

Subtopic 1: Why Do I Do That?

Motivation & Feelings

Sometimes we do things because we have to, like brushing our teeth. Sometimes we do them because we *want* to. And sometimes we do things because of what someone else thinks or just because there's nothing else to do. Let's think about why we do what we do—and how it feels.

Student goals:

- Understand “have to,” “want to,” and other motivation for our choices.
- Practice naming feelings connected to activities.
- Identify things they enjoy doing.

Timeframe

Flexible timing/ adaptable format: Can be completed in short segments or extended across multiple sessions.

Example Conversation Starters

- “What do you *have* to do every day?”
- “What do you love to do when you get to choose what you do?”
- “What happens when you're bored?”

Activity Options

Game: Act or Draw It Out (Motivation Guessing)

Opening activity:

- Have students think about an activity and why they do that activity based one of the following motivations:
 - Want to
 - Have to
 - What Someone Else Thinks (this is nuanced, Influence of friends and family/relationships could be positive or negative)

- Nothing else to do
- For a purpose (like to get better at something or for a specific reason, to learn a new skill or meet people)
- Ask individual students to act out the activity they were thinking about (at home or at school or an activity, in the community, feeding a pet, playing tag, cleaning up toys)
- Students guess the activity and the motivation or have simple labels (color code for motivations)
- Ask: “How might that make someone feel?”
 - Note: Could have primary and secondary motivations
 - Does anyone else do the same activity but have another motivation? Which? How would acting that out be different? Ask them to consider riding a bike. Sometimes kids want to ride a bike because they really enjoy it. Other times they ride a bike because they have to in order to get somewhere; it is their transportation.
- Debrief

Expansion: Create a “Yesterday diary”

Use columns that say:

1. What did I do?
2. Why did I do it?

Check out the [TimeWise Workbook](#) Journal Pages 8-9 for an idea or use the Workbook Journal Page

Have students complete the yesterday diary and reflect on it individually and then as a group.