

Motivational Theories Playlist Activity

- Define each of the theories in detail.
- Choose four songs or videos for each of the different theories of motivation. The lyrics, overall meaning of the songs or the actual action of the person(s) in the video should relate to the theory's explanation of motivation (please keep them relatively school appropriate).
- Write an explanation as to why you chose the songs or videos that you did. How do they relate? You will be asked to share one choice with the class.



Theory	Define the theory	Song or Video Titles	Explanation for how each relates to the theory
Instinct Theory/ Evolutionary			
Drive Reduction Theory			

<p>Optimal Arousal Theory</p>			
<p>Hierarchy of Needs</p>			