

# MOTIVATION - WHEEL -



# FACT SHEET



Name of the activity :

Age group :

What criterion  
have you worked on ?

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## BEFORE YOUR ACTIVITY

How do you prepare the participants for your activity?

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## AFTER YOUR ACTIVITY

Do the participants appreciate the activity?

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Did you observe a change in terms of healthy lifestyle habits among the participants?

*Physical activity*

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*Healthy diet*

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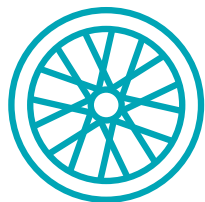


Name of the activity :

Age group:

	<i>What are you changing in your activity ?</i>	<i>When did you find this information ?</i>			<i>Notes</i>
<b>Meaning</b> 		<i>Before</i>	<i>During</i>	<i>After</i>	
<b>OBJECTIVES</b>	1- Have I understood the activity ? 2- Am I able to explain it to my group ?	✓			
<b>LESSONS</b>	Did the participants learn something new ?			✓	
<b>MAKE CONNECTIONS</b>	Do the participants understand why they're doing this activity ?			✓	
<b>Emotional charge</b> 		<i>Before</i>	<i>During</i>	<i>After</i>	
<b>STIMULATION</b>	Does the activity offer one or more stimulating element(s) (time limit, collective, variety, level of difficulty) ?	✓			
<b>ENGAGEMENT</b>	Can different roles be used to spark each participant's interest ?	✓			
<b>CHALLENGE</b>	Can individual participants surpass themselves during the activity, regardless of their abilities ?		✓		
<b>Openness</b> 		<i>Before</i>	<i>During</i>	<i>After</i>	
<b>DECISION-MAKING</b>	Can the participants influence the rules of the game?	✓			
<b>RESPECT THE PACE</b>	Can individual participants take part at their own pace?		✓		
<b>VARIATION(S)</b>	Does the activity offer alternatives so that each participant can enjoy a positive experience ?	✓		✓	
<b>Originality</b> 		<i>Before</i>	<i>During</i>	<i>After</i>	
<b>DIFFERENT</b>	Does the activity differ from the week's other activities ?	✓			
<b>NEW</b>	Do the participants experience something new ?		✓		
<b>CURIOSITY</b>	Does the activity stimulate the participants to try new things ?			✓	
<b>Dynamism</b> 		<i>Before</i>	<i>During</i>	<i>After</i>	
<b>MOVEMENT</b>	Does the activity offer a variety of movement ?	✓			
<b>USE OF SPACE</b>	Is all of the space used ?		✓		
<b>IN MOTION</b>	Does the activity allow for enough movement (no elimination, duration of the instructions, etc.) ?		✓		

# MOTIVATION - WHEEL -



*The motivation wheel is a simple and innovative tool for reviewing your activities and making them that much more inspiring. Motivation is your ally in your efforts to promote healthy lifestyle habits, as it sparks interest and engagement among the participants in your activities.*

## STEP 1

Choose your activity in the program you wish to review. Your challenge, here, is to create the activity by paying special attention to youth and most of all those who are less inclined to participate. Five major criteria are useful for creating fantastic activities. Use them to inform your reflection process.

### MEANING

Young participants like to know why they're taking part in this activity.

### EMOTIONAL CHARGE

We need our bodies, heads and hearts to become truly invested and to have fun. To elicit this energy among youth, they must be able to surpass themselves. Don't be afraid to challenge them !

### ORIGINALITY

Discovery, new experiences, exploration, invention—all can be a source of motivation for youth, especially when the initiative is theirs. What's important is to have fun and get out of your comfort zone—even when holding a frequent activity.

### OPENNESS

To be motivated to take part in an activity, a young person needs to experience success. When presenting your activity, respect each individual's needs and abilities.

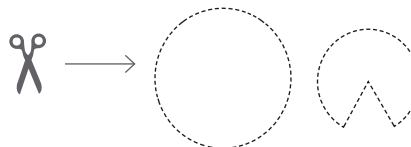
### DYNAMISM

Rely on movement to keep the young participants interested. The more they move, the more they participate.

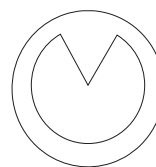
## STEP 2

*Optional*

A. Cut out the two circles following the dotted line.



B. Affix the small circle to the large circle, positioning it in such a way that only the section marked "How to use the tool" is visible. Using the fastener, attach it in such a way that it can be rotated.



## STEP 3

If you skipped Step 2, print the wheel just the same without combining it so that you can review your activity. The table on page 4 will help you check the elements of the wheel already present in your activity.

This will tell you which criteria to work with in order to make your activity more inspiring.

## STEP 4

*Improve your activity.*

The more prepared you are to present your activity, the more fun you'll have with your participants.

