



# empower sessions

## week 11 activity guide- role models

<https://www.youtube.com/watch?v=-Fabgjqbh-s>

### overview

This Empower Session takes a close look at role models and how they can help us succeed. Role models are great to have because they can help show you a road map to different kinds of success. You can copy some parts of their journey. Here's what's cool... you can have as many role models as you want!

**Here are a few things to keep in mind when thinking about how to select a role model:**

1. It's great to have role models in your various communities - look for someone who has experience and the kind of life you want and who seems interested in connecting with other people.
2. Consider role models who have skills or traits you'd like to develop
3. Learn as much as you can about how your role models succeed - If you look up to someone like a parent or teacher, ask them how they achieved their personal and professional goals and how they handle challenges and disappointments.

**In the same way that we all look up to certain people as role models, people are looking up to us as well. It is important to recognize that and to always give our best effort in anything that we do!**

This lesson can be completed in 10 minutes.

### definitions

**Role Model** - A role model is someone who you admire and whose behavior you want to copy. A role model may be someone who you know and interact with on a regular basis, or may be someone who you've never met, such as a celebrity.

### materials

Pencil  
Paper  
Markers  
Scissors

## role model traits

In the video, we talked a lot about role models. Below, you will find a few traits that many good role models have.

### #1 Confidence and leadership

A good role model is someone who is always positive, calm, and confident in themselves. You don't want someone who tries to bring you down.

### #2 Shows respect and concern for others

You may be driven, successful, and smart, but whether you choose to show respect or not speaks volumes about how other people see you.

### #3 Be knowledgeable and well rounded

Great role models aren't just "teachers." They are constant learners who challenge themselves to get out of their comfort zones, and surround themselves with smarter people.

**The beautiful thing about role models is that they are all different. Figure out what traits you are looking for in a role model and go out and find one.**

## activity overview- role model letter

**The goal of this activity is to write one of your role models a letter!**

Let's write them a letter about our experiences while social distancing. To help you think of what to write we put together this outline:

1. Start with an introduction. Tell them how you've been feeling and what you've been doing. Be sure to ask how they are too!
2. Pick one thing that you've been working on- maybe it's something you learned in an Empower Session, maybe it's your remote schoolwork, or maybe it's a skill like being able to shoot a free throw.
3. Tell them about your progress so far and think of a question to ask them about how you can improve.
4. Finally, make a conclusion. Maybe you will tell them that they are your role model and why. Maybe you will thank them for being your mentor. Or you can tell them about something you want to do together when we can visit each other again.
5. Finish your letter with Sincerely and your name.

Feel free to share your letter with your model if you would like. If not, it's okay - this letter helps us realize why our role models are so important to us.

## activity overview- role model cards

**The goal of this activity is to make a card, similar to a basketball or a baseball card, for one of your role models.**

You'll need paper, scissors, coloring utensils, a phone or computer, and maybe even some old magazines for this activity.

1. First you'll research some role models. They can be in your community, from a long time ago, or living right now. You don't have to know them! Find out where they are from, what they are most known for, and maybe a quote or fun fact about them.
2. Then you will cut your paper into six pieces, like the size of a playing card. First add a picture that will remind you of them- you can draw a picture of their face, draw a symbol that reminds you of them or cut a picture out of an old magazine. Put that on one corner of your card.
3. Then write their name. Add their birth date and where they are from.
4. Then you will include what they are most known for.
5. Finally, you are going to add a quote that they said. You could add some of their skills or qualities that you want to copy too. This is a fun way to learn about new role models and be creative!

When you look at your cards, think of small things you can do to be like your role models.

## short game- create a game

In this activity, you will create your own Empower Sessions game. First, think about all of the Empower Session themes. Here is a list:

- Fun
- Goal Setting
- Stress Management
- Problem Solving
- Community
- Focus
- Time Management
- Persistence
- Family
- Friends
- Role Models

1. Select your favorite theme!
2. Find any equipment that you have in your home that you can use to create your own game
3. Create a game using the equipment that you find
4. Your game should include rules, a scoring system, safety guidelines, and most importantly, fun!

## other resources

Click [here](#) to learn about the 44 most influential Black Americans in history! These are all great role models to have. Plus, if you pick a historical figure as a role model, they can teach you about how to achieve success and you can learn about history!