

GO HARD OR GO HOME

CLAIM WHAT'S YOURS



INTRODUCTION

Today, we will:

- * Explore and connect with the themes of resilience, overcoming obstacles, and pride.
- * Analyze lyrics from Claudia Alexandra Madriz Meza's song "Cobrar."
- * Create our own expressions of empowerment.



SEL CONNECTION



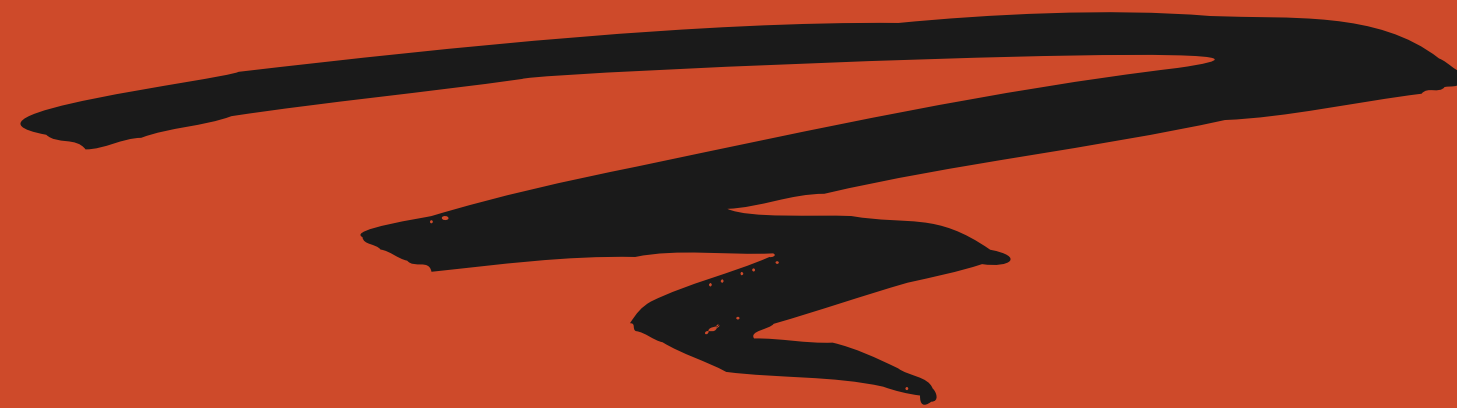
Today, we will build **self-awareness** and **social-awareness** through exploring themes of resilience and perseverance.





ICEBREAKER

FINDING YOUR VERSE



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



ICEBREAKER



>>> GET MOVING!

FINDING YOUR VERSE

- 1) Four lyrics are posted around the classroom.
- 2) Pick the corner with the lyric that resonates most with you.
- 3) Discuss in small groups why you chose that lyric and what it means to you.
- 4) One member of each group will volunteer to share your discussion with the class.





LESSON PART ONE

ADELITA



LESSON: PART ONE



DEFINITION

ADELITA

ADELITA

Spanish diminutive of Adela. It is used especially in Mexico, where it is the name of a folk song about a female soldier.



LESSON: PART ONE



TALK ABOUT IT

ADELITA

Think of someone in your life who embodies resilience or has overcome hardship.

Turn and share with the partner next to you.



LESSON: PART ONE



TALK ABOUT IT

ADELITA

- What does resilience mean?
- Can you name a time you pushed past a limit—or witnessed someone close to you do that?



LESSON: PART ONE



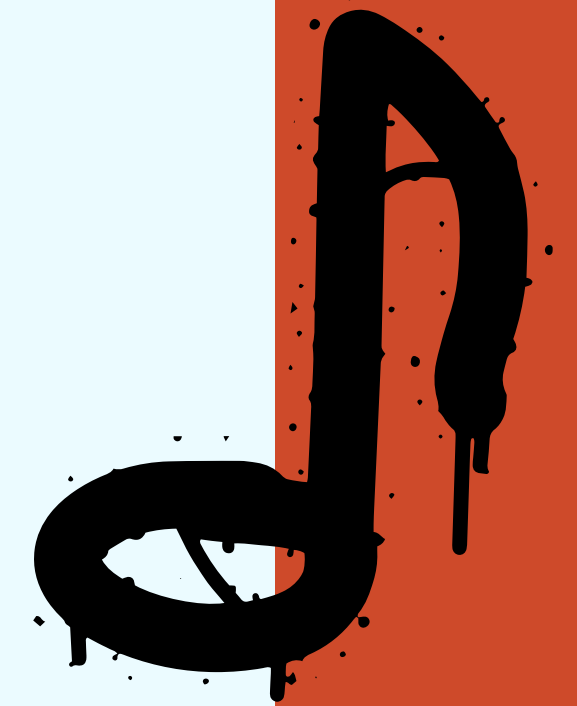
TALK ABOUT IT



ADELITA

CLAUDIA ALEXANDRA MADRIZ MEZA

- Mexican-American artist known for her self-starting career.
- She embodies bilingual creativity and cultural pride.
- Her journey reflects ingenuity and resilience.
- She represents the heart and hustle of her ancestors.



LESSON: PART ONE



WATCH A VIDEO

ADELITA

Watch the video for “Cobrar” by
Claudia Alexandra Madriz Meza.



LESSON: PART ONE



TALK ABOUT IT

ADELITA

In the song, Claudia Alexandra Madriz Meza says:

“My parents were humble / A lot of work for a little money / And the only way to repay them is to charge double for everything they have done / I’m not submissive / I’m not your poor little girl / Don’t portray me as obedient / **I’m Adelita, the warrior in me**

Think about what this line means to you and create your own image or statement of power.



LESSON: PART ONE



WRITING

ADELITA

OPTION A: VISUAL METAPHOR

Draw an image that represents your inner “warrior” (e.g., flames, armor, wings, a shield).

OPTION B: STATEMENT OF EMPOWERMENT

Craft your own “Adelita” phrase: “I am [identity], the [powerful symbol] in me.”

Share which SEL competency your work aligns with and why.



LESSON: PART ONE



TALK ABOUT IT

ADELITA

Share one word or phrase you'll carry forward.

Remember: Resilience is not about perfection—it's about refusing to be confined by limits. Your background gives you strength, not boundaries.



LESSON: PART ONE



TALK ABOUT IT



ADELITA

Display your drawings and affirmations on a community mural that celebrates your identities and resilience.

