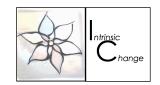
## **Intrinsic Airlines**



## **Intrinsic Motivators**

(Internal factors that motivate me)

	Values		Goals
1.		1.	
2.		2.	
3.		3.	

## **Extrinsic Motivators**

(External factors that motivate me)

Society Norms	Agency Policies	
1.	1.	
2.	2.	
3.	3.	



## **Intrinsic Airlines Activity**

**Overview:** This activity can be used to help participants understand intrinsic and extrinsic motivators. The activity is a unique way of eliciting motivators from the group for later use. Finally this activity is a great way to introduce some movement in the group and break up the day.

- 1. **Concepts:** Review concepts of intrinsic and extrinsic motivations: elicit example from the group and address any questions.
- 2. **Writing Activity**: Give Directions for Writing Activity: "I am passing out a paper that invites you to reflect on your own internal and external motivators. Please take a minute to reflect and complete this. Be sure to write legibly and clearly."
- 3. **Plane Construction**: After all participants have completed writing give directions for paper airplane construction using the paper they just completed. There are a variety of ways to help participants construct the airplane:
  - a. Paper Airplane Video: https://www.youtube.com/watch?v=Kx1OpocB1Ls
  - b. Partner work: ask a partner and collaborate on a method
  - c. Group brainstorm
  - d. ID a few "helpers" to go around the room and assist
  - e. Others
- 4. **Take Off**: Once the participants have made airplanes, have them throw the airplanes as far away from themselves as possible.
- 5. **Collection:** Each participant will collect one paper that is not theirs
- 6. **White Board**: Elicit data from the group while writing it on the white board until you have enough data
- 7. **Debrief:** encourage participants to reflect on the diversity of values and goals.

