

Intrinsic Airlines

Fold your motivators into a paper plane and let them fly

Time

About 20 minutes

Group

Whole room

You need

This sheet, a board

Intrinsic motivators

What moves me from the inside

My values

My goals

Extrinsic motivators

What moves me from the outside

Social norms

Agency policies

Facilitator notes

A playful way to explore intrinsic and extrinsic motivation, gather the group's motivators for later, and bring movement into the day.

- 1 Concepts.** Review intrinsic and extrinsic motivation. Invite examples and questions.
- 2 Write.** Hand out the sheet and give a minute to fill it in. Ask people to write clearly.
- 3 Build.** Everyone folds their sheet into a paper airplane: a short video, a partner, a group brainstorm or a few “helpers” can all work.
- 4 Take off.** Everyone throws their plane as far as they can.
- 5 Collect.** Each person picks up a plane that isn't theirs.
- 6 Gather.** Invite people to read out what's on their plane while you write on the board.
- 7 Reflect.** Talk about the range of values and goals in the room.