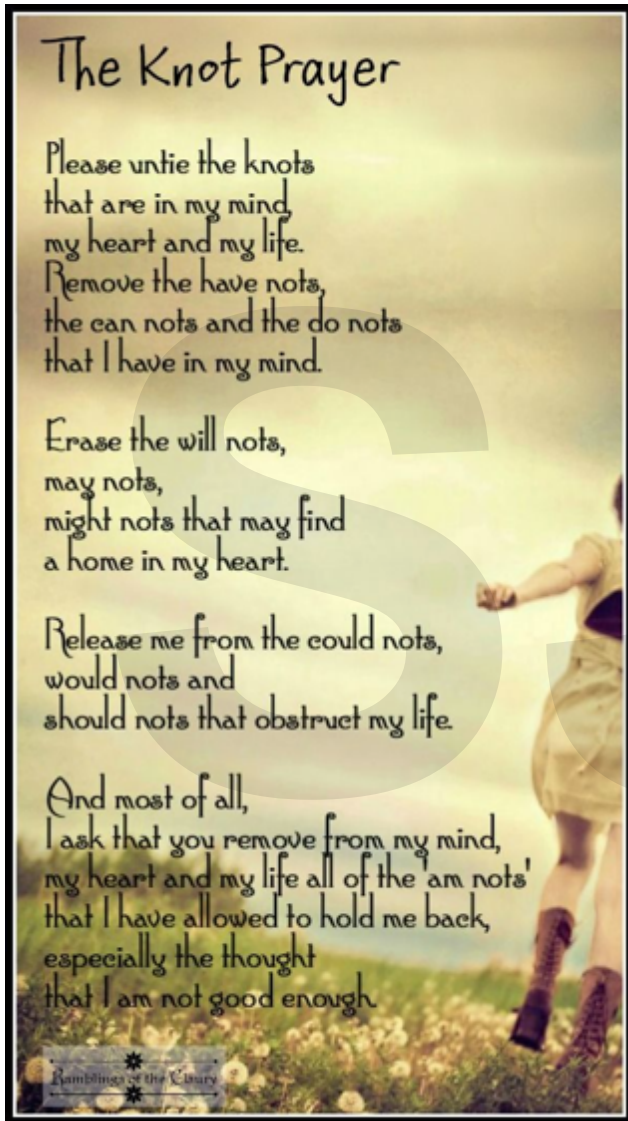




INSPIRATION

What works for you?



Inspiration

We gather once more, in shared time but in our own space. Please focus on the prayer and listen to the words as your tutor leads this moment of reflection.

As we gather, try and think about optimism, positivity and thoughts of what the prayer is asking.



Inspiration

Q- What do you think the quote is saying?

Q- Do you allow this to happen?

Q- What personal qualities give you that 'sparkle effect'?

Inspiration

'Sparkle' could
=Inspiration?

Q- So if the following
quotation were true, what
would it mean for you?

***'Inspiration means the
process of being
mentally stimulated to
do or feel something,
especially something
creative. It can also mean
a sudden brilliant,
creative or timely idea.'***



SURROUND
yourself with
PEOPLE
who are
ONLY GOING
to lift
YOU HIGHER.



Inspiration

Simply put **Inspiration** can be..... us being influenced by something/someone or us being influenced to do something.

Right?

Q- Who or what are you inspired by?

Share your thoughts with the form.

GOOD ACTIONS GIVE STRENGTH
TO OURSELVES AND INSPIRE
GOOD ACTIONS IN OTHERS.

-- Plato



Inspiration

Actions and good role models can lead us to-

- Recycle more
- Be brave and stand up for what is right
- Donate to charity
- Save water
- Take up a new hobby
- Read more
- Say thank you and being kind on a regular basis
- Research different music.



Inspiration

People we learn about, are on the news or we research, have an impact on how we think and behave too-

- Sir Richard Attenborough
- Beyonce
- Marcus Rashford
- NHS staff
- Kamala Harris
- GretaThunberg
- Banksy

Inspiration

It also allows us to move forward, learn and discover new things.

Q- Can you give an example for each of these?

- Inspiration=fresh ideas
- Inspiration=love of
- Inspiration=community
- Inspiration=bonding
- Inspiration=sharing
- Inspiration=new interests
- Inspiration=knowledge
- Inspiration=better lives

**iNSPIRED
MINDS!**

Inspiration

Without inspiration we wouldn't have this.....



Without inspiration we wouldn't have this.....



Inspiration

**Without inspiration
we wouldn't have this.....**



**Without inspiration
we wouldn't have this.....**



Inspiration



Q- Watch the short film and share all the different things in our world that can be sources of inspiration.

'What inspires you?'

<https://youtu.be/4TY0z8Kg6JA> 2 mins

Words can inspire.
And words can
destroy. Choose
yours well.

Robin Sharma

AmyJalapeno.com

Inspiration

Q- What does inspiration look like?

Change your words to see different actions and outcomes.

<https://youtu.be/Hzgzim5m7oU> 1.47 mins

So, stop and think about how you could inspire others by simply what you say or what you do.



Inspiration

The following short clips are a taster to try and inspire you to find out more or try something new.

Your form can only select one clip in the time we have together.

Democratically decide which one it is going to be.

The rest you can explore during your own free time.

Inspiration

Nature

<https://youtu.be/WmVLcj-XKnM>

Inspired to know more?



Mushrooms/Fungi

<https://youtu.be/bxABOiay6oA>

Inspired to know more?



Inspiration

Space adventure

<https://youtu.be/xEKxwy31DRI>

Inspired to know more?



Human flight

<https://youtu.be/ZHk13Xa8dql>

Inspired to know more?

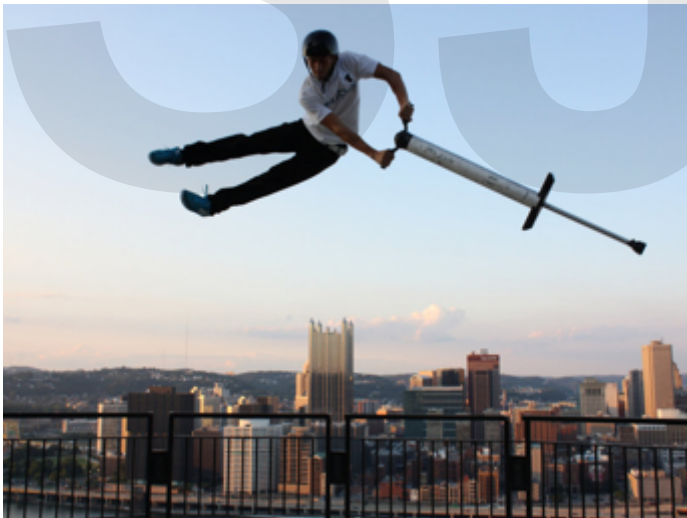


Inspiration

Pogo stick

<https://youtu.be/swFhZyvjk>

Inspiration to know more?



Ollie on a skateboard

<https://youtu.be/42QfujfFqkw>

Inspiration to know more?



Inspiration

There are so many things and people in our world to be inspired by.

Opening eyes, ears and minds is so important in order to appreciate.

Q- How will you try and inspire others?

Q- Who or what will inspire you to dive deeper?

Q- How will others be inspired by being with you?



Inspiration

Further information to support why inspiration is so important, enjoy.

<https://youtu.be/e2kxr-NAb4c> practical advice

5.25mins

<https://youtu.be/FDPJTo-gNUI>

7 mins 'the science'

<https://youtu.be/bm-cCn0uRXQ> Elon Musk

5 mins

<https://www.bbc.co.uk/search?q=be+inspired&page=1>

