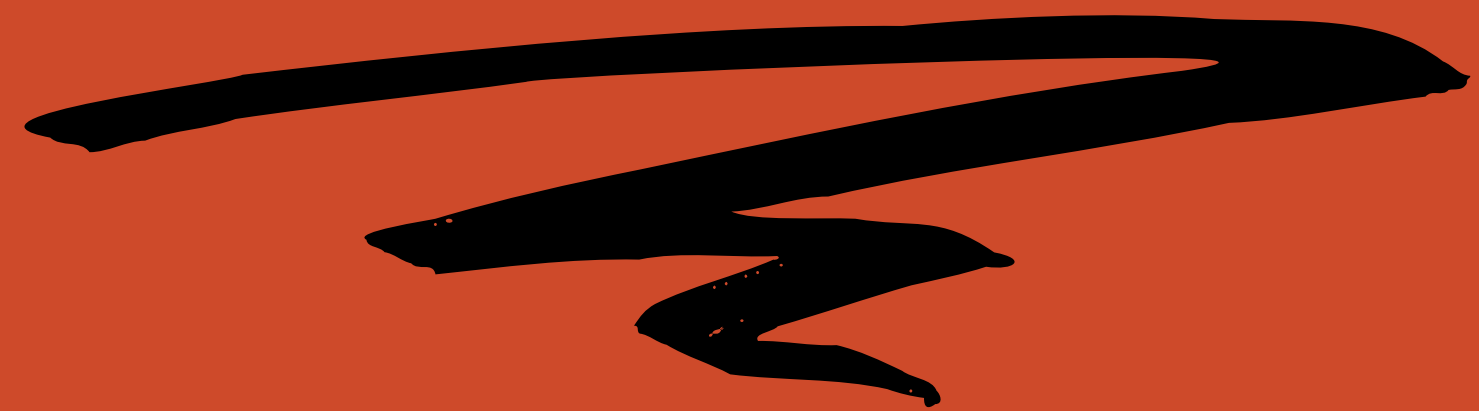




GO HARD OR GO HOME

# THE COME UP



# INTRODUCTION

Today, we will:

- \* Listen to streamer Kai Cenat speak about the importance of hard work.
- \* Understand the importance of staying focused and motivated on your journey.
- \* Identify strategies for maintaining motivation and overcoming obstacles.



# SEL CONNECTION



Today, we will practice developing strategies that highlight the importance of **responsible decision-making** when working hard and remaining consistent.





# ICEBREAKER

# DREAM EXCHANGE



**WE DO  
IT 4 THE  
CULTURE™**  
SEL CURRICULUM

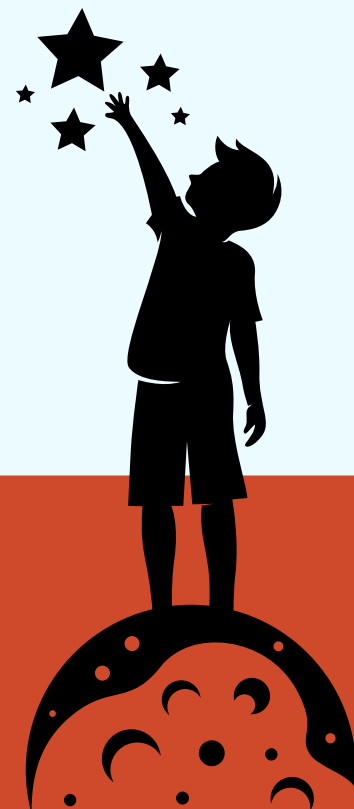






## DREAM EXCHANGE

Independently reflect on your biggest dreams and/or goals that seem too good to be true.



# ICEBREAKER

>>> GET MOVING!

## DREAM EXCHANGE

- 1) As the music plays, line up in birthday order...without speaking to each other or writing anything down!
- 2) Form a pair or group of 3 with someone who shares your birth month (or close to it).



# ICEBREAKER

➤➤➤ GET MOVING!

## DREAM EXCHANGE

**WHAT IS THE BIGGEST DREAM OR GOAL YOU HAVE? WHY?**

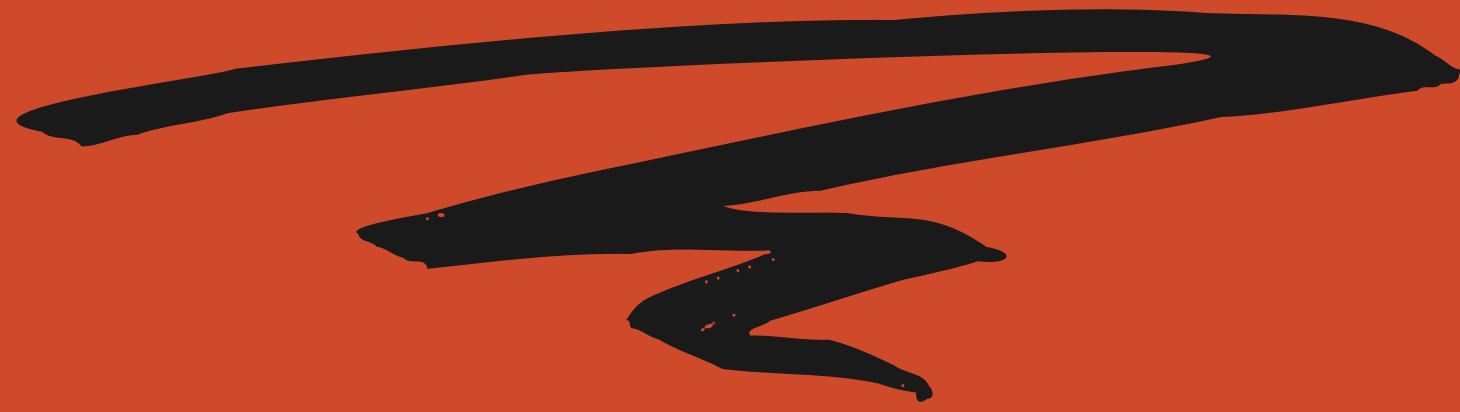
After each of you share, provide positive feedback and support such as how and why you know your partners dream is attainable.





**LESSON  
PART ONE**

**RISE OF KAH CENIAT**







### RISE OF KAI CENAT

#### WHAT DO YOU KNOW ABOUT KAI CENAT?



- Kai Cenat was born and raised in New York City.
- In 2023, Kai held the world record for most Twitch subscribers.
- Kai is best known for his live streams and comedy-based content he uploads on YouTube.
- Kai always promotes consistency and not dwelling on inevitable failures and obstacles.





# LESSON: PART ONE



WATCH A VIDEO

## RISE OF KAI CENAT

Watch the video featuring streamer Kai Cenat sharing his experiences and struggles.





### RISE OF KAI CENAT

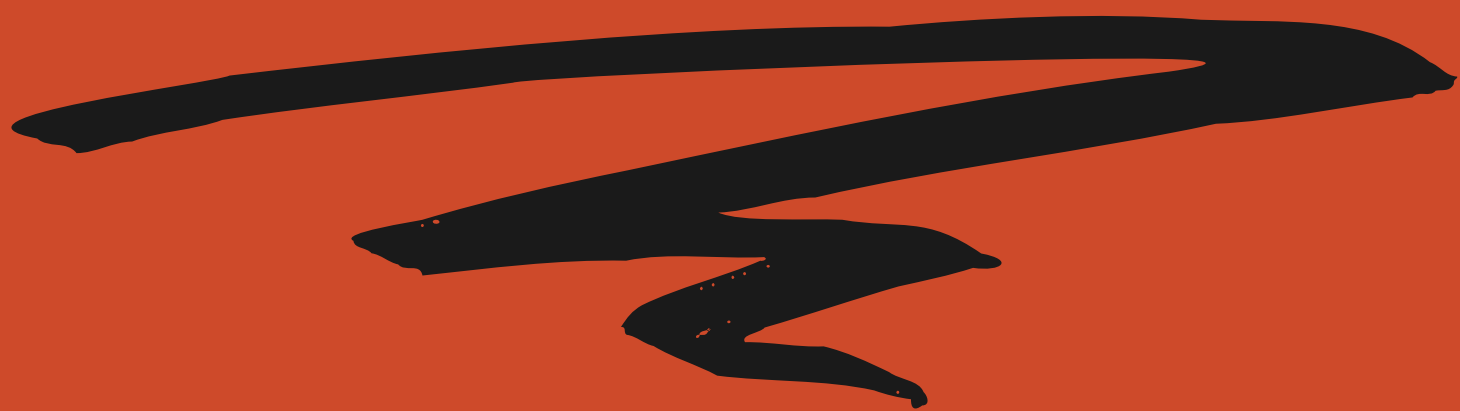
Discuss in groups of three, then as a whole class.

- What connections can you make to what Kai Cenat shared?
- What is your big dream?
- What does hard work look like to you?
- What work can you begin doing to achieve that big dream?  
(Use your "Big Dreams GPS" document)





# DEBRIEF / EXTENSION



## BIG DREAMS GRAFFITI WALL

- 1) Write down your "Big Dream" on a post-it note and add it to the chart paper labeled "Big Dreams."
- 2) Write down the next steps you need to take to achieve your dream. Add your post-it notes to the chart paper labeled "Next Steps."

