



Who Inspires You?

Wellbeing Activity from The Art Room

Who inspires you?

This activity has been developed for primary-aged children, but could be adapted to suit young people in secondary or high school.

This activity encourages children to explore stories and lives of inspirational black people to help them think about who inspires them.

By reflecting on the qualities and achievements of those they are inspired by, we want to support children in recognizing their own strengths and hopes for the future.

This activity is part of the Celebrating Diversity collection by Place2Be's Art Room. These are creative activities that explore themes of equality, diversity and inclusion.

We plan to launch a new activity each year during Black History Month. This is a helpful way to encourage communication around race and Black British culture in our society, not just during Black History Month, but all year round.

Materials

- Paper or card
- Paint, crayons, pens or pencils

Activities

This project consists of one art activity.

Check out our **Trailblazers: Inspiring Empowerment** aimed at young people in secondary and high school



Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:



Inspiration

Choose an Inspirational Person

To start this creative activity you first need to choose a person from Black history or culture. There are different examples of art and books on this page that you are welcome to choose from. It may be someone from the past or present. Perhaps there is even someone from your own life who you may want to include.

What inspires you about your Black British hero? Watch the [Black History month video](#)



Listen
on Spotify

Check out our
Celebrating Diversity
playlist [here](#)

Books

- 'Young, Gifted and Black' by Jamia Wilson
- 'Little Leaders' series by Vashti Harrison
- 'Little People, Big Dreams' series by Isabel Sanchez Vegara & Lisbeth Kaiser
- 'Henry's Freedom Box' by Ellen Levine
- 'Martin's Big Words: The Life of Dr. Martin Luther King, Jr.' by Doreen Rappaport
- 'What color is my world?' by Kareem Abdul-Jabbar & Raymond Obstfeld
- 'Hidden Figures' by Margot Lee Shetterly & Winifred Conkling
- 'Happy Hair' by Mechal Renee Roe
- 'Have You Thanked An Inventor Today?' by Patrice McLaurin

Read aloud books from Kids Fun Learning

- [Listen to Nathan and Rinnah reading stories](#) with black characters and/or by black authors.
- [Click here for more book ideas](#)

Art and artists

- 'One Human, One World' by Kassou Seydou
- 'Black History Month' mural by Ernie Pryor
- Artist Laetitia Ky creates sculptures from her hair

Choose your favourite artist and [find out more about them online](#)

Inspirational People

- [Mary Seacole](#)
- [The Story of John Blanke](#)
- [Mary Prince](#)
- [Lilian Bader](#)
- [6 year old Faith Boyd has helped her mum to launch the UK's first black girls' magazine](#)
- [5 influential black men and women who shaped Britain](#)
- [Artist Neequaye 'Dreph' Dsane](#) paints huge murals of black people across London. His 'You Are Enough' project empowers black women:
- [Omari is the youngest award winning vegan chef](#) in the world and youngest restaurateur in the world.




Activity

Who inspires you

Activity aims

- To think about a person who inspires you from black history or culture
- To create a portrait of an inspirational black person
- To support positive self-esteem by connecting with what inspires you

While making your art you can listen to our [Celebrating Diversity playlist](#)  on Spotify



Create

You will need:

- Paper or card
- Paint, crayons, pens or pencils

Optional

- Magazines/newspapers
- Scissors
- Glue or tape

Creative activity steps:

1. Choose a black person who inspires you. They could be someone you have learnt about from Black History, a famous black person in the present, or even someone you know.
2. Think about their qualities and what they have achieved. Perhaps there are certain words, colours or symbols that come to mind when you imagine them?
3. Draw an outline of their portrait onto a piece of paper or card with a black pen or pencil. Use coloured

pens, pencils, crayons or paint to add colour or patterns to the space surrounding the outline.

4. Decorate the inside of the portrait with colours, drawings and words, or cut and paste bits from magazines or newspapers. You could include images related to their life or quotes from them.

5. Display your creation in a place where you can look up to your inspirational person every day and feel inspired.



Explore

- If someone saw your portrait/picture for the first time, what words might be used to describe it?
- What do you like most about your person from Black history & culture? Do you share anything in common?
- Where might you show your picture so others can see it?

Share your creations

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End of Project Reflection

End of project reflection

- What are some things that stand out about your chosen person from British history & culture? Are there any of those qualities that you see as especially important?
- If you could meet your chosen person from Black British history & culture, what would you like to ask or say to them?
- What are some changes you would like to see in your neighbourhood? How might you go about helping this to happen?

More from The Art Room

Have you seen our other Activities from The Art Room? [Visit the Activities from The Art Room website](#)  to see our other projects for families and teachers, including projects on Growth, Superheroes, Calm, Colour, Animal Homes, Space, Seasons, Weather and Portals. They are free to download and can be done at home or in the classroom!



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Royal Patron HRH The Duchess of Cambridge

Place2Be is a national charity working in England, Scotland and Wales.

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Registered Charity Number:
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