

Get Motivated!

Goals

- To identify ways to motivate and inspire oneself
- To use effective language to write short inspiring messages



Overview: Students identify ways they can motivate themselves and write short motivational phrases on individual cards. If desired, cards can be converted to refrigerator magnets or stickers.

Materials

- Copies of “Get Motivated!” template (or a design of your own choosing) printed 4-per-page and cut apart to create 2-4 individual cards per student; if possible, print on heavy stock paper, label paper, or magnetic sheets

Directions

1. Ask students if they sometimes have a hard time getting themselves to do or act the way they want. If so, what do they say to get themselves going? Ask students to think of some positive messages they might use to encourage themselves. Tell them to use only a few powerful words to get their message across. List examples on the board or chart paper.
2. Have students work in pairs or small groups to brainstorm more brief motivational messages. Ask each student to pick his or her favorites. Then give each child a set of “Get Motivated!” cards. Have students write one message per card. If possible, let children use *Stationery Studio* to type the text and create a polished product.
3. Suggest students post their messages or use them as bookmarks.

Stationery Studio Extension

- Let students choose a favorite *Stationery Studio* border or shape to design personalized motivational message cards.