

# Ready 4 Learning Ladder – Summary

## Moving from bored to motivated

1. Imagine a ladder in front of you that is twice your height.
2. The top of the ladder says one hundred, and the bottom of the ladder says zero.
3. All the numbers from zero to one hundred are on the ladder.
4. Zero, at the bottom, is when you are finding it hard to feel motivated. One hundred, at the top, is when you are REALLY ready to learn!
5. Close your eyes and look at the number you feel you are at right now.
6. Notice that as you move up the ladder you **see** yourself looking more motivated.
7. Notice that as you move up the ladder you **hear** your inner voice saying ‘I can do this’.
8. Notice that as you move up the ladder you **feel** increasingly confident in your ability to take action.
9. See how motivated you choose to be as you move up the ladder.
10. Have fun changing your level of motivation by moving up or down the ladder.

### RELATED ACTIVITIES – HOME

1. **Talk with your child about when she or he feels bored or motivated. What’s the first sign of boredom? For example, it might be looking miserable, sighing, sitting low in the seat and feeling ‘weighed down’, and so on. How could they change this pattern? For example, by smiling, physically move positions, sitting upright, putting on some great music, thinking of something they’re looking forward to.**
2. **Share times when you’ve felt really motivated when you’ve been learning something. For example, you might talk about your favourite subject at school, playing a sport, riding a bike and so on. How did you know you were motivated?**
3. **Have fun by asking your child to use Ready 4 Learning Ladder with you. They call out a number, and you instantly change your level of ‘motivation’. (Zero is *really* bored and one hundred is *really* interested.) What differences do they notice?**