3. Inspiring quotes

**Group size**



Small groups

**Suggested timing**

20-25 minutes

**Method**



Discussion and group work

**What you need**

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Pens and paper



PowerPoint

Learning objectives

* Learn about helping others and kindness
* Think about what motivates people to help others

## Overview

In this activity, learners explore some inspiring quotes from famous people, and think about the role of kindness in helping others. Then consider how their own life experience can help shape future actions.

## Preparation

Share the quotes below either on the PowerPoint or print them out. Ensure there are pens and paper for the learners to use.

## Delivering the activity

1. Start by sharing this quote with the whole group

**“Be the change you wish to see in the world”.**

1. Ask learners to consider the quote – what do they think it means? Does it resonate with them? How might it apply to their own lives and to their learning around first aid and helping others?
2. Do learners know who said this quote? Why might they have said it and what was their role? Explain that this is a famous quote by Mohandas “Mahatma” Gandhi; Gandhi lived in India from 1869-1948; he protested without violence to highlight the importance of freedom, people’s rights; and for the independence of India from British-rule at the time.
3. Does understanding more about Gandhi help learners to have a new perspective on his quote? Gandhi was interested in protesting through peaceful means to bring about peace – enacting the change he hoped to see.
4. Ask learners to think of any people or quotes that inspire them. If they have some ideas hold a group discussion about why they find these people and/or quotes inspirational – they might consider the motivation of the person.
5. Ask the learners to form small groups – hand out or display some or all of the quotes. You could give out all the quotes to each group, or one quote per group for them to discuss. They could think about what might have inspired the author of the quote with the following prompt questions:
* What are they trying to communicate to others, what is the key message, what do they think the quotes are trying to express?
* What key theme or emotion are they trying to get across? What do they take from the quote(s)?
* How might it link to helping others?
* How might these quotes apply to your own life?
* What learning can you take from these quotes in terms of your own values and actions?

If there is time the groups could research the author(s) of the quote(s).

Hold a whole group discussion about the quotes, based around the group – you could ask the group to choose which quote they find most inspiring.

**Quotes**

**“Be the change you wish to see in the world.”**

Mohandas “Mahatma” Gandhi lived in India from 1869-1948. Gandhi protested without violence to highlight the importance of freedom, human rights, and for the independence of India from British rule.

**“Our prime purpose in this life is to help others.”**

Tibetan spiritual leader the Dalai Lama, who believes in peace between all people. He was awarded the Nobel Peace Prize in 1989.

**“No act of kindness, no matter how small, is ever wasted.”**

Aesop was a famous storyteller who is believed to have lived in ancient Greece around 620–560 BC. Once a slave, Aesop was later freed by his master and went on to publish his now-famous fables.

**“Life’s most urgent question is: what are you doing for others?”**

Martin Luther King, Jr. was a leading figure in the Civil Rights Movement in the USA. His most famous speech was entitled ‘I have a dream’. King was an advocate for non-violent protest to bring about equality.

**“When we give cheerfully and accept gratefully, everyone is blessed.”**

Maya Angelou, American writer

**“Those who are happiest are those who do the most for others.”**

Booker T. Washington, American educationalist, author and presidential adviser

**“The purpose of human life is to serve, and to show compassion and the will to help others.”**

Albert Schweitzer, German and French theologian, who was also a medical missionary in Africa.

## Summing up

* Do the groups see any themes emerging from their discussions?
* What might the consequences be if someone experiencing a first aid emergency doesn’t get help?
* How could someone not helping impact the person who needs help? Their family? Their community?
* What might motivate someone to choose to help?