

Topic: Self-Motivation

Let's Breathe

Imagining ourselves in a happy or calming place, is a great way to reduce stress, anxiety, feel good, and develop a positive attitude at home or in school. You can practice imagery anywhere at any time. This week we're going to practice imagery by visiting different places in our minds.

First, on a scale of 1-10, how are you feeling right now?

Now, click [this video](#) and close your eyes.

[Click here](#)



Now, on a scale of 1-10, how are you feeling now?

Think: When and where would this calming technique be helpful?

Let's Learn

Feeling motivated means that we are excited and ready to take action to accomplish a goal or idea. When we feel unmotivated, it keeps us from getting things done and working towards our goals. It's usually easy to stay motivated to do things we enjoy or things that come easy to us, but not so easy when we don't think they're fun or they are more challenging. When we're in the classroom, we have a teacher to help us be accountable, but now we have to practice more discipline to meet our goals.

Click here for a read aloud about self-motivation!



Let's Move

Staying active is important. Just because we're stuck at home, doesn't mean that we can't keep moving. This week we'll focus on animal walks that you can do inside or outside. You may think you look funny, and you probably do, but laughter is good for you. Today let's try out the **Duck Walk**.

1. First, stand with your feet shoulder width apart.
2. Squat down until your bottom touches your lower legs.
3. Begin to walk around while keeping your bottom as close to the ground as possible.
4. For a challenge: put your arms up over and behind your head. Then lace your fingers together and start walking.

[Click here](#)



Let's Grow

What are tasks or activities that don't motivate you or are difficult to complete? Why do you think you're not motivated to do these? Think: If you were able to accomplish this task, what goal would it help you meet?

What motivation strategy will you use today to accomplish something you don't normally like doing?

Explain your plan in your journal.

