

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 Laryne 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 Laryne Gamble*

ongoing education patience kindness
positive support systems gratitude

How have these themes have been present in Laryne'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.

“Whatever your story is, give yourself time to process what you're there for, what's your purpose. What is your goal? Honour those, sit down with it and think about what you envision for your life--what you want to give back to your people ”.

-Laryne Gamble

EXTEND *The energy we radiate is often reciprocal with the energy we receive.*

**Reflect on the kind of energy and messaging you send to others and the environment.
How do you accept the energy that is returned by others?
In what ways can you ensure positivity around you?**