

Grades 3-6 Educator's Guide

Kids' Topic 22: Motivation Matters



Captivate



Educate



Activate

Session 1
Motivate Your MOOD

Marty's Motivation

- Read Marty's story aloud. Marty is making a choice after school. Will it be a *fit* choice?
- Discuss how Marty feels (bored) and his MOOD. What does he do?

What is Motivation?

- Explain that motivation is within everyone. It encourages people to be the best version of themselves.
- Help students understand that motivation is needed for many things, whether big or small.
- Explain that there are many ways to get yourself motivated.

What Motivates You?

- Have students recall Marty's story.
- Ask students what they would do in the same situation. Would it be the same or different than Marty?
- Ask students to think about what motivates them. Do they use self-talk like Marty? Do they seek encouragement from others?

Session 2
Goal Setting

Marty's Goal

- Read Marty's story aloud.
- Discuss what Marty did to motivate himself for the basketball tryouts and his goal.
- Ask students if they have ever been in a similar situation.

Set *fit* Goals

- Explain that a goal is something you want to accomplish and that goals make you feel better about yourself and encourage you to make healthy choices.
- Setting a goal can help motivate you, but achieving that goal will take work and extra motivation.

Help Motivate Yourself

- Ask students to make a **Dream Board**.
- Have them brainstorm different goals they want to accomplish.
- Once they are done, have them hang it up in a visible location to remind themselves of it every day.

Session 3
Stay Motivated

Marty Stays Motivated

- Read Marty's story aloud. Marty makes some smaller goals to help him achieve his big goal of playing basketball.
- Discuss how Marty decided to stay motivated and see if any students have done something similar.

Take Small Steps

- Explain that setting small, daily goals help you stay motivated and, ultimately, achieve your larger goals.
- Read examples of daily tasks and discuss what small goals students can set for themselves to achieve the goal they wrote about on their **Dream Boards** from Session 2.

Achieve Your Goals!

- Ask students to fill in each section of the **Comic Strip** to reflect what small steps they will take to achieve their larger goals.
- Encourage students to hang up their comic strips in their bedrooms for daily encouragement.

Session 4
Everyday Motivation

What Would You Do?

- Read through each of the scenarios.
- Poll students by asking them to stand or sit based upon their choice.
- Ask students what they would do to motivate themselves for each scenario.

Everyday Motivation

- Motivation isn't all about goal setting! Explain that everyone needs motivation just to do everyday things.
- Explain that there are different ways to stay motivated for everyday activities, such as using self-talk, talking to others, making plans, and challenging yourself each day.

Motivation Mantra

- Encourage students to go home and motivate themselves to make *fit* choices.
- Have students use the **Motivation Mantra** handout to plan how they will motivate themselves and what *fit* choices they will make.

Session 5
Achieve Your Goals!

Marty Makes the Team

- Reread Marty's story from Session 3, then finish the story to find out how Marty did at the basketball tryouts!
- Discuss the different points at which Marty needed motivation and what he did to stay motivated.

Motivate and Activate

- Remind students that motivation is the drive that keeps them going.
- Motivation helps you to do the big things like achieve goals and the little things like make a healthy choice at different times during the day.

Motivation and Goals

- Encourage students to go home and discuss different goals that they can accomplish within one week.
- They can try individual goals, family goals, or you can come up with a goal for the whole class.

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Prior Knowledge: Students know that feelings put them in a MOOD, and a “MOOD” is either “I Will” or “I Won’t.” They know that to “Motivate Your MOOD” means to turn an “I Won’t” MOOD around to “I Will” and make a *fit* choice. Students are aware that excuses sometimes get in the way of motivating their moods and understand different strategies they can use to overcome barriers and turn an “I Won’t” MOOD around and make a *fit* choice. With this topic, they will learn more about motivation and goal setting.

- Objectives:** Students will be able to...
- Recognize motivation as the drive that encourages you to do your best and keep going.
 - Use goal setting as a strategy for motivation.
 - Describe scenarios when motivation is necessary or beneficial.

Daily Checks for Understanding and Readiness to Make Healthy Choices

- Session 1:** How do you motivate yourself? (*Listen for examples of ways to motivate oneself.*)
- Session 2:** What goals have you set? (*List for examples of goals students have set.*)
- Session 3:** What small steps can you take to achieving your goals?
(*Listen for examples of small steps students take to achieve a goal.*)
- Session 4:** What can you do to get motivated every day? (*Listen for examples of ways to get motivated from list on slideshow.*)
- Session 5:** What big things can you do with the right motivation? What about small things?
(*Listen for examples of everyday activities, big goals, and small steps.*)



Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Alignment

	Grade 3	Grade 4	Grade 5	Grade 6
ELA/Literacy	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6 RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9 RL.3.1 RL.3.3 RL.3.6 RL.3.7	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6 RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8 RI.4.9 RL.4.3 RL.4.9	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6 RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8 RI.5.9 RL.5.1	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6

Student Materials:



fit Tip:

Everyone needs motivation every now and again! Next time you are feeling a bit down, try drinking a glass of water. Dehydration can make it hard to focus and check off your to-do list!

Family Message: Your child has learned about motivating their mood and making *fit* choices. Now they will learn about setting goals and motivation for big things and everyday healthy choices.

Learn more about MOOD's influence and motivation on fit.webmd.com and webmd.com/parenting/raising-fit-kids.

Related fit Links from fit.webmd.com

Videos:

[Play Your MOOD Away](#)
[Chef Lizzie on MOOD](#)

Slideshows:

[5 Minutes to Turn a Bad Day Into a Good Day](#)
[14 Healthy Ways to Relax](#)

Articles and Activities:

[Fit Connection for Parents: MOOD](#)
[Helping Kids' Moods](#)
[Coping with Meltdowns](#)
[MOOD Match](#)
[Bad MOOD Fixes](#)

For the Whole Family:

[Fit Connection for Kids: MOOD](#)
[Talk About Your Problems](#)
[Make a Bad MOOD Better](#)
[Stretching Exercises](#)
[Happiness Challenge](#)
[MOOD Horoscope](#)