**Self Motivation- Week 2 SEL Lesson**

**Self Motivation ability to do what needs to be done, without influence from other people or situations.**

[Self Motivation SEL Lesson Plan.docxPreview the document](https://hallco.instructure.com/courses/46018/files/2919603/download?wrap=1)

Monday Lesson-  Class Discussion: (See Lesson Plan)

Tuesday-  Class Discussion (See Lesson Plan)

Wednesday- Video & Discuss

[Link](https://www.youtube.com/watch?v=CXvs1vwiD0M)

Thursday-  Tips and Discuss

[Link.](https://www.youtube.com/watch?v=QrgQHdUsmFo)

Friday- Class Discussion