

Motivation Ideas

This is a compilation of ideas submitted to us by school contacts over the last 29 years. If you have an idea but need an incentive award or need help with motivating your students, call the MS Read-A-Thon office and we'll try to help you out.

Morning Announcements Script (script at end)

- This is by far the most popular way of motivating students to complete the MS Read-A-Thon. The following is a series of announcements you can use to educate students about MS while motivating them to keep reading and to finish the program on time.
- This can also be coupled with the MS Questions.

MS Questions

- Each week on the announcements ask one of the following questions. Each student who gets it right wins a prize. Or, if you have really smart kids, enter everyone who gets it right into a draw, or have the first person who answers correctly get a prize. Alternatively distribute an MS question sheet to all students (question sheet at end).

MS Questions:

What does "multiple sclerosis" mean?

Many Scars

How many Canadians have multiple sclerosis?

55,000 - 75,000 people

What does multiple sclerosis attack?

The Central Nervous System

What is the name of the coating that protects our nerves?

Myelin

People are most likely to be diagnosed with MS between which ages?

15-40

Who is more likely to be diagnosed with MS - women or men?

Women are three times as likely to develop MS as men

Name 3 symptoms associated with MS?

Blurred vision, fatigue, slurred speech, problems with balance & co-ordination, numbness or 'pins & needles' sensation in parts of the body, stiffness in the muscles, memory loss

Goal Setting

- Have students set their own goals for how much money they can raise and how many minutes they can read. Give them a small incentive or enter them in a draw for reaching their goals.
- Completion rates seem to be the most difficult for schools. Ask the teachers to set their own completion rate goals and treat your staff for reaching it.
- Certificates are sent out for the top readers and fundraisers in your school - contact the MS Office if you would like other students recognized in this way for their achievements, for example if they reach a new reading level during the Read-A-Thon.

"Dye Your Hair"

- Ask the principal or school MS Read-A-Thon Contact to set a goal for the school (number of minutes read, number of funds raised or completion rate). The willing staff member dyes their hair if the goal is met.
- Students love seeing a teacher do something they think is embarrassing. This works really well if a teacher who is a hockey fan wears the rival's jersey for a day etc...

Beat the Teacher

- Challenge your class to beat your reading total. Keep track of your own reading and see how many students can surpass your total. The student that does 'beat the teacher' gets bragging rights.
- Another great way to support the MS Read-A-Thon is to participate. You can use the Beat the Teacher idea with the funds raised. As well, participating in the program yourself is great role modeling!

Beat Your Parents

- Ask parents to challenge their kids to read more than they can during the reading period.

Instead of...

- Encourage students to think about ways they could sponsor themselves for the MS Read-A-Thon. For example, "instead of buying a bag of chips at lunch, I could sponsor myself 80 cents."

Class Reading/Fund Raising Challenge

- Challenge another class in the school. Can the Kindergartens raise more money than the Grade Eights? Who reads more, the boys or the girls? Create a challenge for bragging rights.
- Another spin on the same idea is awarding a pizza party or a trophy to the class with the highest completion rate, highest funds raised or the most minutes read.

You Do the Math

- Produce a bulletin board with the following math problem and answer, or ask students to figure out the problem and tell them what the MS Society could buy with those funds.
- *If every student brought in \$(insert your goal for each student here) for the MS Read-A-Thon, how much money would we raise?*

What that money would buy:

\$1000.00	Power wheelchair
\$750.00	Lift chair
\$550.00	Air Conditioner
\$400.00	Special cushion for a wheelchair
\$300.00	Batteries for an electric wheelchair
\$200.00	Mattress for a hospital bed
\$100.00	Floor to ceiling safety pole - helps people transfer from sitting to standing and vice versa
\$50.00	Repair of a wheelchair tire
\$30.00	Delivery/pick-up of a loaned wheelchair

I Said What I Meant, I Meant What I Said - An Elephant's Faithful One Hundred Percent!

- Read *Horton Hatches The Egg* by Dr. Seuss to younger students and talk about what it means to make a commitment to doing something.
- Write the quotation from *Horton Hatches The Egg* on bulletin boards or advertising materials to encourage students to follow through on their commitment.

Book Line Up

- Every time a student finishes a book have them write their name on a book-shaped paper and post it in the hallway. See how far your school's Book Line Up can reach.

Teacher Recommendations

- Set up colourful signs that point students to book titles you recommend.

Reading Buddies

- Partner older students with younger ones and have them read to each other. Allow both students to count the minutes they are reading.

Story or Book Club

- Read a book or have an older student read a book to a group of students once a week at lunchtime.

Book Circles

- Ask your class, or smaller groups of students, to read the same book, and then follow-up with a group discussion about the book.

Be a Critic

- Have students write reviews of books they liked or didn't like and pass them around the class, send them to a children's magazine, send them to us on our website or enter them in a book review contest (Chapters and Indigo often have one - check out their website).

Favourite Author Fan Letter

- Have students write a letter to their favourite author telling them why they liked their book and about his or her success with the MS Read-A-Thon. Most children's authors will respond to letters.
- This is also a fun way to see author's websites - Robert Munsch and Dr. Seuss have great ones.

Combine With Another Program

- There are many great reading and literacy awareness programs out there. Many schools already do Reading Olympics, The Silver Birch Program and many others. Students can use the books they read for other programs toward their MS Read-A-Thon minutes.

Themes and genres

- Devote a week to a particular theme or genre, for example families, animals, environmental issues, fantasy books, humour etc.

Movie or Book?

- Encourage students to read the book before they go see a popular movie or watch it in class and then vote on which one they liked better.

Read Alerts

- This is a motivation technique from the original MS Read-A-Thon in 1977. Students, teachers and staff had to carry books around with them everywhere. When a read alert was announced in a class or over the PA system everyone had to stop what he or she were doing and read for the designated amount of time.

Get Caught Reading

- Give away small prizes for anyone "caught reading" at lunchtime or recess during the MS Read-A-Thon.

Poster Contest

- Sponsor a poster contest for the MS Read-A-Thon and post the creations throughout the school to motivate students to keep reading and raising funds.

Indoor Recess

- Encourage students to read toward their reading goal during indoor recess.

Multiple sclerosis Word Find and Word Game

- Distribute the MS word find and word game at the end of this document.

Student Council

- Involve your Student Council in the MS Read-A-Thon.
 - ▶ Have them plan an additional fund raiser to increase your school's donation.
 - ▶ Have members help distribute student kits and collect registration forms.
 - ▶ Have Student Council create its own award structure.
 - ▶ Have members help distribute individual awards to students.

Newsletter

- Write an update for the school newsletter stating the school's fund raising and reading goals.
- After the program, write a follow-up piece.

No Cost (or almost no cost) Prizes

- Certificates of Achievement
- 10 minutes free time
- Extra credit
- Request a letter from the MS Read-A-Thon team or Principal congratulating the student.
- Donations from area businesses
- Send the MS Read-A-Thon Office your creative idea and we will send you left over individual awards if available.

Have A Motivation Idea to Add?

- Please tell us about it! E-mail us at Sherri.taylor@mssociety.ca, Fax us at 780-479-1001.

**MS Read-A-Thon Announcements
Fall 2006**

The following is a series of announcements you could use to educate the students about Multiple sclerosis while motivating them to keep reading and to finish the program on time:

WEEK 1 OF THE MS READ-A-THON:		
DAY 1	DAY 2	DAY 3
MS READ-A-THON KICK-OFF ASSEMBLY AT YOUR SCHOOL	The MS Read-A-Thon has started! We have three weeks to read and raise money to help people with MS. This is our chance to make a difference in the lives of people in our community. So get sponsors and get reading. If you haven't signed up, it is not too late. See (CONTACT NAME) in/at (INSERT PLACE) for more details.	Did you know that half of all the money raised in the MS Read-A-Thon goes towards research while the other half goes to services to those with multiple sclerosis? Have you chosen your books yet?

WEEK 2 OF THE MS READ-A-THON	
DAY 1	DAY 2
Have you printed your name on your MS Read-A-Thon Envelope? Don't forget to record the number of minutes you've read each day. How many minutes have you read so far?	Did you know that when you raise \$30.00, a walker can be rented for 28 days for a person with multiple sclerosis. How many sponsors do you have so far?
DAY 3	DAY 4
Did you know that there are 55,000 – 75,000 people in Canada who have MS? You can help just by reading. So keep on reading and raising pledges. You CAN help us connect with a cure.	Did you know that when you raise \$100.00, ankle or foot braces can be purchased for someone with multiple sclerosis? So your pledges are helping to make life a little easier for people who suffer from MS.



WEEK 3 OF THE MS READ-A-THON	
DAY 1	DAY 2
<p><i>"Multiple sclerosis. Will anyone recovered from it please communicate with patient."</i> Sylvia Lawry placed this ad in The New York Times in 1945 because she was frustrated at not being able to find out any information about the disease that had just struck her brother. The response to the ad was overwhelming as many others were also searching for a cure. As a result, the first MS Society began operating in 1946.</p>	<p>Last year, throughout Canada helped to raise over 1.5 million dollars for people with MS and for MS research. Half of that money was used to help scientists create new medications that will help people who suffer from MS. By reading and getting sponsors, you play a big role in helping us connect with a cure.</p>
DAY 3	DAY 4
<p>We are joining over 4.6 million students who have raised over \$37 million for people with MS. Just think; you are making a difference by simply reading. How many new books have you read so far?</p>	<p>Did you know that when your school raises \$1000.00 an electric scooter can be bought for someone who has multiple sclerosis? So don't forget to start collecting the money from your sponsors within the next 2 weeks.</p>

FINAL COLLECTION WEEK		
DAY 1	DAY 2	DAY 3
<p>Please collect your money from your sponsors this week and bring everything back to school by Friday.</p>	<p>Have you remembered to put your name on your envelope for the MS Read-A-Thon? Please bring the money that you've collected from your sponsors as well as your MS Read-A-thon kit to school on Friday.</p>	<p>Don't forget to put your money for the MS Read-A-Thon in the envelope that your teacher gave you and give it back to your teacher with your money in it. Thank you for helping the MS Society connect with a cure.</p>

MULTIPLE SCLEROSIS : WORD FIND

Can you find the following words in the grid below:

Myelin Research Central Nervous System Brain Spinal Cord
 Nerves Messages Many Scars Cure Help
 Service Volunteer Multiple Sclerosis Fundraising

M	G	O	P	M	U	L	T	X	V	A	S	E	R	V	I	C	E	T	O
C	U	B	D	R	T	B	R	A	I	N	D	R	E	B	D	E	E	S	H
A	K	L	I	A	G	O	V	E	B	X	C	D	T	D	E	M	H	P	S
F	H	J	T	G	K	D	I	L	S	Z	M	B	N	R	M	H	J	I	N
T	O	N	P	I	Q	Q	R	T	M	E	S	E	U	V	Y	V	A	N	Y
W	A	C	Z	W	P	C	E	E	A	X	A	S	Y	L	E	Y	B	A	F
G	I	H	K	M	O	L	Q	B	N	U	S	R	F	U	L	W	B	L	E
X	Y	B	D	F	F	H	E	J	Y	L	H	N	C	P	I	R	U	C	T
T	V	X	Z	A	Z	L	D	S	S	J	G	J	M	H	N	P	Y	O	W
N	E	R	V	E	S	S	S	V	C	Y	B	M	A	E	H	K	R	R	K
U	N	Q	T	W	Z	X	F	N	A	L	K	E	Q	R	Y	X	L	D	F
J	R	C	W	V	T	E	D	C	R	P	E	W	G	P	C	O	D	R	C
A	I	B	S	O	J	Z	H	M	S	Q	B	R	T	D	K	I	L	O	V
V	Y	E	N	L	E	D	E	L	J	B	F	M	O	N	Z	F	A	C	B
A	C	L	D	U	S	U	L	K	R	L	M	E	S	S	A	G	E	S	H
P	Q	U	G	N	R	A	P	O	V	Q	C	W	H	S	I	G	D	F	I
B	P	O	R	T	X	K	Y	I	F	U	N	D	R	A	I	S	I	N	G
G	J	P	F	E	M	M	Q	V	J	T	U	A	N	C	S	L	J	U	F
H	O	N	Z	E	W	Y	H	G	I	K	O	E	U	I	P	T	E	Q	L
C	E	N	T	R	A	L	N	E	R	V	O	U	S	S	Y	S	T	E	M

How many words can you find in MULTIPLE SCLEROSIS? Write them down below.

1. _____ 2. _____ 3. _____ 4. _____
5. _____ 6. _____ 7. _____ 8. _____
9. _____ 10. _____ 11. _____ 12. _____

MULTIPLE SCLEROSIS : WORD FIND

Can you find the following words in the grid below:

Nerve	Brain	Myelin	Brain
Scar	Messages	Spine	Cure

G	S	C	U	R	E	K	M
Y	B	F	L	S	S	W	Y
N	E	R	T	E	P	C	E
E	S	C	A	R	A	N	L
V	P	D	B	I	M	E	I
U	I	Q	J	R	N	R	N
W	N	P	G	D	E	V	A
M	E	S	S	A	G	E	S

How many words can you find in MULTIPLE SCLEROSIS?
Write them down below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

MULTIPLE SCLEROSIS

Answer the following Questions:

1. What does "Multiple Sclerosis" mean?
2. How many Canadians have Multiple Sclerosis?
3. What does Multiple Sclerosis attack?
4. What is the name of the coating that protects our nerves?
5. People are most likely to be diagnosed with MS between which ages?
6. Who is more likely to be diagnosed with MS - women or men?
7. Name 3 symptoms of MS?