



KNOW YOURSELF

THE UNDERDOG



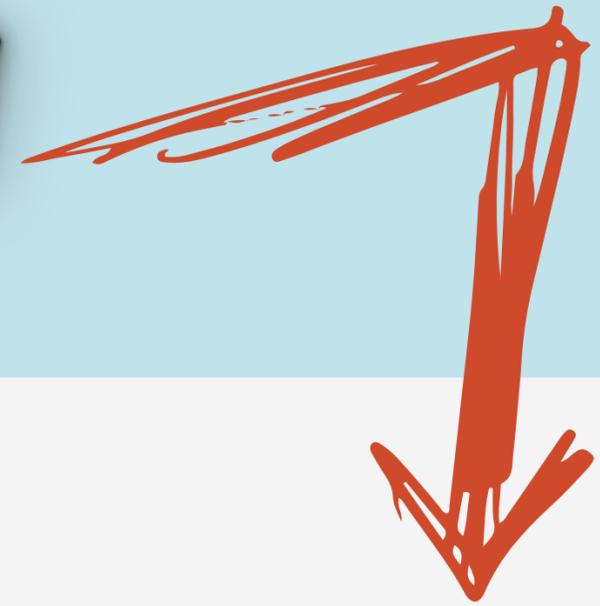
INTRODUCTION

Today, we will

- * Listen to and discuss “Underdog” by Alicia Keys
- * Explore what it means to be an underdog



SEL CONNECTION



Today, we will practice **self awareness** by reflecting on what it means to be an “underdog” in our own lives and **social awareness** by considering the responses and perspectives of others.





ICEBREAKER

THIS OR THAT



THIS OR THAT

- 1) Listen to the statements read aloud.
- 2) Walk to the area of the classroom that aligns with your response.
- 3) Be ready to share!





LESSON PART ONE

N.O.P.E

NOTES OF POWER EVERYDAY

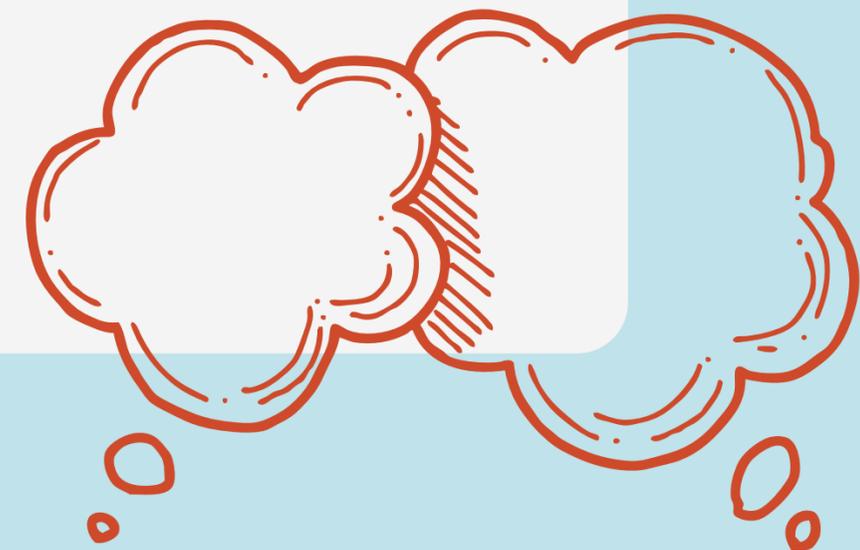




NOTES OF POWER EVERYDAY

What is an “underdog?”

Can you name some examples?



LESSON: PART ONE



WATCH A VIDEO

NOTES OF POWER EVERYDAY

- 1) Watch "Underdog" by Alicia Keys.
- 2) Discuss the following questions:
 - What stood out to you?
 - What is Alicia Keys saying about being an "underdog"?



LESSON: PART ONE



NOTES OF POWER EVERYDAY

Write a few sentences about a time you've felt like an "underdog" on the paper provided.

Do not write your name! These cards will be anonymous.





NOTES OF POWER EVERYDAY

READ OTHERS' RESPONSES.

- What are common themes within the responses?
- What are some techniques that we can use to view ourselves differently — in a more empowering way — when we feel like an underdog?
- Who are some famous “underdogs” who overcame the odds when others said that they would not make it?





DEBRIEF / EXTENSION





THE UNDERDOG

- Why should you never underestimate a perceived “underdog”?
- What are some affirmations or words of encouragement to say to yourself daily?

