

# Ko te whakahihikotanga ā-roto, ā-waho

## Intrinsic and Extrinsic Motivation



### Intrinsic motivation:

This is motivation that comes from *inside* a person. They will want to learn or do something for the pure enjoyment of it.

*Eg. Ariana is intrinsically motivated to practice running for cross-country because she likes the way she feels strong and fast when she runs.*

What is your understanding of intrinsic motivation?

Can you give an example of someone doing something because of intrinsic motivation?

When do you feel intrinsically motivated?

### Extrinsic motivation:

This is motivation that comes from *outside* a person. They will want to learn or do something for the external rewards or to avoid negative consequences.

*Eg. Jordan is extrinsically motivated to practice running for cross-country because he wants to earn the most house points for his house.*

What is your understanding of extrinsic motivation?

Can you give an example of someone doing something because of extrinsic motivation?

When do you feel extrinsically motivated?



## What motivates you?

Discuss with a friend and write down some activities you do in a typical day.

*Eg. get up, eat a healthy lunch, brush your hair, learn new things, play with your brother or sister, do jobs at home, go to the park, play games.*

What is the reason you do these things? List them under these headings:

Activity:	Intrinsic motivators:	Extrinsic motivators:
Clean my teeth	My mouth feels fresh, and my teeth feel nice and clean.	I get a sticker on my chart, and my mum will be happy with me.

