**MOTIVATION CARD SORT**

# **Cut out the cards below. Sort the cards into extrinsic and intrinsic motivations.**

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| **Extrinsic** - a reward that is an object. | **Intrinsic** - a reward that is a feeling. | Playing sports to win a trophy. |
| Working hard on a project for self-satisfaction. | Completing a difficult hike because you're passionate about hiking. | Taking a walk to relax. |
| Turning in a library book on time to avoid a late fee. | Studying hard to get a good grade on a test. | Participating in a competition to earn money. |

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| Going to a new place in order to post it on social media. | Cleaning because you enjoy a tidy space. | Painting because it makes you feel calm. |
| Running to beat a personal record. | Cooking because you like to create new recipes. | Reading a book to complete a book report. |
| Punching your loyalty card each time you get ice cream. | Volunteering at the Animal Shelter because you love animals. | Buying 2 pairs of shoes at a buy 1, get 1 50% off sale. |