



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 Chelsea achieve her 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 Chelsea Kelly..*

social justice/activism

motherhood & family

positive influences

empathy

mental health & balance

How have these themes have been present in Christine'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.

“Self care is something that everyone should always do”

-Chelsea Kelly

EXTEND *Write down 3 - 5 ways that you can apply self care into your own life.*

Moving forward, how might you turn these self care practices into habits throughout your daily life?