

**ROLE MODEL BIO:** Jasmyn Albert is a Plains Cree/Métis woman living in Saskatoon, Saskatchewan. She is 26 years old and a mother of two boys. Jasmyn completed her Bachelors of Education degree in 2019 and teaches grade 4/5 at St.Mary's Wellness and Education in Saskatoon. Jasmyn has always been close with her kokum and has learned about her culture throughout her life. Jasmyn is passionate about teaching others about her culture and sharing her love for beading, sewing and creating.

**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 Jasmyn 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 Jasmyn Albert.*

***culture***

***knowledge & teachings***

***connection to elders***

***resilience***

***patience***

***positivity***

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

**"We always got to remember who raised us and who loves and we got to remember to go back. I think that to leave home, for however long to pursue whatever dream you have, I'd say it's okay to leave, and it's good. "** -Jasmyn Albert

**EXTEND** *Jasmyn's kokum has been a huge inspiration in her life and has taught her many important lessons, including practicing patience while creating.*

**Jasmyn beads and sews as an exercise in patience and as an outlet for her feelings .  
In what ways do you practice patience? What can you do to find positive outlets for your emotions?**