



ROLE MODEL BIO:

Sandis Twoyoungmen is from Stoney Nakota Nation. Today he works as a Program Assistant for the Canada Bridges Program where he has works on facilitating workshops with the graduating class at the Morley Community School where he graduated from. He is also a mentor some to the youth of the Music Academy. Sandis hopes to encourage youth to find projects that inspire them to set goals beyond their comfort zone. He also hopes to be a positive influence on youth in his community.

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 Sandis 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 Sandis Twoyoungmen.*

community

mentorship

resilience

positive support systems

hobbies

How have these themes have been present in Sandis' 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 always had to find a sense of courage to keep pushing."

-Sandis Twoyoungmen

EXTEND *Sandis' uses positive hobbies to bring balance to their mental health and wellness, including the advice to spend time with the sun.*

Spend time today to disconnect from and spend time with the sun.

What positive hobbies can you try today away from technology? Reflect on the feelings that arise.