



ROLE MODEL BIO: Lucy Tulugarjuk is an actor, creative performer, member of Arnait Video Productions and the Executive Director of Nunavut Independent Television Network (NITV). Born in Churchill, MB, and raised in Igloodik and Sanirajak (Hall Beach), Nunavut. Lucy is well-known for her award-winning performances in feature films, including ""Atanarjuat: The Fast Runner"", which won the Camera D'Or and Genie Award for Best Picture in 2002. In 2001, she was awarded the Best Actress Award from the American Indian Film Institute, San Francisco. She is the co-writer and director of the 2018 feature film, ""Tia and Piujuq"", which premiered at the Carrousel Children's Film Festival, the Boston Kid's Film Festival in 2018, and won Jean Malaurie Prize and Best Film Prize in Dieppe Canada Film Festival 2019, and Best Children's Film UNIVEF Award in 2020 at Indianer Inuit Film Festival in Stuttgart Germany. In addition to her work in film and television, Lucy is a skilled Inuktitut translator.

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 Lucy 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 Lucy Tulugarjuk*

Inuit representation in the media connection to Elders staying grounded
self-worth sobriety

How have these themes have been present in Lucy'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.

“Education means many things”
“A lot of my education is from elders”

-Lucy Tulugarkjuk

EXTEND *Lucy uses her imagination as a tool to cope with uncertainty.*

How do you use your imagination as a tool for your mental health?
Engage in a free-writing exercise. Set a timer for 5 minutes and allow your mind to wander. Write down whatever comes to mind.