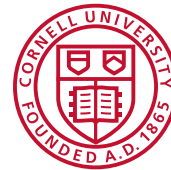


# Cornell Cooperative Extension

## Cornell Garden-Based Learning



### 1.1 Inspirational Quotes: The Power of Change

#### Skill Level

Intermediate/Advanced

See variations for Beginner level

#### Learner Outcomes

- Illustrate examples which support opinions and ideas in persuasive ways.
- Demonstrate the impact of word choice in creating tone and interpret connotation of quotes and ideas.

#### Education Standard(s)

NL-ENG.K-12.2 Understanding the Human Experience

NS.5-8.6, NS.9-12.6 Personal and Social Perspectives: Personal and Community Health

#### Success Indicators

Compare and contrast inspirational quotations and apply to content area

#### Life Skills

Relating, character, communication, critical thinking, teamwork

#### Time Needed

30 minutes

#### Materials List

Cut outs of inspirational quotes, basket, two poster boards (one marked with the heading "Our Personal Quotes" and the other marked with the heading "Famous Quotes"), easels, tape or thumbtacks to hang poster boards, blank colored paper strips, journal notebook and pens or pencils for each participant

#### Space

Indoor or protected outdoor space with tabletops or desks for writing and assembling journals. Easel or wall space to hang poster boards

#### Suggested Group Size

12-15 or more

#### Acknowledgements

"Inspirational Quotes" by Christine Hadekel, Youth Grow, Cornell Garden-Based Learning

#### Introduction

Young people use critical thinking skills to explore thoughts and expressions of others, to make connections to self-awareness, ideas, and actions they take, and use these examples to motivate themselves and others by formulating inspirational quotes and ideas of their own. In this activity, youth will read quotations that inspire positive change and personal growth, then

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use these as models to craft their own inspirational quote expressing how they see themselves as agents of change.

**Opening Questions:**

Is there a famous quote that you like, and how does it make you feel? What does this quote mean to you?

**Background information:**

**Before the Activity**

- Using the **Inspiration Quotes Activity Handout**, review quotes for appropriate use with your audience. Consider their reading ability, since it would be embarrassing to encourage reading among those for whom the vocabulary is difficult. You may want to give them the opportunity to put their quote back in and select another – that ensures that they do not have to read a quote that is too difficult to wade through.
- Print the selected quotes in large font size. Cut each one along the dotted line so they are in individual strips. There are many ways to use these, and you will likely think of creative opportunities!
- Hang poster board(s) on the wall

**Let's Do It!**

1. Introduce the activity by explaining that we will be reading quotations that inspire positive change and personal growth, then we will use these as a model to craft their own inspirational quote expressing how they see themselves as agents of change.
2. As a whole group, stand in a circle. Pass around a basket or other container and ask each young person to pull out an inspirational quote, reading their quote out loud to the rest of the group as they do. Ask them to hold onto this quote and bring them to their groups for the next small group activity, modeling questions for small group discussion:
  - What did you like about this quote? Did not like?
  - How/why is this inspirational?
  - Does it inspire you? How?
3. Break participants into smaller groups of 2-3 to discuss these questions about the quotes they read aloud. Then ask each group to come up their own inspirational quote, how they can inspire others to take action for positive change as it relates to climate change, giving them the choice to write one individually or as a group.
4. Have each group tape quotes on the poster boards on the wall, somewhere prominently in the room. One poster can include quotes written by participants, another poster can be the pre-written quotes.
5. Have participants write their favorite inspirational quote on the cover or first page of their journal.

**Talk It Over:**

What is your favorite quote that you found?

How did you interpret it?

How did it inspire you?

## Variations

For Beginning Skill level: Follow steps as written above, then adapt for beginners from this point on:

### Opening Questions:

Is there a famous quote that you like, and how does it make you feel? What does this quote mean to you?

### Background information:

#### Before the Activity

- Using the **Fun and Inspirational Quotes Activity Handout** (designed for beginner skill level), review quotes for appropriate use regarding reading ability and comprehension of your group members.
- Print the selected quotes in large font size. Cut each one along the dotted line so they are in individual strips. There are many ways to use these, and you will likely think of creative opportunities!
- Hang poster board(s) on the wall.

#### Let's Do It!

1. As a whole group, stand in a circle. Pass around a basket or other container and ask each person to pull out an inspirational quote, reading their quote out loud to the rest of the group as they do. Ask them to hold onto this quote and bring it to their small group for the next activity.
2. Break into smaller groups of 2-3 for and ask these questions about the quotes.
  - What did you like about this quote? Did not like?
  - What does it mean to you?
3. Ask each group to come up with a group or personal quote that inspires them, using the famous quotes as examples.
4. Have each group tape both famous and personal / group quotes on the poster boards on the wall, somewhere prominently in the room. One poster can include personal quotes, the other poster can be the pre-written famous quotes.
5. Have participants write their favorite inspirational quote on the cover or first page of their journal.

## References

"Inspirational Quotes" by Christine Hadekel, from *Youth Grow, Cornell Garden-Based Learning*, updated by Donna Alese Cooke

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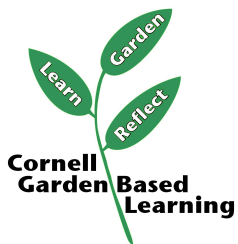
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## Youth Handouts (attached)

- Beginning Level Inspirational Quotes Activity Handout
- Intermediate / Advanced Inspirational Quotes Activity Handout

## Tags

Climate change, global warming, eco-anxiety, climate anxiety, inspirational quotes



References: “Inspirational Quotes” by Christine Hadekel, from *Youth Grow*, *Cornell Garden-Based Learning*, updated by Donna Alese Cooke

Learn More: <http://gardening.cals.cornell.edu/>

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