

Everyone needs some *inspiration*

What is inspiration?

Inspiration is a feeling of enthusiasm you get from someone or something, which gives you new and creative ideas! If something or someone is the inspiration for a particular book, work of art, or action, they are the source of the ideas in it or act as a model for it.

What can inspire you and provoke that enthusiasm and creativity?



Your previous achievements



Quotes



Nature



Music



Books



Art



Exercise



People

People are a huge source of inspiration!

Have a look below at these inspirational teenagers and what they have achieved in their life:



Jaylen Arnold

After being diagnosed with Tourette's syndrome, Asperger's and OCD, Jaylen was bullied by peers for being different. He found that the anxiety he suffered as result of the bullying worsened the symptoms of his disabilities. That's what led Jaylen to found the Jaylen Challenge Foundation, which has educated more than 100,000 kids on recognising bullying behaviour and understanding each other's differences.

Julia Bluhm

Bluhm is on a quest to promote body positivity one magazine cover at a time! At age 14, she successfully convinced the editor-in-chief of Seventeen Magazine to feature images of real girls and healthy models without Photoshopping. She continues to address feminist issues and promote body positivity today!



SEND Weekly Bulletin

Melati and Isabel Wijsen

Melati and Isabel Wijsen grew up in Bali, Indonesia. Bali is known for its beautiful beaches. In 2014 the sisters were swimming at their local beach and were horrified by the amount of rubbish floating around in the sea. Melati remembers walking out of the ocean with a plastic bag stuck to her arm! This inspired the sisters to do something about the pollution in their oceans. The sisters created the 'Bye Bye Plastic Bags' campaign. They organised beach clean ups, created petitions to get single use plastic bags banned and created awareness about this problem through education. In 2018 after their petition gained thousands of signatures, Bali's government banned single use plastics!



Did you know, there are over 300 million tons of plastic in the world's oceans?!

Marley Dias

Marley Dias at just 13 started the online movement #1000BlackGirlBooks. The hashtag went viral, and was shared over 6 billion times across different social media sites and different news outlets. Marley created the movement as she was frustrated at the lack of diversity in children's books- she didn't feel that she saw herself reflected in the books that she was reading. Marley's mission was to collect 1000 books featuring black female protagonists and distribute them to communities in need. She has also used her voice to create awareness around topics that affect her; such as discrimination, speaking alongside Michelle Obama and Oprah at the White House's United States of Women about this issue. She has even written her own book, which she hoped will be a guide for young people about the power of activism to create positive change in the world.



What Inspires You???

Our question to you is, what are you passionate about? What change would you like to see in the world around you, and what can you do about it? Change starts with action. Even in lockdown there are lots of steps you can take to create change; and make a positive impact in the world around you.

We hope you're feeling inspired. If you have any ideas of what actions you want to take to create change, we would love to hear about them!

