

# Lesson 13: Motivational Strategies

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Grade 5 | Unit 2



## GUIDING QUESTION:

What does it mean to be self-motivated?

## Lesson Objectives

Students will complete the following exercises to answer the lesson's guiding question:

- ✓ **Warm up:** De-Stress Before Taking a Test  
Mindfulness Exercise
- ✓ **Learn:** Motivational Strategies Video Lesson
- ✓ **Discuss:** What does it mean to be self-motivated?  
Discuss as a class.
- ✓ **Review:** What are three strategies you can use to help you become motivated?
- ✓ **Reflect:** Write about a time you motivated yourself to complete or accomplish something.

## Student Objectives

After completing Unit 2 lessons, students should be able to:

- ✓ Identify factors that cause stress, both positive and negative
- ✓ Identify physical reactions to stress (e.g., increased energy and alertness, increased heart rate and respiration, sweaty palms, red face, etc.)
- ✓ Recognize emotional reactions to stress
- ✓ Reflect on the possible consequences before expressing an emotion
- ✓ Practice strategies to reduce stress (e.g., talking to a friend or trusted adult, considering what led to these feelings, physical exercise)
- ✓ Define a SMART goal

## Competency and Standard

### CASEL Competency

- Self-Management - the ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations

### Learning Standard and Benchmarks

- Recognize personal qualities and external support
  - Describe personal skills and interests that one wants to develop
  - Explain how family members, peers, school personnel, and community members can support school success and responsible behavior

## Key terms

Motivation

Self-Motivated

## Teaching Strategies

1. Model what it looks and sounds like to be self-motivated.
2. Extension opportunities for learning and teaching:
  - **Unit Overview PDF:** great resource to send home to parents and guardians.
  - **School-wide Bulletin Board:** each grade in the building can complete this to promote unity and community spirit.