



INSPIRATION CAPTAINS

ACTIVITY GUIDE

Explore inspiration with a physically active role play.

EQUIPMENT

Captain Role Play cards and Inspiration Bingo activity sheet (optional)

HOW TO PLAY

1. Select two (confident) pupils as captains. One is Marvellous Motivator, the other is Downbeat Demotivator. (Do not tell the rest of the group which is which.) Give the captains their role cards and give them time to consider how they will act.
2. Explain to the rest of the group that they are going to (pretend to) be taking part in a charity fun run. Outline a route around the playground/hall.
3. Hand over to the two captains. Allow them to role play for 5–10 minutes.
4. Stop the role play and ask the group to review the captains:
 - a. Which was Marvellous Motivator and which was Downbeat Demotivator?
 - b. How did they motivate or demotivate the group?
 - c. Option: Give two observers the Inspiration Bingo template to complete as they watch the captains. Use their feedback to support the group review.
5. Reinforce the point that inspiration is as much about how we behave (what we do) as about who we are or what we say.

ADAPTATIONS

- For a smaller space: replace the charity fun run scenario with the team cheering on their favourite team at a competition. The captains motivate or demotivate the group to create a motivational cheer. Work in small groups, with two captains for each group.
- For more support: have two of each type of captain so they can support each other.

CAPTAIN ROLE PLAY CARDS

CAPTAIN ROLE PLAY CARDS

Cut up and give one card to each of the captains.

MARVELLOUS MOTIVATOR

Role: You want to inspire the group members to take part in a fun run to raise money for a local charity. You have seen the charity's great work and you want it to help even more people. The more laps you do as a group, the more money you will raise. You're not a great runner but you always give everything 100 per cent effort.

Actions:

- Be enthusiastic and explain what difference the money will make to the charity.
- Ask runners to set a personal target and reassure them that it doesn't matter if people do different distances – each person can try their best.
- Take part yourself.
- Run alongside different people at different times.
- Praise individuals when they are doing well.
- Encourage people when they are struggling.
- Smile and show you are having fun.

Add your own ideas. What would inspire you?

DOWNBEAT DEMOTIVATOR

Role: You have been told to lead a fun run to raise money for a local charity. You don't know anything about the charity so you don't know what the money will do. You don't like running so you are not very keen. You will do it to keep the teacher happy but you will put in as little effort as possible.

Actions:

- Be bored and tell the group they have to do a run but don't explain why.
- Tell runners they have to do a set distance (e.g., 5km) even if they don't like running or are not very good runners.
- Start them off and say you will tell them when they can finish.
- Sit and watch everyone else run.
- Shout at people to tell them to run faster or further.
- Only praise your friends or the best runners.
- Frown and act grumpy most of the time.

Add your own ideas. What would demotivate you?