



**ROLE MODEL BIO:**

*Carsen Gray is a fresh artist that is stunning Canadians across the Nation with her soulful lyrics, captivating voice and energetic sound. Hailing from Haida Gwaii, BC, Carsen Gray is Haida Indigenous and mixed descent. No stranger to a life of art, music, and entertainment, in 2017 Carsen Gray released her debut self titled album, which garnished her the "Best New Artist" Awards presented by SiriusXM, at the Indigenous Music Awards (IMA). Carsen also received 2 nominations "Best Pop Album" and Best Radio Single for "Supernatural" at the IMAs.*

**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 Carsen achieve her 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 Carsen Gray.*

*artistic expression*

*language revitalization*

*family*

*intention*

*ceremony & culture*

*connection to Elders*

*spirituality*

How have these themes have been present in Carsen'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.**

**“Any area in your life you need improvement, just focus on that”.**

-Carsen Gray

**EXTEND** *Pause for a scan of your surroundings.*

**How do you create space in your day to find the beauty around you?**

**What do you see, hear, and feel right now?**