



## Developing self-motivation

Some of these tips are covered elsewhere. Depending on your situation some of these strategies may be helpful.

### **The Knock Out technique**

The harder and more boring the task, the better it is to do it immediately.

### **The bits and pieces approach**

Do anything in connection with the task, completing it bit by bit so it isn't so overwhelming.

### **The worst-first approach**

Identify the most difficult part of the task and do it first.

### **Break down the task**

Work on the task for five minutes, take a break and work another five minutes, until the task is finished.

### **Use the pleasure momentum**

If your child likes one activity, switch to a less attractive one while momentum is high.

### **Make a list**

List all the positive/negative things which will happen when work is completed/not completed.

### **Favourite places**

Allow your child to work in a favourite place to complete the task.

### **Immediate positive feedback**

Use ticks, stickers and positive comments when marking work to provide immediate feedback for effort.

### **Further strategies**

- [Organising your day](#)
- [Motivating Schoolwork Sessions](#)