

The Inspire Award

Name: _____

Form: _____

Year: _____



A brand new challenge from Inspire Cheshire...

Hello and welcome to The Inspire Award!

We are thrilled to be launching a new programme designed to encourage, inspire and empower young people to try new things, build their skillset and aspire to even greater heights.

From keeping active, to practising mindfulness, to campaigning for a cause you believe in, there are challenges suited to everyone and plenty of ways to achieve them.

We hope you'll find these challenges as enjoyable as they are rewarding - and we can't wait to see what you'll achieve!

All the best,

The Inspire Team



Contents

- How it works
- Ways to do it



- The Media and Me
- Body Image
- Physical Activity



- Campaigning
- Fundraising
- Influencing



- Aspirations
- Mindfulness
- Money Management

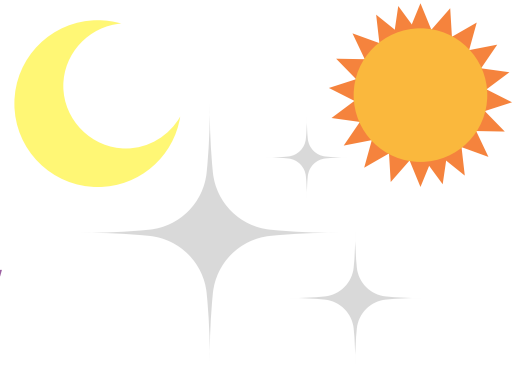
- Award Tracker
- Appendices



How it works...

Though we want you to challenge yourself, we also want you to have fun and do this in your own time. You can complete as many challenges as you feel able to:

- 1-3 challenges = Lunar Award
- 4-6 challenges = Solar Award
- 7-9 challenges = Stellar Award



The challenges are split into three categories: Encourage, Empower and Inspire. However, you can choose any challenge you like from any category - think of it like a pick 'n' mix! For example;

Morgan does 1 Encourage Challenge, 1 Inspire Challenge and 1 Empower challenge, and gets a Lunar Award.

Ellie does 3 Empower and 3 Inspire, but no Encourage Challenges - she gets a Solar Award.

Once you've completed a challenge, show your work to a parent, carer or teacher and get them to sign and date your page. Then, tick off the challenge on your tracker.



Ways to do it...

These challenges are all about expressing yourself and finding ways that work for YOU.

You might enjoy getting creative, or maybe you work in a more logical way. You may even just want to jot things down in the notes app of your phone.

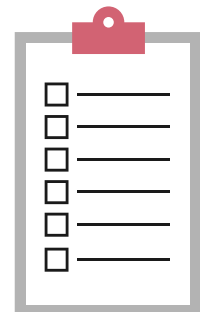
Here are some ideas on how you can make a record of the challenges you do...



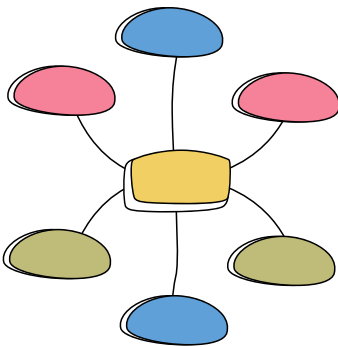
Draw, colour or paint



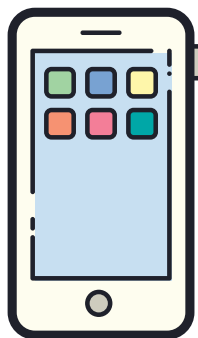
Create a digital graphic



Make a list



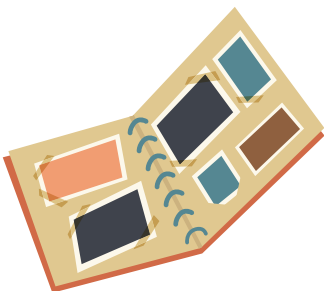
Create a mindmap



Keep notes on your phone



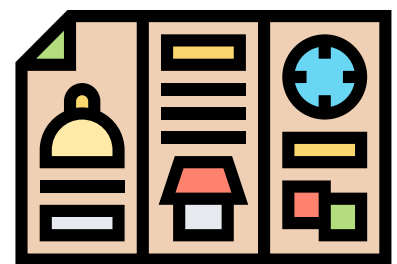
Make a Pinterest board



Make a scrapbook or collage



Create a Powerpoint



Make a poster or leaflet

The Media and Me



We consume a lot of media - but do we take the time to think about the messages communicated to us? This challenge encourages you to look at the media through a more critical lens.

Stage 1 - Inspirational Characters

Pick a character you really like. They can be from a TV show, a film, a game, a comic - any piece of media you enjoy. Use the prompts below to make some notes about why this character appeals to you - this can be presented however you like!

- What do you like about them?
- Do you relate to them?
- What are their values?
- What are their flaws?



Stage 2 - Constructive Critique

Now pick a piece of media you don't or no longer like. Perhaps it's something you really tried to get into, but you just couldn't. Or maybe it's something you used to like, but as time has passed you've gone off it. Using the questions below, write a short critique about this piece of media. Remember, a good critique isn't solely negative - it gives points for improvement as well.

- What don't you like about it? (e.g. plot, characters, themes)
- Why don't you like these aspects?
- How could these aspects be improved?



Stage 3 - Put to the Test

Lastly, choose a piece of media you enjoy. We recommend a film for this stage, but anything can be used. Go through that piece of media and analyse it using one of the following tests. Sheets for these can be found at the back of the booklet.

- The Bechdel Test - female representation
- The Russo Test - LGBTQIA+ representation
- The DuVernay Test - race and ethnicity representation



Recommended timings:

- Stage 1: 20-30 minutes
- Stage 2: 20-30 minutes
- Stage 3: 1-2 hours

Date completed: _____

Signed: _____

Body Image



Throughout history, different body types have been promoted as 'ideal' but the ideal is always changing. This challenge encourages you to consider, and challenge, the messages we receive about body image.

Stage 1 - Media Manipulator

The media we consume shapes our perspective of what the 'ideal body type' is - but the ideal body type has changed throughout the eras. For example;

- During the Han Dynasty, small feet were considered the height of beauty
- During the Italian Renaissance, the 'ideal woman' had a round tummy, wide hips and large boobs
- In the 1920s, slim, angular and androgynous body types were the fashion
- In the 1950s, curvy body types were idealised, like Marilyn Monroe
- In the 1980s, beauty standards revolved around fitness and athleticism

Re-design a modern day piece of media (whether that's a newspaper article, magazine cover, TikTok video, or something else!) through the lens of one of the beauty standards of the past.

Stage 2 - Shifting the goal posts

Now that you've re-created a piece of media to promote historical beauty standards, consider these questions:

How would you feel seeing your piece of media next to modern examples? What can we learn from the fact that beauty standards for women are always changing? Can you think of any celebrities or people in your own life who choose to consciously reject modern 'beauty standards'? How and why might they do that?

Stage 3 - Put to the Test

Create a piece of art or writing that celebrates bodies in all their glorious forms. You could imagine creating it for someone who is struggling with their body image - what messages would you want to get across to them?

Recommended timings:

- Stage 1: 30-60 minutes
- Stage 2: 20-30 minutes
- Stage 3: 30-60 minutes

Date completed: _____

Signed: _____

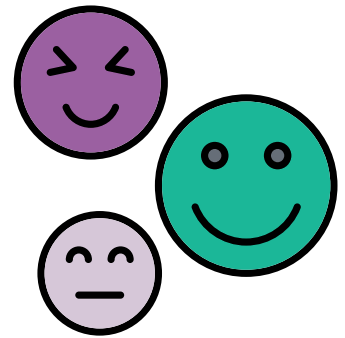
Physical Activity

Getting active is known to boost both our physical and mental wellbeing. In this challenge encourages you to get your heart racing and consider the benefits and challenges of getting active.



Stage 1 - It's about more than just your physical fitness

Working up a sweat is good for our mind, not just our body. We know that physical activity can boost endorphins making us feel happier and more resilient. Keep a log of your moods for one week (or longer if you like!) and identify whether physical activity improves your mood.



Stage 2 - Overcoming obstacles

Identify obstacles that some young people might face in getting active such as money, time or confidence.

Brainstorm ways in which people might be able to still be active, despite those obstacles. If you were designing a physical fitness program for young people, what might be especially important to consider?

Stage 3 - Get active!

The NHS recommends young people get active for 60 minutes per week. Identify a form of physical activity you enjoy, whether that's yoga, team sports, running or something else and schedule time in to prioritise raising your heart rate and getting a sweat on. Commit to your goal for one month.

You may wish to keep a log of the way you feel, physically and mentally over this month.



Recommended timings:

- Stage 1: 5 minutes daily
- Stage 2: 20-30 minutes
- Stage 3: 60 minutes per week

Date completed: _____

Signed: _____

Campaigning

Change can start with just one person and an idea - but it doesn't happen overnight. Take on this challenge and inspire others to campaign for a cause you believe in!



Stage 1 - Choosing a Cause

Either by yourself or with friends, think of something in your school that could be changed for the better. It should be something realistic and achievable. We've given a few ideas below, but this should be an issue YOU are passionate about.

- Cleaner communal areas
- Gender neutral facilities
- More vegetarian/vegan food options



Stage 2 - Spreading the Word

Once you've chosen your cause, think about how you will get your message out there and convince people to support it. To keep yourself and others safe, we strongly advise you keep this OFF social media and stick to in-school methods. Here are some suggestions to help:

- Create posters to put up around school
- Create leaflets or flyers to hand out
- Make a short presentation to show in assemblies or form time



Stage 3 - Collecting Signatures

Now that your message is out there, it's time to get others on board with your cause! The most effective way to do this is by collecting signatures in a petition. We've broken down the steps for you below:

- Create a petition using the template at the back of the booklet
- Set yourself a target number of signatures
- Present the completed petition to the relevant member of staff



Recommended timings:

- Stage 1: 20-30 minutes
- Stage 2: 1-2 weeks
- Stage 3: 1-2 weeks

Date completed: _____

Signed: _____

Fundraising



Whatever your experience has been with Inspire – be it counselling, mentoring or just doing these activities – we hope you feel inspired to give something back through this challenge!

Stage 1 – Choosing Your Method

Just like the campaigning challenge, you can do this by yourself or with friends. Your job here is to think of a way you can raise money. This could be an event you hold at school, or perhaps a challenge that people sponsor you for. Here are some ideas:

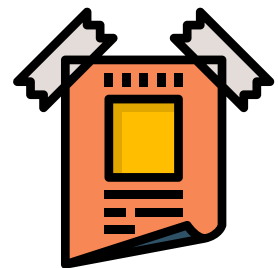
- Hold a bake sale
- Organise a non-uniform day
- Do a sponsored fitness challenge



Stage 2 – Goal Setting

Once you've decided how you're going to raise money, you need to set yourself a fundraising goal. Make it realistic according to your event – so if you're doing a bake sale, you might set a target of £30, but if you're doing a non-uniform day where the whole school pays £1, your target will be higher. Some things to keep in mind:

- People are more likely to have small change than big notes
- You'll need somewhere safe to store the money you raise
- Even if you don't reach your target, that's okay!



Stage 3 – Advertising

Lastly, it's time to get the word out. If you're doing an event, set a date and okay it with your school. If you're doing a sponsored challenge, set yourself a deadline for donations to be in by. Check out our campaigning page for some ideas on how to advertise your fundraiser!

If you would like some more support with fundraising, get in touch with us by emailing inspirecheshire@her-place.co.uk and we can send you a fundraising pack to get you started.

Recommended timings:

- Stage 1: 20-30 minutes
- Stage 2: 1-2 weeks
- Stage 3: 1-2 weeks

Date completed: _____

Signed: _____

Influencing



Video media can be a great way of sharing creative pursuits or information about a cause you're passionate about. Get creative with this challenge to create a short online video.... Action!

Stage 1 - Prep and plan

Before you begin sharing videos online, it's important to consider safety.

- Create a set of do's and don'ts for when you're sharing videos online with consideration for your privacy, reputation and wellbeing.
- Check out our guide to internet safety in the appendix.
- Create a plan for how to deal with any negativity if it arises.

Secondly, consider how your videos can be accessible to all.

- ALT text can support blind people
- Subtitles can support deaf and hard of hearing people.

Stage 2 - Get scripting

What's important to you? Do you want to promote your local area or community or do you want to talk about music or films? Perhaps you want to share your own creative efforts like dance or poetry. Put together a basic plan of what you want to share so that your video feels effortless! Consider your audience.



Stage 3 - Record your influencer video

Time to get creative! You should ensure that your camera is steady and the 'set' behind you is suitable. Consider whether you want to create a short or long form video - will it be seconds or minutes long? Consider whether you want to use filters or editing tools - what message does this promote to your audience?

Recommended timings:

- Stage 1: 20-30 minutes
- Stage 2: 20-30 minutes
- Stage 3: 1-2 hours

Date completed: _____

Signed: _____

Aspirations

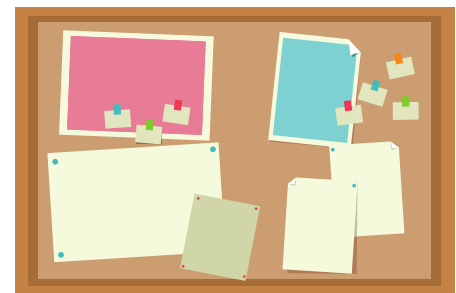


We all have aspirations, no matter how big or small. Yet sometimes, they can feel out of our reach. We want this challenge to empower you to set achievable goals and work towards your aspirations!

Stage 1 - Role Models

Quite often, our aspirations come from the people we look up to. These can be our friends, family, celebrities, or even fictional characters. Take some time to think about and list your role models. Here are some ways you could do that:

- Writing a list
- Making a collage
- Drawing or painting
- Creating a Pinterest board



Stage 2 - Vision Board

Now take some time to think about your own aspirations. What do you want to achieve? It could be something in the short term like getting good grades or learning a new skill. Or it could be a lifelong goal such as going into a certain career, travelling or opening your own business. Use one of the ideas from stage 1 to create your vision board.

Stage 3 - SMART Targets

With your role models and vision board in front of you, now it's time to set yourself some SMART targets to help you work towards your aspirations.

- Specific - the more detailed, the better!
- Measurable - how will you know you've reached your target?
- Achievable - don't set yourself something impossible
- Realistic - always take into account your circumstances
- Time bound - give yourself a deadline



Recommended timings:

- Stage 1: 30 minutes - 1 hour
- Stage 2: 30 minutes - 1 hour
- Stage 3: 20-30 minutes

Date completed: _____

Signed: _____

Mindfulness

When life throws a lot at us, we can begin to feel overwhelmed. It's at times like this we need to remember to keep grounded and stay in the moment, but that can be easier said than done. This challenge is all about self empowerment and looking after you!



Stage 1 - Body Scan

One way to ground ourselves is to make ourselves aware of what's going on in our body - where we might be holding tension or physically feeling some anxiety. The script at the back of this booklet is just one example of how to do a body scan - you can change it to suit you, or go out there and find your own. There are plenty of guided meditations and body scans on YouTube - the important thing is finding something that works for you! Once you've tried out a body scan, write down a few thoughts on how you felt before and after.

Stage 2 - My Favourite Things

While body scans can be an effective tool, finding the resources and willpower to do a full-on mindfulness exercise can feel like a lot in itself. Sometimes we just need to take it back to basics. Using the sheet at the back of the booklet or making your own, list some of your favourite things - things you know you can go to time and again for a quick fix of comfort.

Stage 3 - Self Care Toolkit

The more strategies we can find that work for us, the more tools we have at our disposal to look after ourselves. We've added a bunch of resources to this booklet for you to look through and try out if you like. Then, using these and drawing on your own experience, create your very own Self Care Toolkit! You're welcome to use the template we've provided, or you can get creative and make your own.



Recommended timings:

- Stage 1: 20-30 minutes
- Stage 2: 20-30 minutes
- Stage 3: 30 minutes to 1 hour

Date completed: _____

Signed: _____

Money Management



Money management is an important life-skill but not all of us learn everything we'd like to about it in school. Take this challenge to set yourself up for future financial success by learning about financial habits, budgeting and saving.

Stage 1 - Track your spending habits

Monitor your spending habits for one month so you can identify where your money goes. It can be helpful to keep a track of this so we can identify if we're happy with our spending. For example, £1 a day on snacks isn't much day by day, but it can sneakily add up to a costly chunk of our monthly budget!

You can do this by simply keeping a list of what you spend money on and how much you spend. Check the appendix for a handy guide.

Stage 2 - Identify a savings goal

Have a think about something you'd like to save for. Maybe you'd like to buy a new phone. Perhaps you're thinking longer term and would like to save for something bigger like a car or a festival. Use our savings tool sheet to identify how much you'll need to save each week to reach your goal. Then get saving!

Stage 3 - Develop a budget

Put together a monthly budget which details your income and outgoing expenses. You can use the budgeting tool available in the appendix or come up with your own!

Your budget should be realistic, so leave yourself some wiggle room for unexpected expenses. Getting comfortable with budgeting now can help you develop skills for later in life when you're introducing things like rent and bills.



Recommended timings:

- Stage 1: 5 minutes daily
- Stage 2: 20-30 minutes
- Stage 3: 30 minutes to 1 hour

Date completed: _____

Signed: _____

Award Tracker

- Set yourself an award goal - will you aim for Bronze, Silver or Gold?
- When you've completed a challenge, come to this page and tick it off.
- Once you've reached your award goal, take a picture of this page and email it to inspirecheshire@her-place.co.uk with your name and address, so we can send you your certificate!

I am aiming for the _____ award.

Challenge	✓
The Media and Me	
Body Image	
Physical Activity	
Campaigning	
Fundraising	
Influencing	
Apsirations	
Mindfulness	
Money Management	

I have achieved the _____ award!

GOAL!

Appendices

Here you'll find some sheets to help you complete certain challenges - feel free to use them, or adapt them and make your own!

The Media and Me:

- Representation Tests

Campaigning

- Petition Template

Mindfulness:

- Body Scan Script
- My Favourite Things
- My Self Care Toolkit
- Self Care Strategies
- Breathing Exercises
- Distraction Techniques
- Anxiety Resources

Money Management:

- My Spending
- Example Budget
- My Budget



Representation Tests

The Bechdel Test

The Bechdel Test is used to gauge female representation in a piece of media, and can be done with three simple questions:

1. Does the piece of media have at least two female characters?
2. Do those characters talk to each other?
3. Do they talk about something other than a man?

The Russo Test

The Russo Test looks at LGBTQIA+ representation in the media. Use these three criteria to guide you when analysing:

1. The piece of media contains a character that is identifiably LGBTQIA+.
2. That character must not be solely or predominantly defined by their sexual orientation or gender identity (i.e. the character is made up of the same sort of unique character traits commonly used to differentiate straight characters from one another).
3. The LGBT character must be tied into the plot in such a way that their removal would have a significant effect. Meaning they are not there to simply provide colourful commentary, paint urban authenticity, or (perhaps most commonly) set up a punch line; the character should matter.

The DuVernay Test

The DuVernay Test analyses the media through a BAME (Black, Asian and Minority Ethnic) lens. There are five questions to think about when using this test:

1. Are any characters of colour whitewashed, or played by actors of a different ethnicity?
2. Do the characters of colour pursue their own goals independently of the white characters?
3. Do the characters of colour primarily talk about race?
4. Do the characters of colour fulfil harmful, simplistic or down-right racist stereotypes?
5. Is the director, writer, and/or creator representative of the story's culture?

Petition

This is a petition for:

If this is an issue that matters to you as well, please write your name in a box below. Your signature will be a step closer to achieving this goal!

Thank you for your support!

Body Scan Script

- Begin by bringing your attention to your environment, slowly looking around and noticing that you are safe in this moment.
- Bring your attention into your body.
- You can close your eyes if that's comfortable for you or maintain a soft gaze, with your eyes partially closed but not focusing on anything in particular.
- You can notice your body seated wherever you're seated, feeling the support of the chair or the floor beneath you.
- Take a few deep, long breaths, within the range of what is comfortable for you.
- And as you take a deep breath, bring in more oxygen, enlivening the body. And as you exhale, you might experience a sense of relaxing more deeply.
- You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, heat.
- You can notice your legs against the chair, pressure, pulsing, heaviness, lightness.
- Notice your back against the chair, supporting you. If you are not able to notice sensations in all areas of the body, that is OK. We are more connected to certain areas of the body than others, at different times of the day.
- Bring your attention into your stomach area. If your stomach is tense or tight, can you allow it to soften? Take a breath.
- Notice your hands. Are your hands tense or tight? See if you can allow them to soften.
- Notice your arms. Feel any sensation in your arms. Do your best to allow your shoulders to be soft.
- Notice your neck and throat. Try to allow them be soft. See if you can invite a sense of relaxation in.
- Try to soften your jaw. Do your best to allow your face and facial muscles to be soft.
- Then notice your whole body present. Take one more breath.
- Be aware of your whole body as best you can. Take a breath. Slowly open up the eyes, without focusing on anything in particular. Allow the head and neck to gently rotate, taking in the space you are in. When you feel ready, you can return to your normal gaze.

My Favourite Things

When we're feeling down or overwhelmed, it can feel hard to do the things we normally enjoy. Use these lists to remind yourself of the things you love.

My favourite songs...

-
-
-
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-

My favourite films...

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My favourite TV shows...

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My favourite foods...

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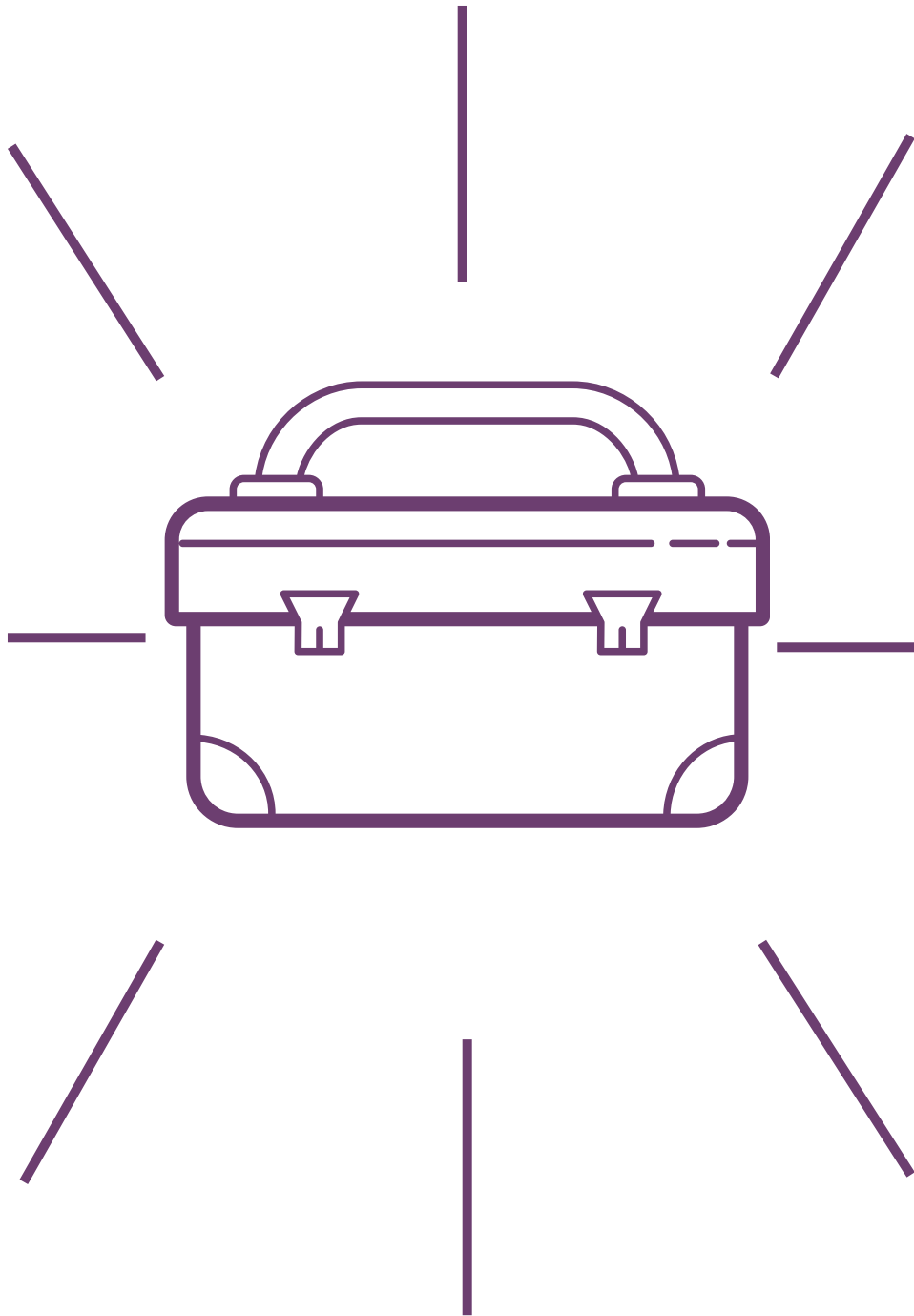
My favourite people...

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-

My favourite pastimes...

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-
-

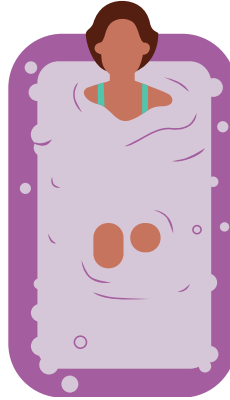
My Self Care Toolkit



Self Care Strategies

Physical Self Care

- Bath/ shower
- Skincare session
- Eat nice food
- Exercise
- Go for a walk
- Do your nails
- Boxing
- Punch a pillow
- Gardening
- Drink water
- Walk the dog
- Take a nap

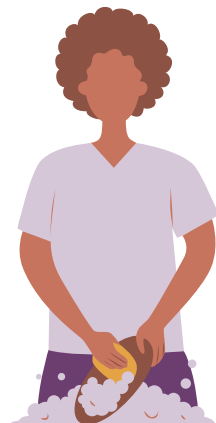


Emotional Self Care

- Meditation
- Yoga
- Fidget toys
- Listen to music
- Arts and crafts
- Journaling
- Paint your feelings
- Breathing exercises
- Mindfulness
- Digital detox
- Make a playlist
- ASMR videos

Social Self Care

- Talk to someone
- Join a club
- Movie night
- Sleepovers
- Days out
- Text a mate
- Bake together
- Game night
- Cuddle a pet
- Video chat
- Study groups
- Family time



Practical Self Care

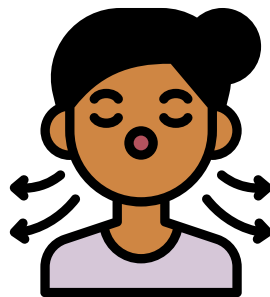
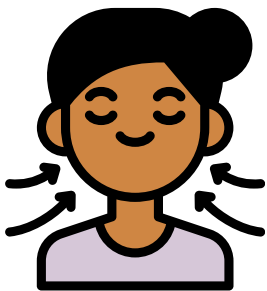
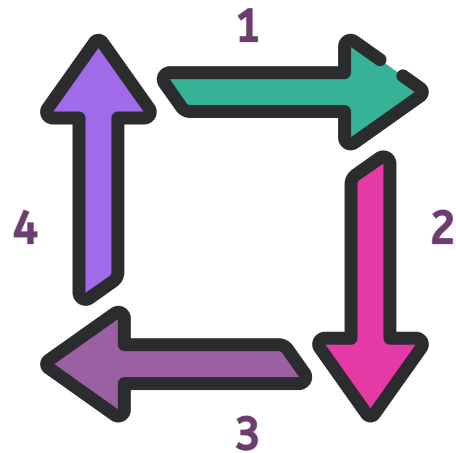
- Clean your room
- Get up early
- Plan your day
- Do your chores
- Get an early night
- Write a to-do list
- Declutter
- Make your bed
- Cook a meal
- Ask for help
- Dust your room
- Have a shower

Breathing Exercises

If you want to try out some breathing exercises but aren't sure where to start, check out some of these techniques below. Some might work for you, or none at all. What's important is finding strategies that work for YOU.

Square breathing

Breathe in as you count 1, 2, 3, 4
Hold as you count 1, 2, 3, 4
Breathe out as you count 1, 2, 3, 4
Pause as you count 1, 2, 3, 4
Trace your finger in the shape of a square if that helps
Repeat 3 times



Deep breathing

Breathe in through your nose for 3 seconds
Breathe out until your lungs feel empty
Breathe in through your nose for 3 seconds
As you breathe out, let your shoulders drop
Repeat 4 times

Calming breathing

Breathe in while you say to yourself:
"I feel calm."
Breathe out while you say to yourself:
"I let go of stress."
Repeat 3 times

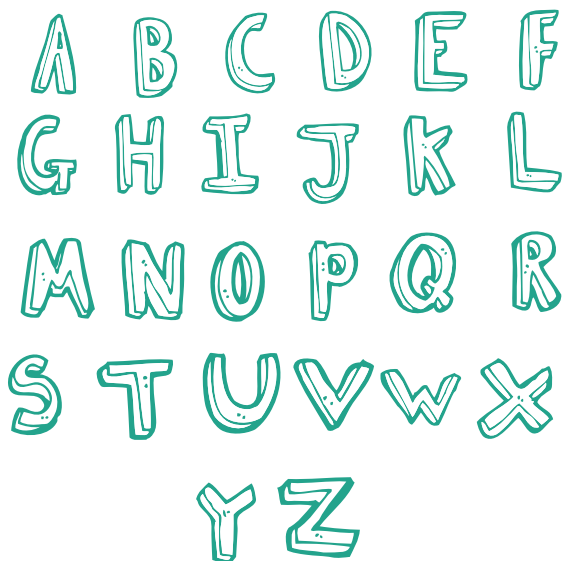


Distraction Techniques

Here are some techniques for you to try out when you're beginning to feel anxious, worried or overwhelmed. The idea is to get your mind focusing on something very specific, to distract from any intrusive thoughts.

Counting backwards

Pick a number, then count backwards from there in a set number. For example: count backwards from 200 in 3s. Go all the way to 0, or as close as you can get.



Alphabet categories

Pick a category such as animals, countries, foods, and think of one for each letter of the alphabet. For example, animals: A = aardvark, B = bear, C = cat. Go all the way from A to Z.

5-4-3-2-1 senses

Acknowledge 5 things you can see
Acknowledge 4 things you can touch
Acknowledge 3 things you can hear
Acknowledge 2 things you can smell
Acknowledge 1 thing you can taste



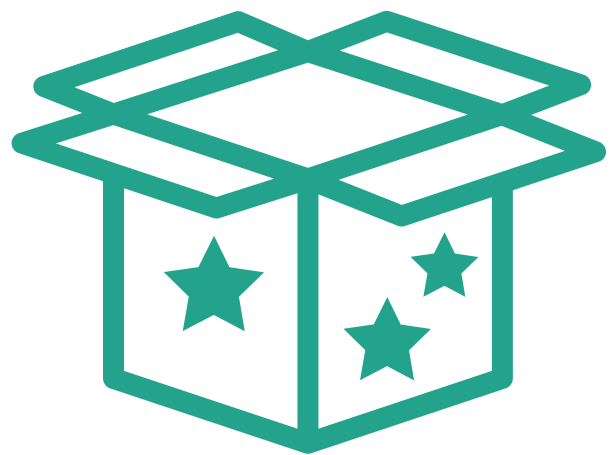
Anxiety Resources

Here are some step-by-step guides on how to make and use some easy and accessible resources for when you're feeling anxious. Again, this is all about personal choice and what works for you.

Sensory box

Find a box or container you like and put in objects that appeal to your senses. They could have a smell you like, a texture you like the feel of, or make a noise that soothes you. For example: a fidget toy, bubble wrap, a small bottle of bodywash, playdough, a small hourglass.

Keep your box somewhere safe - either at home or at school - and use it whenever you're beginning to feel anxious.



Letting go box

Find a box or container you like and cut a hole in the lid. Whenever you have a thought that is worrying you or keeping you distracted, write it down on a piece of paper, fold it up and put it in the box. Tell yourself you don't need to think about this right now - that you can let go of your worry and leave it in that box.

Be sure to keep your box somewhere private.



My Spending

[illegible]

Example Budget

INCOME SOURCE	AMOUNT
Birthday money	£12
Pocket money	£5
TOTAL:	£17

NOTES

FIXED EXPENSES	BUDGET	SPENT
Bus on Saturday	£2.50	£2.50
TOTAL:	£2.50	£2.50

VARIABLE EXPENSES	BUDGET	SPENT
Snacks	£3	£3.50
New pencil case	£5	£4.15
TOTAL:	£8	£7.65

SAVING FOR?	SAVED
Gig tickets - £32	£5.35
TOTAL SAVED:	£5.35

DEBT	PAID
I owe Charlie £1.50	£1.50
TOTAL PAID:	£1.50

$$\begin{array}{rcl}
 \underline{\text{£17}} & - & \underline{\text{£11.65}} = \underline{\text{£5.35}} \\
 \text{TOTAL INCOME} & & \text{TOTAL SPENT} \\
 & & \text{(EXPENSES + DEBTS PAID)} \\
 & & \text{REMAINING FOR SAVINGS}
 \end{array}$$

My Budget

INCOME SOURCE	AMOUNT
TOTAL:	

NOTES

[illegible]

VARIABLE EXPENSES	BUDGET	SPENT
TOTAL:		

SAVING FOR?	SAVED
TOTAL SAVED:	

DEBT	PAID
TOTAL PAID:	

$$\frac{\text{TOTAL INCOME}}{\text{TOTAL SPENT}} = \frac{\text{REMAINING FOR SAVINGS}}{(\text{EXPENSES} + \text{DEBTS PAID})}$$