



ROLE MODEL BIO:

Alicia Morrow, is a 26 year old Cree woman from Peepeekisis Cree Nation located on Treaty 4 Territory. She recently completed her undergraduate degree in Indigenous Studies and a Certificate of Reconciliation (April 2020.) Alicia is passionate about creating community through stories. She started an online community using social media called The Comeback Society. This community share stories of coping with and overcoming adversity. From invisible disabilities, mental health, injustices, addictions, abuse relationships and more, they believe every story needs to be heard and everyone has a comeback that should be shared.

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 Alicia 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 Alicia Morrow.*

storytelling
self-love

resilience
independence

invisible disabilities
vulnerability

safety

How have these themes have been present in Alicia'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.

"If there is something you ever thought you wanted to do, now is the time to try it because the worst that can happen is that it just won't work out. But you're always going to wonder what it is that you're going to be like if you didn't try."

- Alicia Morrow

EXTEND *Alicia uses sense memory to describe home, not as a place, but as a feeling.*

**Think of a place you feel truly safe. Visualize it with all of your senses.
What feelings does this conjure for you? Why?**