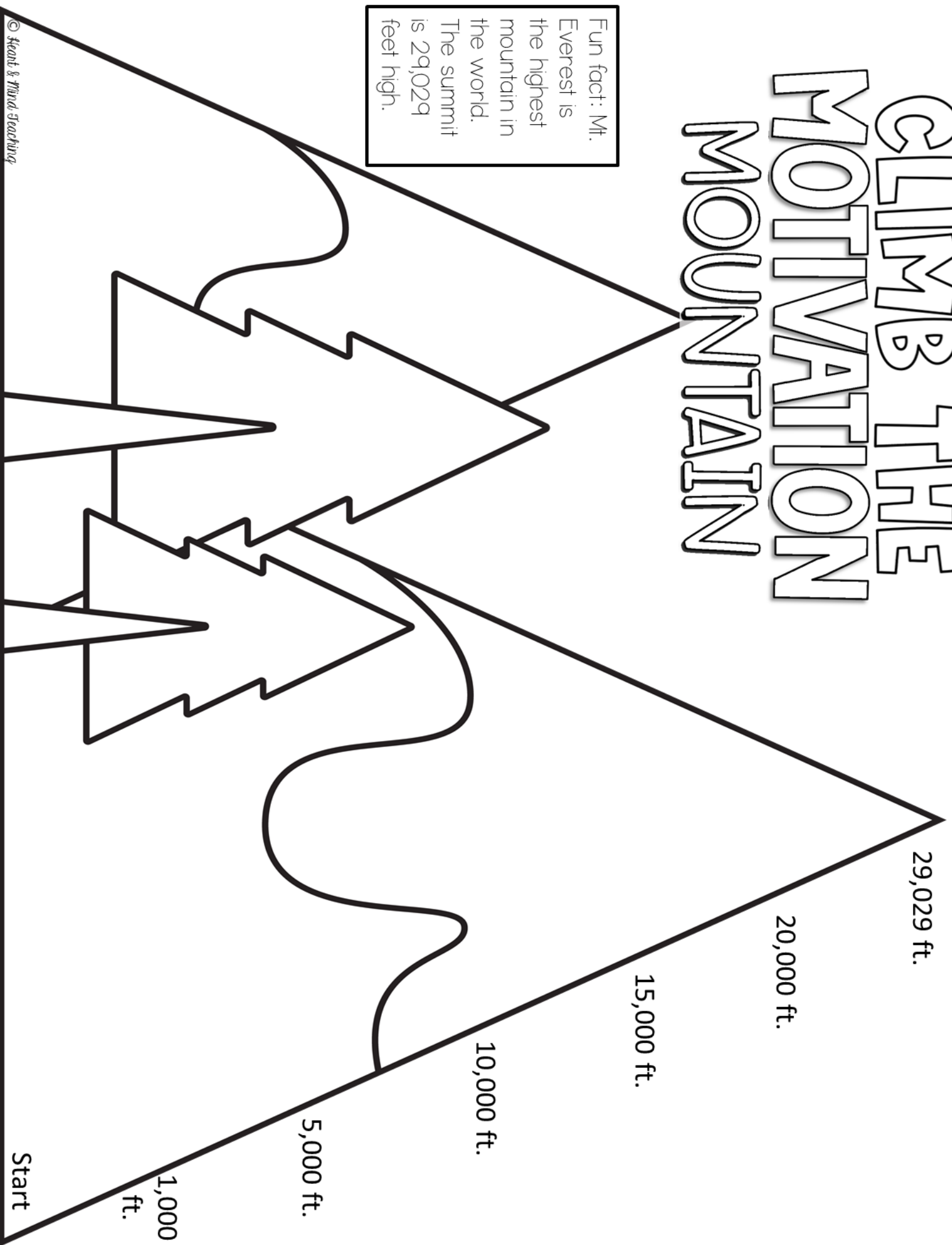
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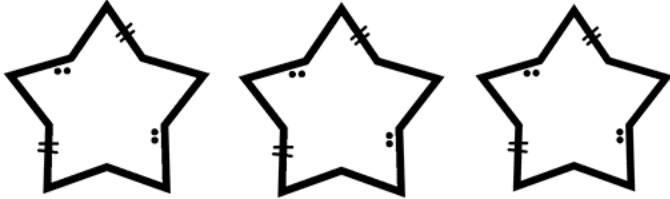
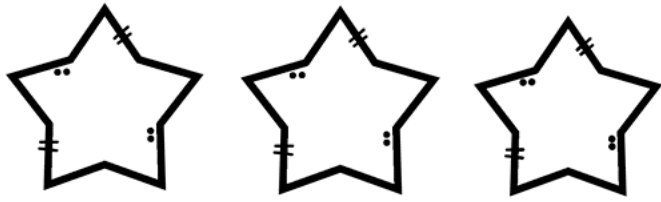
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You have to clean your room before dinner time.

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 Your parent will be very pleased to see your clean room.


 Your parent said you can have ice cream if you clean it.


 You know if you don't clean it, you will get grounded.


You have a spelling test tomorrow and spelling is hard for you.

What can you use for motivation?

 You can show others that you have improved.


 You want to challenge yourself to improve at this.


 Your parent will be disappointed if you do not get a good grade.

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You will feel accomplished once you have finished it all.



You know if you put it off, you will have to miss your favorite show.

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You don't want to not know the answer if the teacher asks you about the book.



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Your classmates will be impressed by you.



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You will feel proud once you have finished it.



If you finish the project early, you don't have to worry about it later.

You have an important test in a few days.

What can you use for motivation?



You will get a good grade if you study now, and you can then show it to your parent.



You don't want to get a bad grade.



If you do well on the test, your mom promised a reward.



If you do well on the test, your mom will say she is proud of you.

The doctor says you need to eat healthier.

What can you use for motivation?



You want to see if you can persevere.



Other people will notice that you are eating healthier and compliment you.



You will feel better when you are eating healthier.



You don't want to be unhealthy.

You need to be able to do a push up for next PE class.

What can you use for motivation?



You will get a PE award.



Other people will say how impressed they are.



You want to see how strong you are.



You want to push yourself to complete this goal.

You need to clean up your area in the lunchroom.

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My 2<sup>nd</sup> best motivator is: (The 2<sup>nd</sup> highest number of checks)

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## Clearing the path of punishments

You are motivated by avoiding punishments and things you find unappealing. The consequence of not doing something pushes you to do it.

### What will help motivate me?

- \*Gaining self confidence in your abilities.
- \*Fear of failure.
- \*Understanding the consequences of not completing a specific goal.

### What will NOT motivate me?

- \*Unachievable goals.
- \*Unclear consequences.
- \*Lack of follow through of consequences.



## Stepping into recognition

You are motivated by being recognized for your strengths, abilities, and accomplishments. You are self-driven to achieve the recognition.

### What will help motivate me?

- \*Immediate positive feedback.
- \*Awards/Certificates
- \*Public recognition
- \*Good Grades

### What will NOT motivate me?

- \*You do not respond well to criticism or being reprimanded.
- \*Goals that you are unlikely to be able to achieve.



## Lighting up our interests

You are motivated by curiosity and problem solving. You like to learn new things for the sake of learning, learning is your reward.

### What will help motivate me?

- \*Topics you are interested in.
- \*Assignments that are project or research based.
- \*Linking old and new information.

### What will NOT motivate me?

- \*Something you have already learned about.
- \*A negative environment.



## Refilling Rewards

You are motivated by the reward you will receive, not by the achievement of the goal itself. You expect to get something in return for your hard work.

### What will help motivate me?

- \*Rewards and prizes.
- \*Earned extra time for preferred activity.
- \*Good Grades

### What will NOT motivate me?

- \*Not receiving the reward.
- \*There is no clear reward indicated.



## Pitching up some Praise

You are motivated by being recognized for your achievements with verbal praise from others.

### What will help motivate me?

- \*Immediate positive verbal feedback.
- \*Sense of belonging in the class.
- \*Cooperative learning.
- \*Good Grades

### What will NOT motivate me?

- \*Being reprimanded in public.
- \*Good work not being praised.
- \*Criticism.

CLIMB



MOTIVATION  
MOUNTAIN

## Motivation Tips:

- ➔ Think about how you will feel when finished.
- ➔ Give yourself a reward for completion.
- ➔ Tell yourself if you do this first, then you can do what you want.
- ➔ Try to find a way to make it fun.
- ➔ Tell yourself you can do it.
- ➔ Ask an adult for help to motivate you.
- ➔ Think of the positive things that will happen if you do it.
- ➔ Think of the consequences that will happen if you do not do it.
- ➔ Break down the task into smaller chunks.

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

**1** Click on the link  [Motivation Mountain](#)

**2** You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



**3** Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

**4** Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

**5** From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



**Thank you for supporting my little shop!**

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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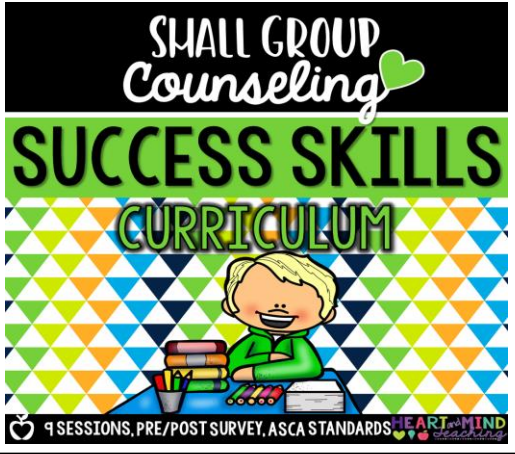
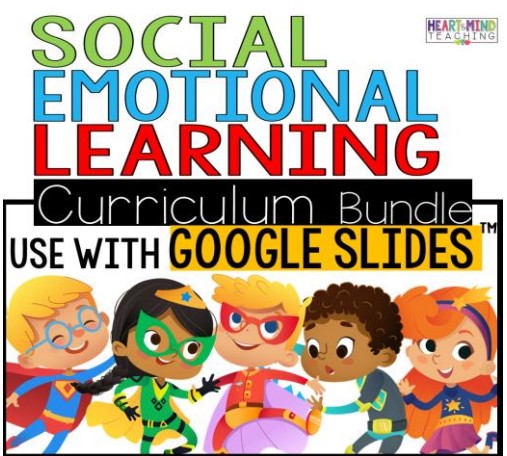
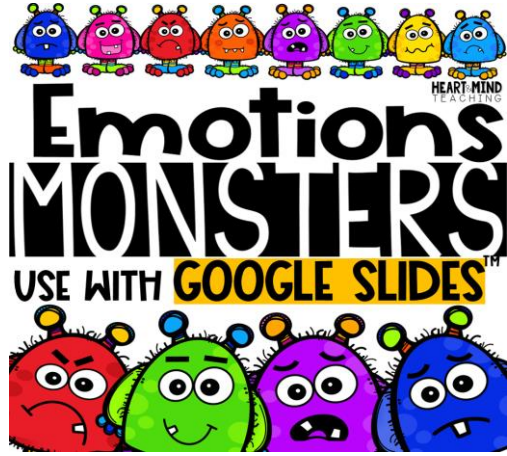
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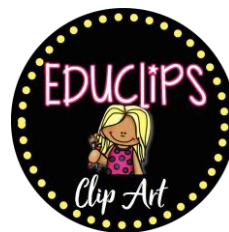
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Please reach out to me at:

[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)



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[Gayle McGlaulin](#)