

Rah, Rah, Rah Motivators

As a facilitator you may find you need to motivate participants, this next section lists exercises that motivate or reinforce positive behavior.

Positive Reinforcement

Number of People	Approximate Time	Items Required
Unlimited	5 minutes	Deck of poker cards Small prize

Explain to participants ahead of time that you will be giving out playing cards and at the end of the day the best poker hand will win a small prize.

Tell participants they can earn a card for the following:

- Participation—Often people don’t want to participate, so give a card to those who do.
- On time arrival—Lunch and breaks can sometimes result in stragglers who disrupt the rest of the class. To help eliminate this problem give those who return on time a card.
- Volunteers—If you need people to help pass out materials or assist in some other way give participants a card for their assistance.

At the end of the day those who received cards form poker hands and the best poker hand wins a small inexpensive prize.