

ROLE MODEL BIO:

Mika is from the Muskeg Lake Cree Nation in Treaty 6 Territory. She is an instructor at ITEP at U of SK, and a published author. She loves her big family and enjoys being a mother, sister, daughter, granddaughter and aunty.

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 Mika 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 Mika Lafond*

<i>motherhood</i>	<i>investment in education</i>
<i>overcoming obstacles</i>	<i>self-worth</i>
	<i>female Indigenous leadership</i>

How have these themes have been present in Mika'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.

"I chose to listen to the teacher that said, 'learn to speak for yourself, and you'll be alright. Find people who support you'".

-Mika Lafond

EXTEND *Mika overcame adversity in her life by learning to listen to positive messaging, and know her self-worth.*

Know your self-worth. Write down a self-affirming statement that celebrates your strengths.

Begin with "I am..."

Your statement should: include positive adjectives/strong emotions, be specific, and in the present.