

**ROLE MODEL BIO:**

Carson Roche is from Déline, Northwest Territories. He is a member of the Deline First Nations community. He currently resides in Yellowknife and is the Program Coordinator for the Aboriginal Sports Circle of the NWT. Carson's job allows him to access remote indigenous communities largely in NWT and the rest of Canada to help encourage youth to participate in sport and traditional games.

**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 Carson achieve his 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 Carson Roche.*

***motivation***

***sport***

***practice and drive***

***community change***

***risk taking***

How have these themes been present in Carson'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.**

**"For me sports were a way to keep my mental health in check and to stay positive"**

-Carson Roche

**EXTEND** *Carson believes that sport is an outlet for mental health and balance.*

***Do you play sports or traditional games? How does physical activity and play bring balance to your life?***