

Identify and explore role models

Role models who lead a meaningful life can have a positive influence on a student's identity.

Take a look at these discussion starter activities from [Mental health education and hauora: Teaching interpersonal skills, resilience, and wellbeing](#).

Script an interview called “Living a meaningful life”:

- Ask students to identify a role model who lives a meaningful life.
- Ask students to imagine they are a journalist and their assignment is to interview the role model.
- Create a script of questions and responses.

Facilitate an interview with a student's role model face to face or on Skype:

- Ask the role model questions about how their life has unfolded, challenges faced, and the decisions they have made on the way.

Watch a series of interviews on video of a role model suggested by the class:

- Discuss in small groups what makes each person a role model?
- Ask what we can learn from the meaningful life of these role models?

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