



n:vestigation: Inspiration

Those who inspire us help shape us!

The things we do, what we enjoy and the people we aspire to be are all guided by our interactions and inspirations. This is especially true in childhood, where the role of 'significant others' (such as parents, teachers and GB leaders) is paramount to children creating and grasping the possibilities before them.

Research by Imperial College London* has backed this up by showing that children are more motivated when they're inspired by those nearest to them. Children need role models in their lives to help them not only develop values but vision too!

Explore It!

Tell this story to set the scene. Gabby and Barney loved to take part in show and tell at school. Today they were looking at superheroes. 'Who are you going to share about Barney?' asked Gabby. 'Well...', said Barney, as he reached into his bag and pulled out a photo of his Dad. Gabby said 'Huh, what's that? Does your dad have super powers?' Barney laughed, 'No, but I love my Dad and when I grow up I want to be just like him. He might not be able to fly or climb up the sides of buildings but he always helps me with my homework, puts a plaster on my knee when I fall over, and teaches me how to cook.' Gabby smiled and said 'Oh yeah, I guess that makes sense, he sounds like he could be Super Dad'. 'Exactly,' said Barney, 'Who have you chosen?' Gabby looked embarrassed. 'I feel a bit silly now,' she replied, 'I chose Dash from the Incredibles, he's so cool and can run super-fast, I've always wanted to run fast.' 'That's a good superhero Gabby,' said Barney. **Do you know any superheroes? Let's n:vestigate!**

Jump Up!

Superheroes who have special powers must practice their skills and stay fit and healthy. Set up your own superhero training obstacle course with things such as a play tunnel/table to go under/through, chairs/cones to go around, a skipping rope, a bucket and balls to throw in it etc. Time your child completing the course and see if they can get quicker each time.

Zoom In!

Superheroes in real life can be inspirational people who have made a difference in the world e.g. Mother Theresa, Martin Luther King, Nelson Mandela, Emmeline Pankhurst, and Florence Nightingale etc. Explain a little about what some of these people did to your child and why it made a difference. You could find photos of them online.

We can all make a difference in the world, no matter how big or small. Get your child to draw a picture of something they can do this week or something they want to do in the future to make a difference in the world e.g. be kind, do something for the environment, or teach something to a younger sibling.

Get Mucky!

Using playdough, get your child to create and mould their very own superhero. You could even make your own playdough first. There are lots of recipes online, such as <https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

Dig Deep!

Christians believe that Jesus is just like a superhero and an inspiration to us all. Have a look at the 'Jesus you're my superhero' song by Hillsong on YouTube and sing along at <https://youtu.be/6-vtfIKzeNU>

References

*Alpay, E., Self-Concept and Self-Esteem (Imperial College London, 2009).

www.girlsbrigadeministries.org.uk

GB Ministries accepts no responsibility for any injuries young people sustain whilst undertaking these activities within their own homes. Parents/carers should ensure the safety of their home environment when undertaking activities.