

THE RETHiNK KiT

Expanding Compassion Heroes In Our Midst

LEARNING OUTCOMES



Social awareness

MATERIALS NEEDED



Paper & Pen

TIME IT TAKES



15 minutes

1. What?

An activity that gets participants to focus on and recognize the qualities they admire in other people.

2. Why?

Paying attention to positive qualities in others can serve as inspiration for us to develop our own admirable qualities.

3. How?

- + Typically when people hear the word hero they think of celebrities, innovators, or first responders. For this activity, the intention is to identify a young person in your life who you admire or who has inspired you for their thoughts and actions (small or large!)

- + On a piece of paper, write down what qualities you admire most in your chosen person and why.
- + Once the activity is completed use the suggested conversation starters as a jumping-off point as a new world view.

4. Conversation Starters

- + What holds you back from the ideas, opinions, and insights that surround you?
- + What conscious choices can you make to change your world view on how younger generations can change your world view?

Did You Know?

Young people with positive role models have greater self-esteem and a compass to guide them towards success.