



Switch on: the real life of 10-14s

Whatever age we are, we're all influenced and inspired by people we know personally or hear about in the media.

Why not help your 10 to 14s to identify who inspires them, and why, and to think about how God can help them be an inspiration to others?



Play: Who inspires you?

Cut out pictures of some celebrities from magazines, as well as finding some pictures of people who have done amazing things (e.g. Louis Braille who invented Braille) on the internet.

Number and name the pictures and put them up around your room. Does your young person know who any of them are? Explain who they are and get them to choose the one person who inspires them the most.

Discuss some inspirational people you know. It could be someone in your own family, someone famous or a child. Get your young person to make a list of people they find inspiring – whether it's people they know personally or famous people.



Rewind: Inspirational Christians

Get your young person to research online for people who are famous but also a Christian, such as actor Chris Pratt and MPTim Farron. Get them to consider how hard it would be to live out your faith in the public eye.



Pause: Doing great things

God inspires people to do great things. Get your young person to look at the story of Esther in the Bible, such as the version at <https://www.friendsandheroes.com/us/characters/Esther>, and explain that we can also be inspired by God to act in a way that will help others. Pray together asking God for good ideas that will help and bless others and for the motivation to keep working on these good ideas.



Fast forward:

Get your young person to make a list of the qualities they think someone who is inspirational should have.

Get them to respond creatively about being an inspiration to others – could they draw, write a poem etc.