



Inspirational people, inspirational me

15-30 minutes

This activity uses Greta Thunberg as an example of an inspirational young person, but feel free to substitute her with another figure who resonates more with your pupils or your school community. The goal is to spark discussion about what it means to be 'inspirational' and how individuals (especially young people) can make a difference.

You might choose: A local activist or community leader; a public figure from a different field (e.g. sports, science, arts); someone your pupils have studied or admire. Alternatively, you can invite your class to suggest their own examples.

1. Read aloud this Greta Thunberg quote: "You are never too small to make a difference." Discuss with the children - what do they think she meant? Do they agree with her?
2. Encourage them to share what they know about Greta, and their feelings about her actions to bring climate change to the front of people's minds.
3. Explain that one word people often use when talking about Greta and others like her is 'inspirational'. Ask the pupils what they understand by the term and if they can give examples of other people – famous and not – who they would consider 'inspiring'. What qualities do these people have?
4. Explain that you're now going to see an example of children who have made a difference to an issue they identified. Ask pupils to see if they can spot:
 - What was the problem the children wanted to make a difference to?
 - What did the children do about it and what happened as a result?
 - What 'inspirational' personal qualities do you think these children needed to be successful?
5. Play this clip of Amy and Ella Meek who founded the charity Kids Against Plastic after becoming frustrated at the lack of action taken by adults to address the problem of single use plastic:
https://www.youtube.com/watch?v=j8Si3L9ZOsM&feature=emb_rel_end
6. Give the children a chance to respond, then share the belief that we all have something inspirational in us waiting to come out and be used. We all have our personal strengths, and how we choose to use these influences what we can achieve.

The session can be ended here, or, if time allows:

Working in tables or small groups ask children to choose one or more words that they think best fits each person on their table and to share that word with them, explaining why they have chosen it. The words can be written into the outline of the star overleaf.

Depending on the dynamics of your class, you might want to share some of the completed stars, and to point out the variety of qualities that people have had attributed to them.

Point out that it takes all kinds of people to make a good team. Having a 'good leader' is important, but that if we were all 'good leaders' and not 'team players' nothing would ever get done!

Likewise, we need some people who are 'thoughtful' in a team and others who are 'enthusiastic' – we need a mix of people to move things forward. Celebrate how amazing each one of us is in our ability to inspire others!

Looking for more ways to inspire your children? Discover the [Make a Difference Challenge](#).



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I am inspirational. I am...

Write the words other people in your group used to describe you in the star below:

