



KNOW YOURSELF

BREAK-ING THE MOLD

INTRODUCTION

Today, we will:

- * Learn about Mexican-American breakdancer Victor Montalvo.
- * Reflect on your experiences with perseverance, cultural pride, and joy.
- * Create and share inspiring social media posts.



SEL CONNECTION



Today, we will practice **self-Awareness** and **relationship skills** by learning about Mexican-American breakdancer Victor Montalvo's story and connecting it to our own experiences.





ICEBREAKER

INSPIRING CAPTIONS





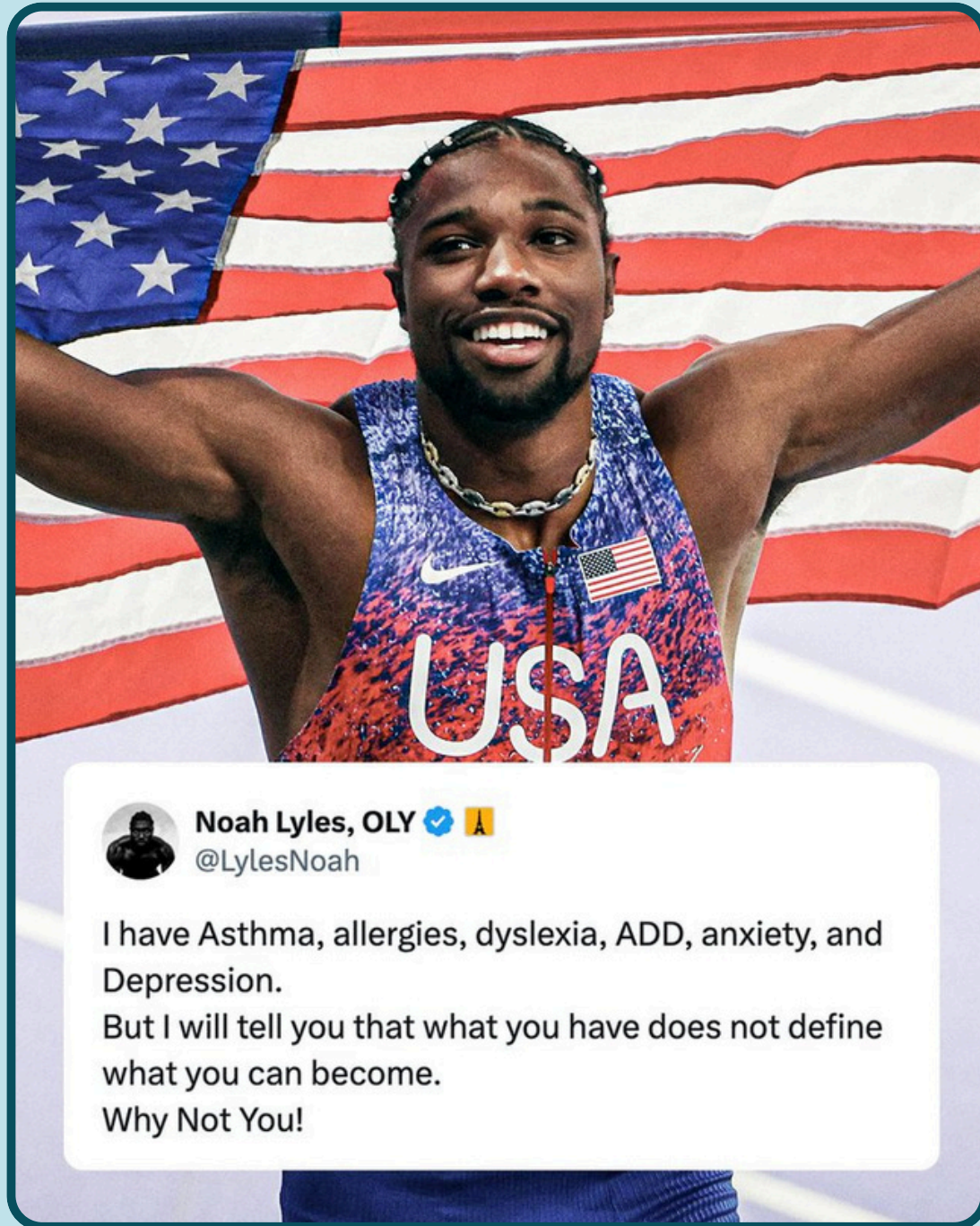
INSPIRING CAPTIONS

Read the tweet from Noah Lyles, Olympic gold medalist.



"I have Asthma, allergies, dyslexia, ADD, anxiety, and Depression. But I will tell you that what you have does not define what you can become. Why Not You!"

What does this quote mean to you?



INSPIRING CAPTIONS

Write an inspiring social media caption using 15 words or less.

Once finished, we will post your captions and share out as a class.





LESSON PART ONE

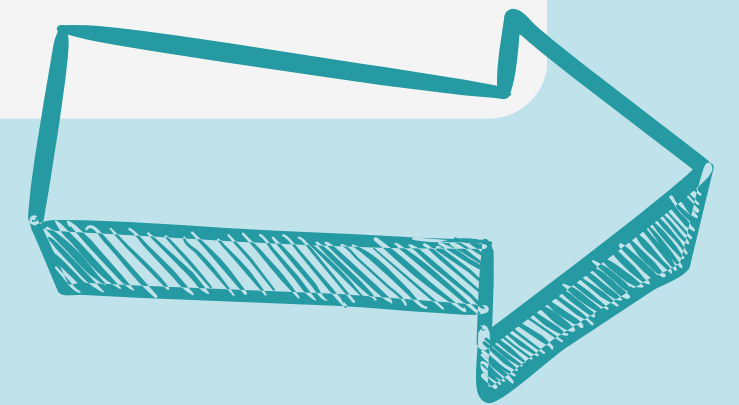
JOY & BREAKDANCING



VICTOR MONTALVO



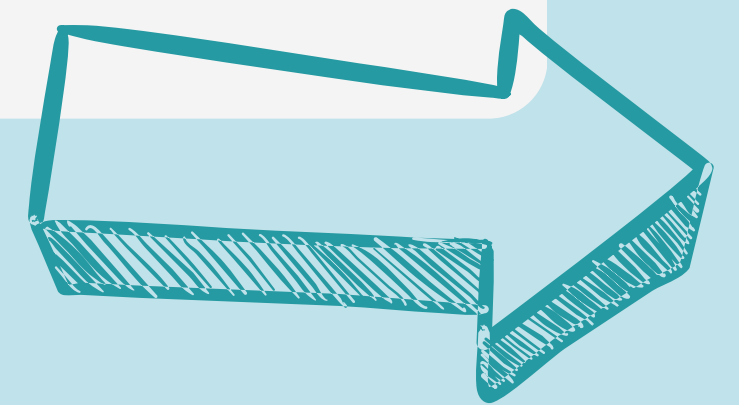
Victor Montalvo is a Mexican-American breakdancer who will be representing America at the Olympics.



VICTOR MONTALVO



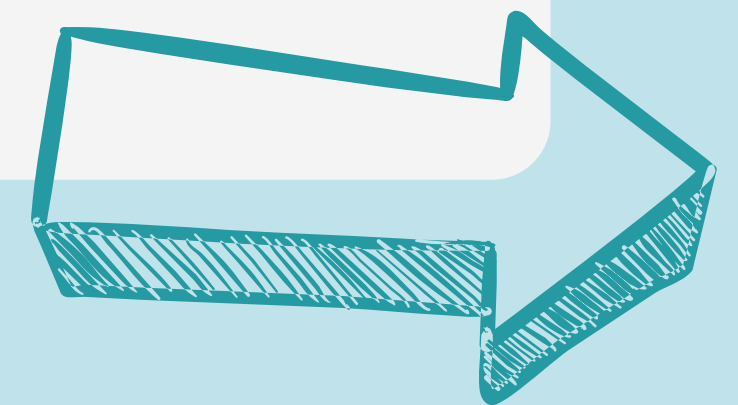
2024 is the first time the hip-hop element of breaking will be a competition at the Olympics.



VICTOR MONTALVO



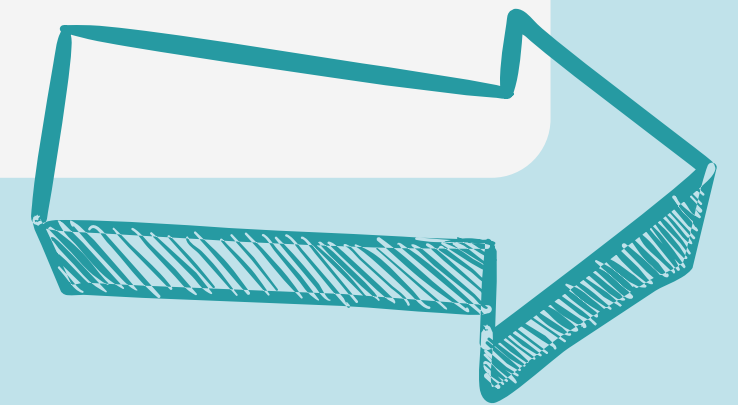
The 28-year-old, who started breaking at 11 and has been a fixture on the competitive circuit for 12-plus years, never thought an Olympic medal would be possible.



VICTOR MONTALVO



Victor's story involves themes of perseverance, cultural pride, and joy, which are connected to self-awareness and relationship skills.



LESSON: PART ONE



WATCH A VIDEO

JOY & BREAKDANCING

Watch the video introducing Victor Montalvo, the first Team USA breaker to qualify for the Paris Olympics.





JOY & BREAKDANCING

PODCAST

A podcast is like a radio show that you can listen to anytime you want on your computer or phone. People talk about different topics, tell stories, or even interview interesting guests.



JOY & BREAKDANCING

In small groups conduct a mock Podcast focused on the following questions:

- Victor mentioned he learned a lot from his losses after placing third two times. He eventually won. Reflect on a time you lost or didn't do something as well as you would have liked. What happened? What lesson did you learn from that loss?
- Victor speaks of the cultural pride his uncles instill in him. What is your cultural background? Who is someone in your life that makes you proud of your culture?
- Victor mentions the feeling, culture, and essence of breaking. What is something you love to do for fun that brings you a great deal of joy?

JOY & BREAKDANCING

OPTIONAL LIVE "MOCK" PODCAST ACTIVITY

Who would like to participate in a mock Podcast panel in front of the classroom answering the small group discussion questions?





JOY & BREAKDANCING

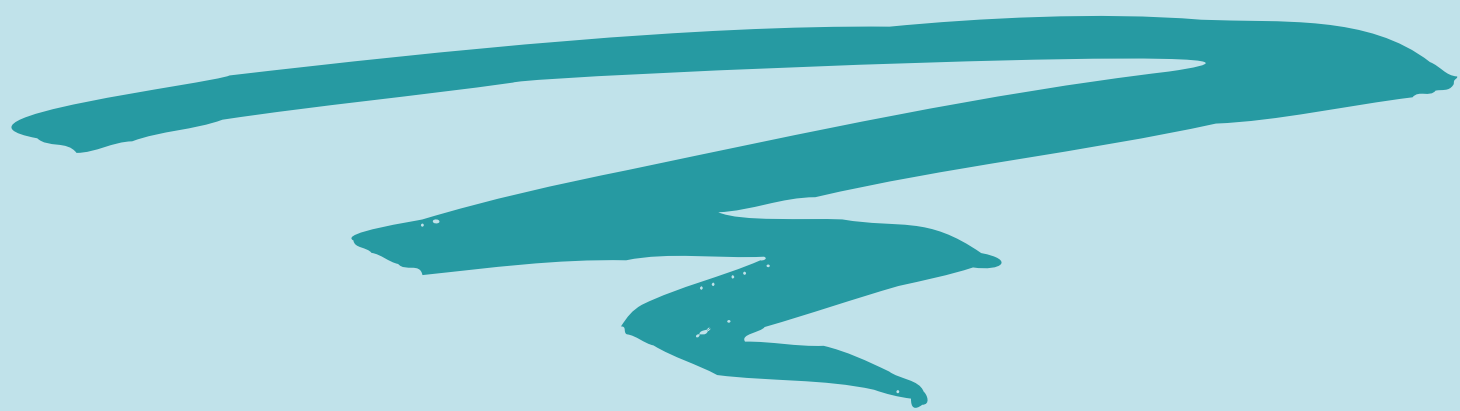
What are two key takeaways from today's discussions related to self-awareness and relationship skills?

These can include insights about perseverance, cultural pride, and the joy of doing something you love.





DEBRIEF / EXTENSION





BREAK-ING THE MOLD

Turn your action plans into schoolwide campaigns to advocate for your peers and create an inclusive school environment.

