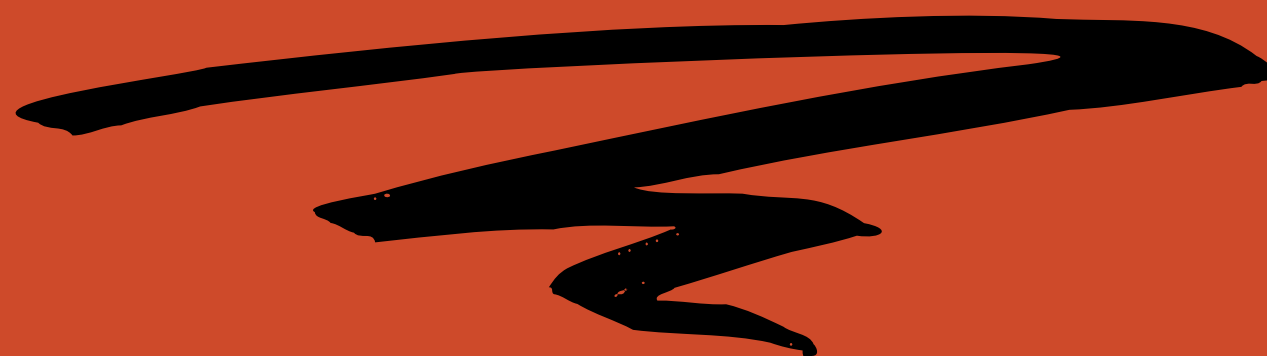




GO HARD OR GO HOME

# MANIFESTING & EMPOWERING DREAMS LIKE DR KING



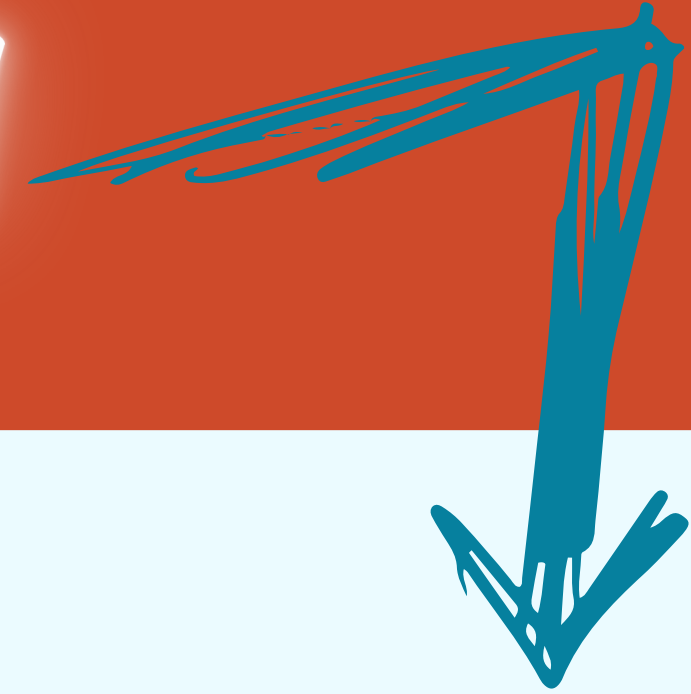
# INTRODUCTION

Today, we will:

- \* Inspire and empower yourself and your peers to pursue their dreams.
- \* Reflect on the impact of Dr. Martin Luther King Jr.'s vision through listening to and analyzing a song that embodies his ideals.
- \* Enhance social awareness through active participation in open discussions.



# SEL CONNECTION



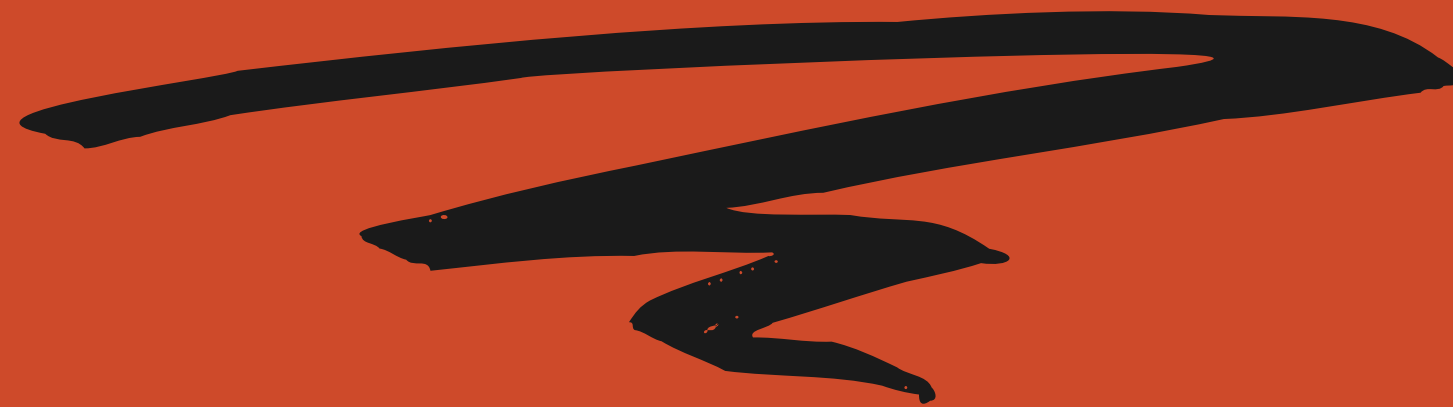
Today, we will practice **self-awareness**, **self-management**, and **social awareness** by learning about Dr. King and exploring personal goals.





# ICEBREAKER

# DREAM JAR



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



## DREAM JAR

Take a moment to reflect on your dreams and aspirations. Write down your dream and add it to the Dream Jar.

**Prompt 1:** One dream I have for my future is...

*Example: To support people in improving their mental health by hosting wellness workshops.*

**Prompt 2:** One dream I have for the future of the world is...

*Example: to have more housing and mental health resources for the unhoused.*



## DREAM JAR

We will revisit the Dream Jar later in the lesson!

### LESSON FOCUS

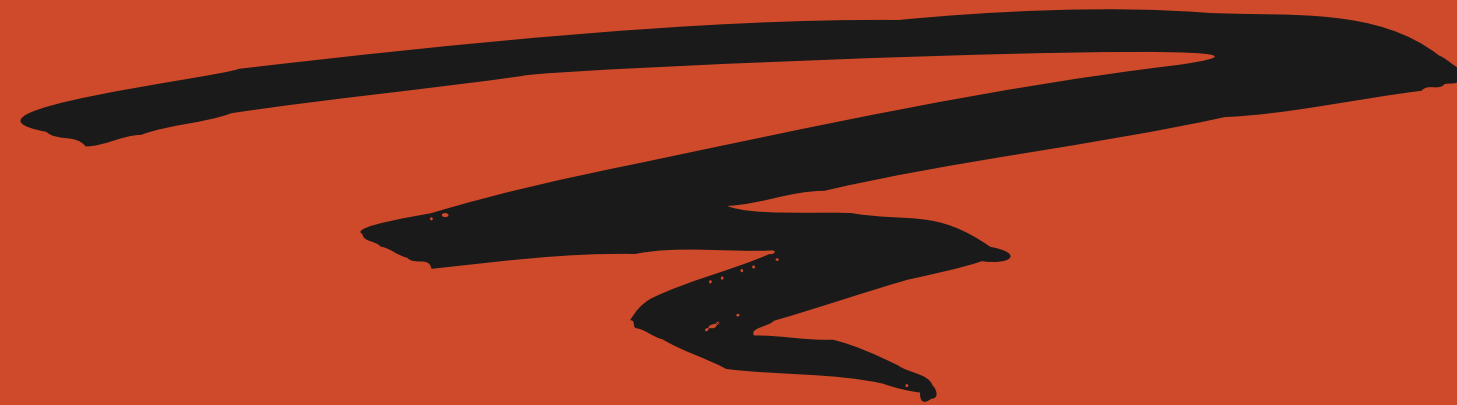
Today, we will explore how to manifest our dreams for the future, inspired by a rap song honoring Dr. Martin Luther King, Jr.





# LESSON PART ONE

# I HAVE A DREAM



# LESSON: PART ONE



WATCH A VIDEO

## I HAVE A DREAM

- 1) Watch the video.
- 2) Use the graphic organizer for note-taking and to respond to the reflection questions.







## I HAVE A DREAM

### SOCIAL ISSUE

A problem that affects many people in a community or society. It can make life harder for some people and often needs a solution to make things fair and better for everyone.

*Example: Homelessness is a social issue because many people do not have a safe place to live. Communities try to help by providing shelters, food, and programs to help people find jobs and homes.*



# LESSON: PART ONE



TALK ABOUT IT

## I HAVE A DREAM

- What emotions do you feel when listening to the song, and how do they relate to Dr. King's vision?
- What are some current social issues in the world today?
- How can the themes in the song be applied to these issues?
- How can this song empower your own dreams?
- Which SEL competencies does the song align with? (Self-Awareness, Social Awareness, Responsible Decision-Making, Relationship Skills, Self-Management)



# LESSON: PART ONE



WRITING



## I HAVE A DREAM

Analyze the lyrics below and determine which SEL competencies they align with and why:

- “Dream freedom rings in the night, told my people hold strong we gon fight for the life.”
- “We gon dream til we shine, we taking charge.”
- “Dreams of a people united in love.”
- “Now March, yeah, was all a dream. Yeah, the King had the game. Told us to keep it moving and never stop for the team.”



# LESSON: PART ONE



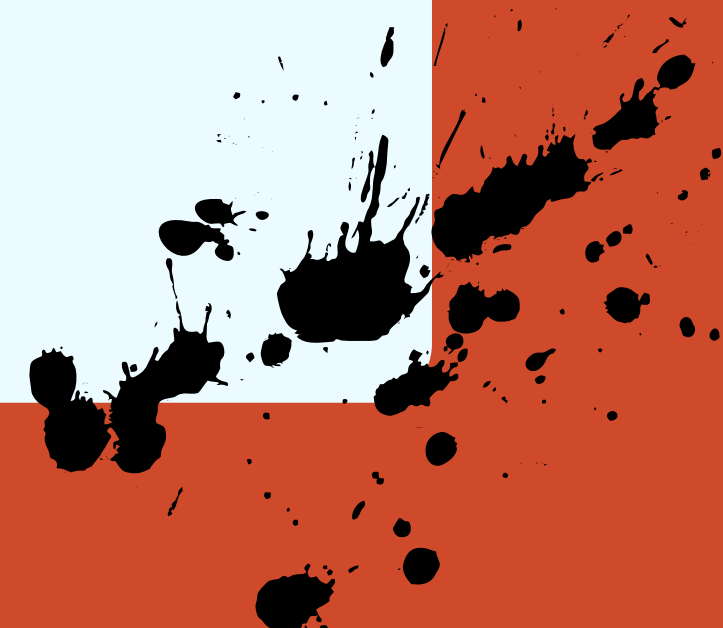
TALK ABOUT IT

## I HAVE A DREAM

### PAIR - SHARE

- Share your lyric analysis with a partner.
- Discuss which SEL competencies the lyrics align with and why.

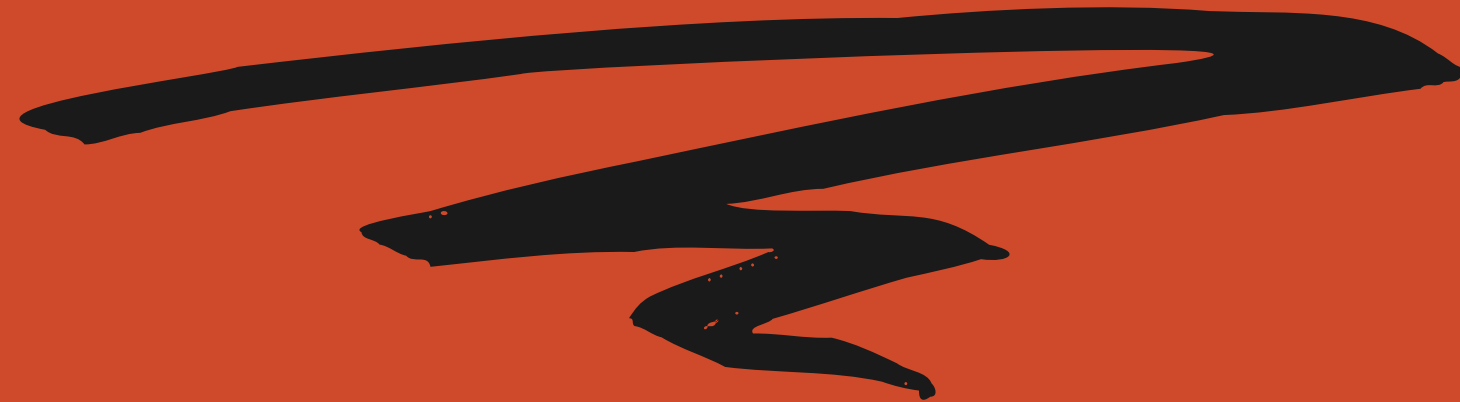
### WHOLE CLASS CYPHER





**LESSON  
PART TWO**

**DREAM JAR RE-VISITED**







### DREAM JAR RE-VISITED

1) Stand in a circle or semi-circle in the center of the room.

2) One student at a time steps into the center and picks a random dream from the Dream Jar.

3) Read the dream aloud to the class.

After hearing the dream, move to a side of the room:

-  **YES Side** – If you relate to this dream.
-  **NO Side** – If you do not relate to this dream.



# LESSON: PART TWO



TALK ABOUT IT

## DREAM JAR RE-VISITED

### WHOLE CLASS CYPHER

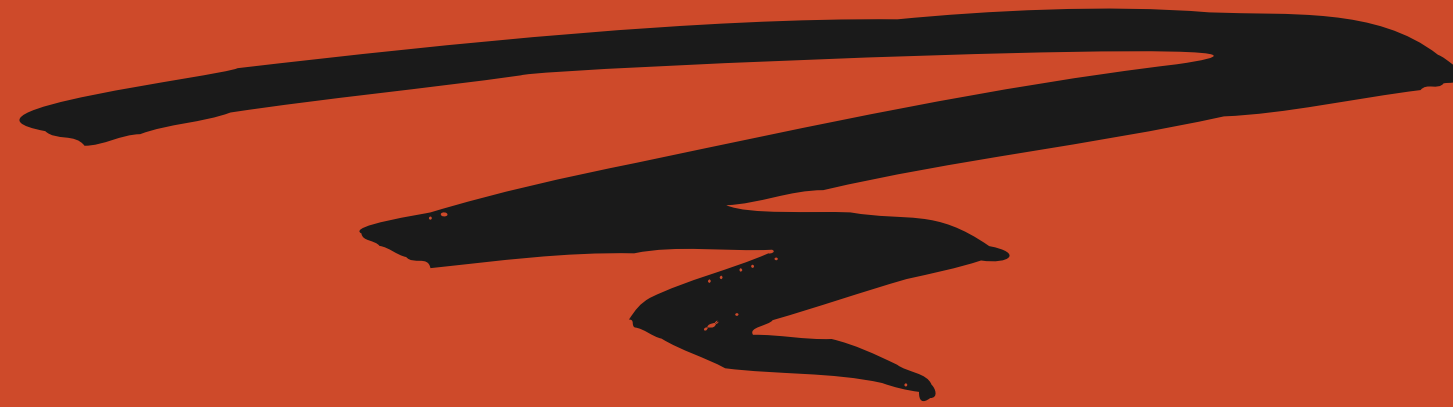
- How can we build a support system that encourages and motivates us to achieve our dreams?
- What role does fear play in the pursuit of dreams, and how can we overcome it?





# THREE TIPS

# TO MANIFEST YOUR DREAMS



**WE DO  
IT 4 THE  
CULTURE™**  
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# THREE TIPS



TALK ABOUT IT



## MANIFEST YOUR DREAMS

### BUILD A SUPPORT SYSTEM

- Surround yourself with people who encourage and motivate you.
- Seek advice from mentors, friends, or family who believe in your potential.



# THREE TIPS



TALK ABOUT IT



## MANIFEST YOUR DREAMS

### TAKE ACTION & STAY CONSISTENT

- Break your dream into small, achievable steps.
- Stay committed, even when challenges arise — progress takes time!



# THREE TIPS



TALK ABOUT IT



## MANIFEST YOUR DREAMS

### BELIEVE IN YOURSELF & OVERCOME FEAR

- Don't let fear or doubt hold you back from pursuing what matters to you.
- Remind yourself that **every big change starts with a dream and the courage to chase it.**

