



GO HARD OR GO HOME

MY DISABILITY  
DOESN'T STOP ME!



# INTRODUCTION

Today, we will:

- \* Understand ableism and its impact on society.
- \* Analyze Hansel Enmanuel's journey and his mindset of perseverance.
- \* Reflect on personal challenges and how to overcome them.
- \* Create an inspirational message to encourage yourself or others.



# SEL CONNECTION



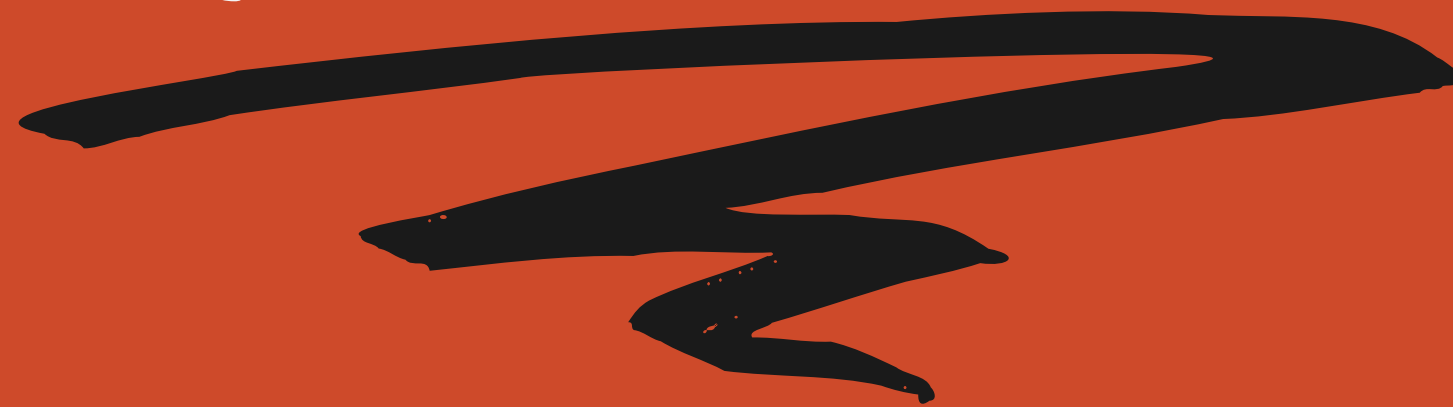
This story highlights the SEL competency of **self-management** by showing how Hansel Enmanuel sets goals, stays focused, and perseveres through challenges without giving up. His ability to manage emotions, stay motivated, and push forward despite obstacles is a powerful example of inner strength and determination.





# ICEBREAKER

## FLIP THE SCRIPT: SUPERHERO STRENGTH iN DiSGUiSE



WE DO  
IT 4 THE  
CULTURE™  
SEL CURRICULUM





### SUPERHERO STRENGTH in DISGUISE

Some Marvel superheroes live with disabilities—but they don't let that stop them. They turn their challenges into strengths.

Today, you'll work with a partner to figure out:

- \* Why others might see their challenge as a weakness
- \* How they flipped it into a strength
- \* What made them strong on the inside



### MEET THE HEROES

Pick one hero to focus on with your partner!



#### DAREDEVIL

Blind, but has super senses and fights crime



#### PROFESSOR X

Uses a wheelchair, but has one of the most powerful minds ever



#### HAWKEYE

Hard of hearing, but an expert archer and fighter



#### ECHO

Deaf, but can copy any move just by watching once





### SUPERHERO STRENGTH in DISGUISE

#### PAIR - SHARE

- Why might someone think this is a disability?
- How did this hero turn it into a strength?
- What SEL superpower helped them succeed?

*(Examples: confidence, knowing themselves, asking for help, being resilient)*

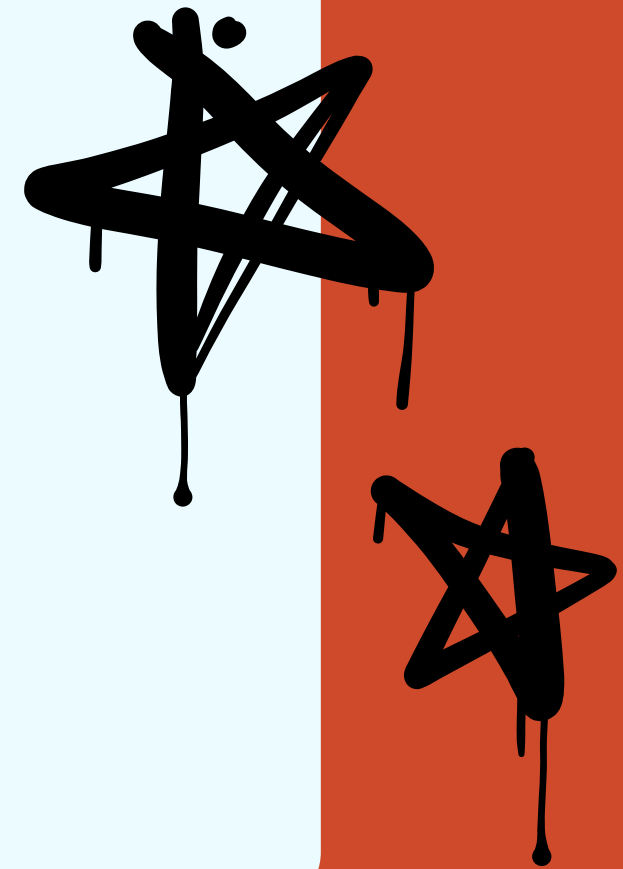




### SUPERHERO STRENGTH in DISGUISE

#### QUICK SHARE

- Share one thing you learned from your partner.
- What's a challenge you've faced that helped you grow stronger?





# SUPERHERO STRENGTH in DISGUISE

## FINAL THOUGHT

Just like superheroes...

- Your challenge can become your superpower
- Self-awareness helps you see your strength—even in tough moments

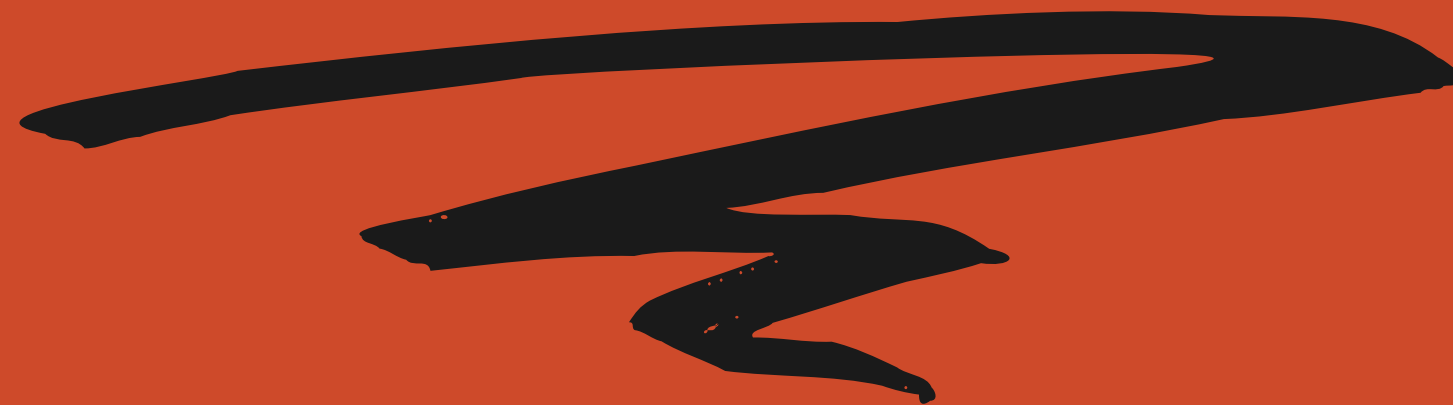






# LESSON PART ONE

# WHO IS HANSEL ENMANUEL?



# LESSON: PART ONE



TALK ABOUT IT



## WHO IS HANSEL ENMANUEL?

- Dominican basketball player who lost his left arm at age six.
- Overcame challenges to earn a Division I scholarship in the U.S.
- Gained fame through viral highlight videos showcasing his skills.
- Signed endorsement deals with Gatorade, Banreservas, Adidas.
- Featured in a Puma commercial with J. Cole about perseverance.



# ICEBREAKER



WATCH A VIDEO

## HANSEL ENMANUEL

Watch this short video clip of Hansel Enmanuel's journey.





# LESSON: PART ONE



TALK ABOUT IT

## WHO IS HANSEL ENMANUEL?

### PAIR - SHARE

- What challenges did Hansel face, and how did he respond?
- How do you think ableism affected him in sports?
- What role did self-management (perseverance, resilience) play?
- What role did relationship skills (support from family, coaches) play?





# LESSON PART TWO



# MOTIVATE AND ELEVATE

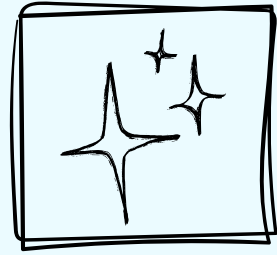




# LESSON: PART TWO

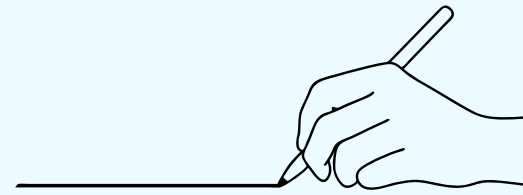


## MOTIVATE AND ELEVATE



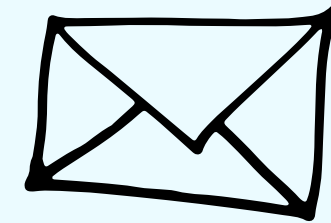
### MOTIVATION POSTER

Create a slogan & image about overcoming challenges.



### PERSONAL POEM

Write about a challenge and how to push through.



### LETTER

Write to yourself or someone else, encouraging perseverance and a mindset shift.



# LESSON: PART TWO



TALK ABOUT IT

## MOTIVATE AND ELEVATE

### 3 TIPS

- **Rewrite the Narrative** – Your challenges don't define your potential.
- **Stay Resilient** – Push forward even when others doubt you.
- **Support & Advocate** – Lift others up and challenge ableism.

