

MOTIVATION CARD SORT

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

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



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.

