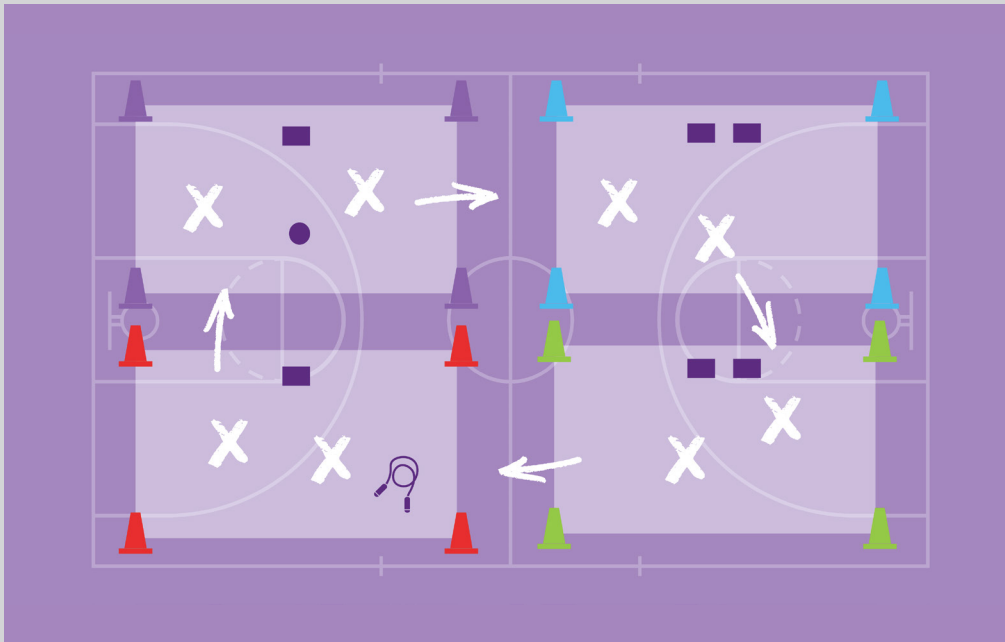


MOTIVATION STATIONS



GAME SET UP:



PE STANDARDS:

- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity

MATERIALS:

- Music
- Foam Balls
- Jump Ropes
- Cones or Place Markers
- Mood Cards
- *fitFlow* Cards

OVERVIEW:

Rotate through station activities to practice self-regulation and healthy coping skills.

1. Groups start at color-coded motivation stations:
 - Purple: Be social by playing catch with a friend.
 - Blue: Relax and color Positive Self-Talk Coloring Pages.
 - Green: Stretch with a *fitFlow*.
 - Red: Get moving! Jump rope, hop, dance, anything!
2. One learner at each station draws an "I won't" mood card. The group briefly acts out the emotion on the card. Alternatively, the teacher calls out the emotion, and all students act it out before rotating stations. Place the card at the bottom of the pile after acting it out.
3. Play music to start the motivation activity for 1-3 minutes.
4. Pause music. Learners draw the next "I won't" card. The teacher calls out the emotion, everyone acts it out, then rotate to the next station.
5. Repeat steps 2-4 for each "I won't" card.

MOTIVATION STATIONS



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that you have the power to recognize the connection between your mood and motivation.

Encourage learners to be actors! Ask them to make a healthy choice for each situation.

- The weather is icky and is making me feel bored. Should I stare at the TV or ask a sibling or friend to practice dribbling and passing a ball? I will make a healthy choice and call a friend!
- I stayed up late last night. Now, I feel tired and grumpy. Should I play a video game or do a quiet activity without a screen, like drawing or playing with LEGOs? I will make a healthy choice and do a quiet activity.
- I did not do well on my schoolwork, and I feel disappointed. Should I pout or take 10 slow, deep breaths to relax and try again? I will make a healthy choice and do breathing exercises.
- My friend is ignoring me, and I feel left out. Should I go find something super sweet and sugary to eat or get moving to cope with my feelings? I will make a healthy choice and get moving!

REFLECTION AFTER THE GAME:

Q: What can you do when you want to motivate your mood?

A: Make a healthy choice!

Q: How would you explain “Motivate Your Mood” to a friend or family member?

A: “Motivate your mood” means to recognize the connection between your mood and motivation, then practice a healthy coping strategy that can support yourself and your choices.

MODIFICATIONS:

Seated Exercise

- Modify station activities to still involve the seated learner with the group by doing similar actions. Examples include changing the yoga poses to instead stretch the upper body. The move station can include exercises like biceps and triceps curls.

Sensory Modifications

- Provide tactile objects at each station, such as textured balls for the purple station, soft mats or cushions for the blue station, resistance bands or soft stretch bands for the green station, and jump ropes with different textures for the red station.
- Use calming background music or nature sounds at a low volume to avoid overstimulation.

Find more modifications at

fit.sanfordhealth.org.