



THE POWER OF YOU

Objective:

To recognise the positive impact I have on those around me.

Resources Needed:

'You Shine Bright' concertina booklets - one per child. (These can be printed onto A4 or A3 paper.)
'The Power of You' PowerPoint (optional).

WARM UP

Get the children into pairs. Ask one member of each pair to close their eyes. Ask the other member of the pair to look at you and show them a simple picture of a sun, moon or star (or point to the image on the PowerPoint). They are to draw this picture on their partner's back. When they have finished, can their partner guess what they were drawing? Swap over and repeat!

INTRO

1. Share the prose poem 'You' by Donna Ashworth with your class. (You can find a copy of the poem below or a video of the poem on page 4 of the PowerPoint.

2. Discuss the poem using the following prompts:

- What do you picture in your imagination when you hear the poem?
- What do you think the message of the poem is?
- How do you feel when you read/hear the poem?
- There are many people who care about you. Can you name three of these people?
- Can you think of a time you have been kind to someone? (This could be something that felt really small to you like saying thank you to a bus driver, holding a door open for a teacher, smiling at a classmate or phoning a grandparent on their birthday!)
- What does it mean to be 'inspired'?
- Can you think of a time someone in this class has inspired you? (Perhaps you saw someone trying their best at a difficult maths problem and were inspired to have a go yourself? Or maybe someone inspired you with their passion, enthusiasm, resilience or teamwork skills?)
- What do you think the poet means when she says, 'you are trailing a bright pathway that you don't even know about'?

3. Explain that you won't always know when you've inspired someone or made a positive difference to their day. Sometimes, something small that you've said or done can have a big impact on another person and you don't even realise it! And, sometimes, it's not even doing or saying something but simply being you that makes all the difference!

ACTIVITY

1. Today, we're going to help other people in our class see their own 'bright pathway' and recognise the positive impact they have on others!
2. Give each child a booklet and ask them to write their name on front page then fold it to make a concertina.
3. Play some music and ask the children to pass their booklet to their left while the music is playing. When the music stops, they look at the name of the person whose booklet they've received and consider what they appreciate about this person. They might think of a time this person has been kind to them or inspired them, a time they've noticed this person being kind to others or just something that they value about this person. They write a short positive message to this person inside the tail of the shooting star on the first page of the booklet. For example, they might write: you make me smile/ you helped me when I fell over/ you always listen to others/ you are a good team player/ your drawing inspires me.
4. Repeat five times, passing the booklet while music plays, until each page of the booklet has been filled in by somebody different. Then return the booklets to their original owners.
5. As the children read their 'bright pathway', explain that this is just a very small example of some of the ways that they light up this class!

PLENARY

1. Return to the poem and ask the children when they think reading the poem might be particularly helpful? Perhaps when they are feeling lonely or lacking confidence? How might the poem help?
2. Finish by asking the children if there is anyone they would like to share this poem with and why?

Extension:

Why not 'light up' your own map? Look at a simple map or plan of your school and ask the children to think of different acts of kindness you could complete around the school as a class. (For example, you could bake cakes for the office staff, make toys for a younger class, make positive posters for the staff room, volunteer to read stories in nursery, tidy another class's cloakroom, pick up litter in the playground or make bookmarks for the school library?) As a class, try to do one of these acts of kindness a week and then stick a star on the map. Can you light up the school with kindness?



YOU

If every single person who has liked you in your lifetime, were to light up on a map, it would create the most glitteringly beautiful network you could imagine. Throw in the people you've been kind to, the people you've made laugh, or inspired along the way, and that star-bright web of you, would be an impressive sight to behold. You're so much more than you think you are. You have done so much more than you realise. You're trailing a bright pathway that you don't even know about.

What a thing. What a thing indeed.

By Donna Ashworth

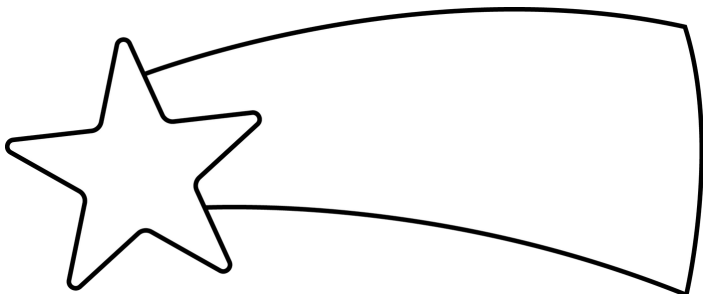
52 LIVES
SCHOOL OF KINDNESS



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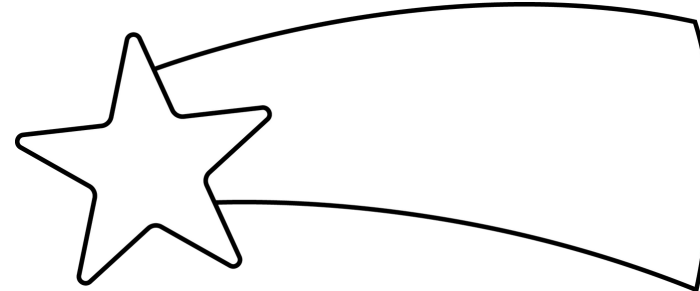
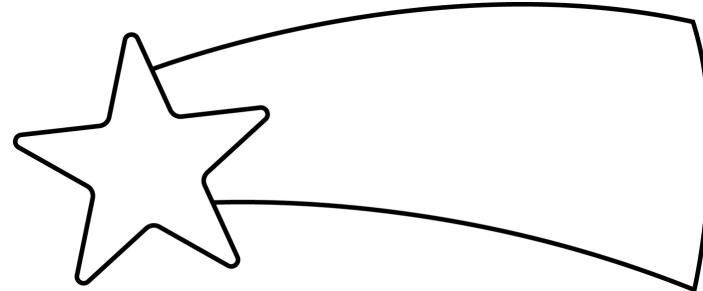
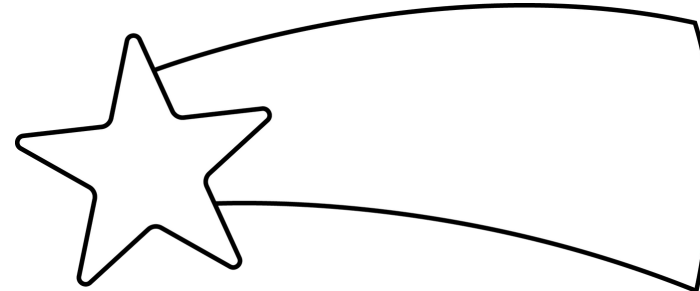
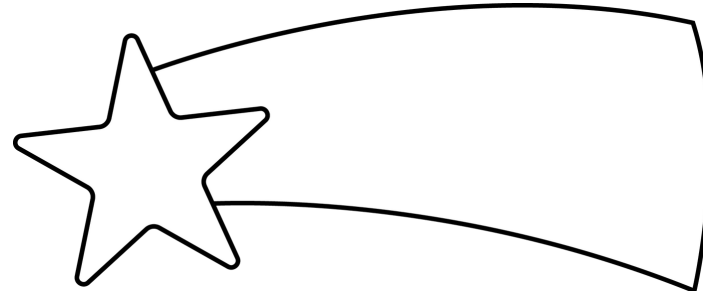
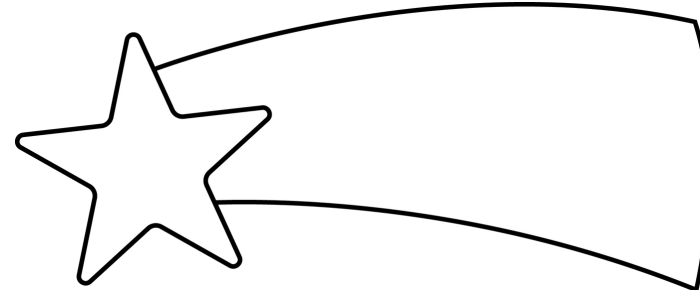
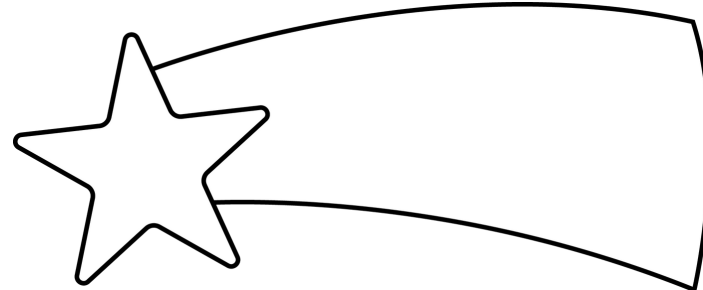
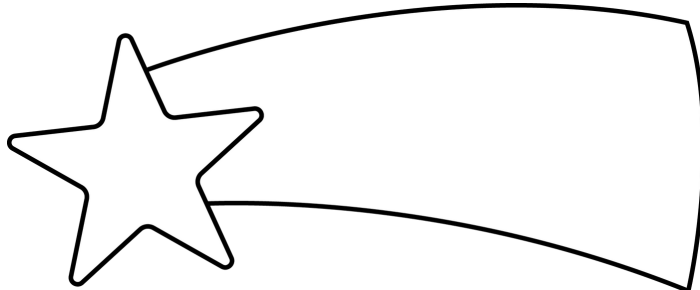
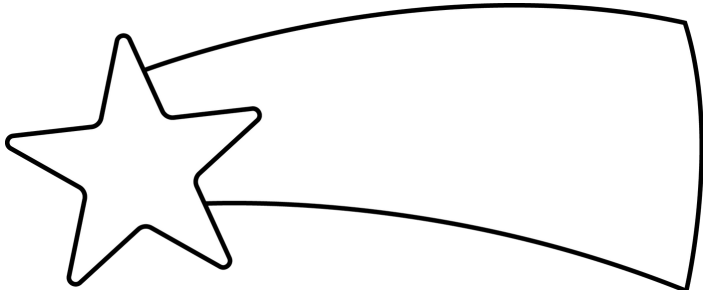
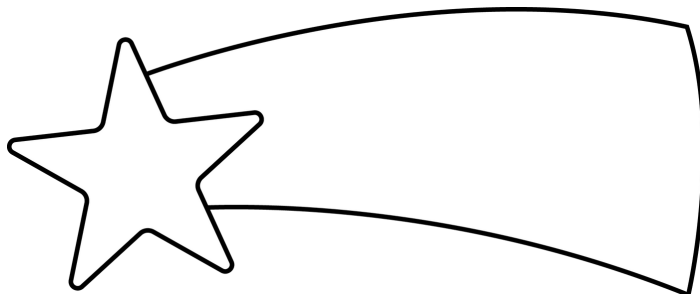
YOU SHINE BRIGHT!



Name:



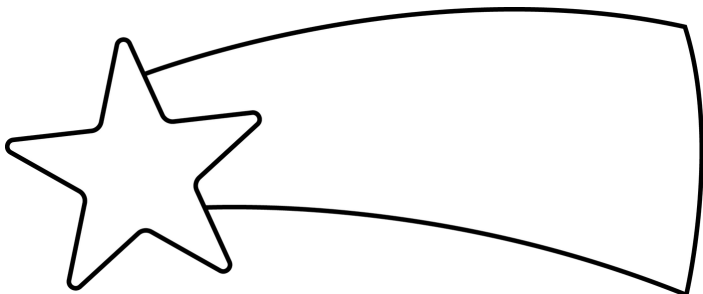
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