



Motivation Questionnaire

For Younger Students

Name: _____ Date: _____

My 3 Favorite Activities In School

ACTIVITY	REASON I LIKE IT

My 3 Favorite Activities Outside of School

ACTIVITY	REASON I LIKE IT

How My Favorite Activities Make Me Feel (Write or Draw A Picture)

When I do my favorite activities, this is what my emotional feelings are:

I feel these emotions in my body like this:



When I Don't Want to Do Something in School

EXAMPLE	REASON I DON'T FEEL LIKE DOING IT

When I Don't Want to Do Something Outside of School

EXAMPLE	REASON I DON'T FEEL LIKE DOING IT

How Activities I Don't Like Make Me Feel (Write or Draw A Picture)

When I have to do activities I don't like, this is what my emotional feelings are:

I feel these emotions in my body like this:

This is what I do when I don't feel like doing something: