



**Learning Intention**  
**Hey, why this lesson?**

**To learn who or what inspires you  
– and why**



To discover, through research, reflection and discussions, the qualities of a person who inspires or is a hero.

Hint: Don't forget to remind the students that they can easily inspire others!

**Scripture**

*Jesus looked at them and said, "For mortals it is impossible, but not for God; for God all things are possible."*

– Mark 10:27

Ask students to write down or draw on page 128 a dream they believe in for themselves, such as a future job, a sporting /musical dream, to travel etc. Suggest that they select from this journal, looking at the virtues, and select 3–5 virtues they believe they need to help them to achieve their dream.

This is a good exercise for you to engage with too, as an example to your students. Share as you feel comfortable.

**ACARA Connection**  
**RE Key Understanding**

*Connect to your own State/ Territory's key understandings of Religious Education e.g. Christian Living, Religion and Society*

**History / Year 8 / Historical Skills / Perspectives and interpretations**

**Curriculum content descriptions**

Identify and describe points of view, attitudes and values in primary and secondary sources (ACHHS155)

<https://www.australiancurriculum.edu.au/Search/?q=ACHHS155>

**Virtues**

- **thoughtfulness** – considering others and other things
- **responsibility** – having a duty and/or being accountable
- **initiative** – to show resourcefulness and imagination without being asked

Using the journal space on page 128, get students to either draw or name a person who inspires them.



### Warm Up Activity

1. Go to [www.virtuesproject.com](http://www.virtuesproject.com) and look at the list of virtues and their definitions and ask the students to choose 5 that they would like a teacher to use in their report at the end of the year.



### Main Activity

1. This is going to be a 'No talk' Reflection activity where you play quiet music and the students (and you) will have the opportunity to reflect on a person who they admire and are inspired by.
2. Before you reflect, visit <http://www.heroconstruction.org/the-attributes-of-a-hero/> and read the comments to the class at the bottom of the page for great suggestions for hero attributes. Write some of these attributes on page 125.
3. Ask the students to find a relevant and inspiring quote from the person they have chosen and encourage them to either print it out or write it so it can be displayed in the classroom or around the school.

### Spiritual Connection

#### Connection Activity

Complete page 127 – asking the students about how they can be inspired by the words, message and actions of Jesus and how they can then pass these onto others.

### Prayer/Reflection

Take a moment for the students to identify what their hero has taught them and challenge them to change or initiate a new habit that will help them.

Write these notes in their journal on page 128.

### Reflection Questions

#### Reflection Activity

Especially encourage the students to use the three virtues of thoughtfulness, initiative and reliability when speaking about their chosen inspiration.



## Success Criteria

That students can ...

- write about the impact 'a hero' has had on them
- identify suitable qualities that 'the hero' portrays and that they may use in the future
- set goals and plan for their short term (and maybe even their long term) futures
- take on board and create positive habits to enable their dreams.

## Take Away



It is crucial for the students to highlight their ONE main thing from this topic that they will want to carry with them for the rest of their lives.

## Extensions

### Extension Ideas

1. A bit of fun...
  - i) If they (and you) were a 'super hero' what super power would they/you love to have?
  - ii) Superpower \_\_\_\_\_
  - iii) How would they use it to benefit others?
2. A BIG QUESTION – In the future who would they like to inspire? How? Why?
3. There are many people in the bible – ask the students to choose ONE (other than Jesus) who inspires them. Discuss.

## Relatable Quote

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Ask students to find their most inspirational quote and write it in large letters in the back of their journal.

