

The Leader Says- Motivation Activity

Objectives: Participants will be able to

- ❖ Examine their motivation to do different activities

Time: 15-20 minutes

Setting: A large area where group can move around

Materials: A set of chairs (or something to sit on)

Pre-lesson Preparation:

- ❖ Set the chairs up in rows or if the group is small enough, in a circle

Do and Reflect:

- ❖ Just like traditional “Simone Says”, invite a volunteer to be in the middle or up in front to lead the game. Allow the group to play for a few minutes to get them to warm up
- ❖ Ask your Simon to sit and have the facilitator now leading the game. Play two rounds:
 - 1st round: raise your right hand high and wave
 - Ask the group **why** they raised their hands
 - 2nd round: ask the group to stand and pick up their chairs
 - If any actually stand and pick up their chairs continue to play, each time asking the group why they did or did not complete the task until people (or at least the majority) are no longer completing the task

Reflection:

- ❖ When we first started playing, why did you do the task I asked you to do?
- ❖ After we’d been playing for a while, why did you complete the task? Why not?
- ❖ If I had told you there was money to be won if you completed the task, would you have completed the task? Why or why not?
- ❖ Why does money- or some other reward- make you want (or not want) to do the task?
 - Why does our motivation change with rewards?
- ❖ How does motivation affect our work? Our attitude?

Apply:

- ❖ How does motivation effect what we choose to do as individuals? As members of a group?
- ❖ What can we do to positively motivate ourselves? Each other?
- ❖ How can we maintain high motivation as a group?