



ROLE MODEL BIO: Linnea Dick is an Indigenous writer, orator and advocate from the Nisga'a, Tsimshian and Kwakwaka'wakw nations with a conviction to create social change and healing for the injustices suffered by Indigenous peoples. She first began writing poetry as a young child. Her late father, Beau Dick, was amazed that she could share such complex ideas at such a young age through her writing, and always encouraged her to share her gifts. He continues to be one of her greatest inspirations in her storytelling. Her hope is to inspire others to speak their truths, creating a space where others can share their gifts, too.

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 Linnea 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 Linnea Dick.*

Mental health & balance

recovery

self-worth

growth mindset

resilience

How have these themes have been present in Linnea'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.

"It's important to learn what works and what doesn't work for you, embrace those lessons and those mistakes"

-Linnea Dick

EXTEND *Reflect on Linnea's motive for figuring out what you like and don't like, and how Linnea has learned to embrace lessons and mistakes.*

***Do you listen to yourself when you find something you don't like, or do you push through it?
Have you embraced these parts of yourself?***