



**ROLE MODEL BIO:**

**LEARNING GOALS:**

- I will make connections between a role model's life experiences and my own

**SUCCESS CRITERIA:**

- I can identify 3 specific actions that helped Sasha achieve their goals
- I can connect examples of these themes to my actions in my own life

**IDENTIFY** *Some of the themes below are discussed in the Fireside Chat with Sasha Mark*

*laughter as medicine  
strength in relationships*

*urban Indigenous identity  
humility & kindness*

How have these themes been present in Sasha's life?

- Listen to the interview
- Record notes of relevant themes and examples

**CONNECT** *Reflect on your own journey. Where do these themes appear in your own life?*

**Discuss with a friend or family member. Record your connections in writing, drawing or with music.**

**“There's a place for you, wherever you go”.**

-Sasha Mark

**EXTEND** *The physical and emotional benefits of laughter make it a powerful medicine.*

*Sasha encourages viewers to find the funniness in events small and large everyday.*

*Take time in your day to laugh with those around you.*

*Share a story or memory that brings a smile to your face.*

*Complete a body scan and take note of the changes in your body, mind and spirit.*