

Motivational Theories Playlist Activity

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



Theory	Define the theory	Song/Video Title	Explanation for how it relates to the theory
Instinct Theory			
Drive Reduction Theory			
Arousal Theory			
Hierarchy of Needs			