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

* Identify factors that motivate 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.

Familiarise learners with the ground rules for the session or establish ground rules. Assure learners are given opportunities to ask questions and have a way to ask anonymous questions if they wish to. For guidance on how to do these things, see the [Creating a safe, inclusive and supportive learning environment guidance.](https://firstaidchampions.redcross.org.uk/secondary/guidance-and-support/)

## 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 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 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?

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 what each group discussed.

**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. It is thought that he was enslaved and later freed. Slavery was common in ancient Greece. He 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 poet and civil rights advocate

**“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.

1. Discuss the quotes and reflect as a group:

* 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?
* What might motivate someone to choose to help?

## Stretch and challenge activities:

1. Ask learners to personally reflect on the quotes. Encourage them to think about:

* Which quote is most inspiring?
* 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?

1. Ask learners to think of any people or quotes that inspire them. If they have some ideas hold a group or paired discussion about why they find these people and/or quotes inspirational. They could write a paragraph about why this person inspires them.

## Summing up

Encourage learners to reflect in their own time on what inspires them to help. Is it a person they wish to emulate or values and beliefs that they have?

Move on to the practise activity to explore all the things learners have learned so far in this module about helping others.