



GO HARD OR GO HOME

**DON'T GIVE UP.
DON'T GIVE IN.**



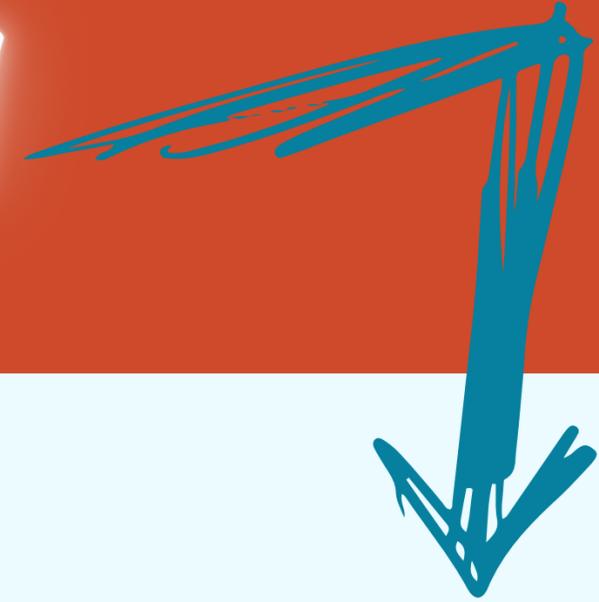
INTRODUCTION

Today, we will:

- * Identify difference between giving up and giving in
- * Discuss what keeps us from giving in or giving up on ourselves
- * Explore “There is a Way” by Mos Def



SEL CONNECTION



Today, we will practice self management by considering our limits before “giving up” or “giving in.”





ICEBREAKER

POETRY RELAY, WHAT'S FREE?



POETRY RELAY

**FREE IS WHEN NOBODY ELSE COULD TELL US WHAT TO BE
FREE IS WHEN THE TV AIN'T CONTROLLIN' WHAT WE SEE.**

- MEEK MILL

- Add on relevant lyrics to the Meek Mill quote.
- Make it rhyme! Or don't!
- Use: "Free is _____. Free is _____."





LESSON PART ONE

THERE IS A WAY



LESSON: PART ONE



WATCH A VIDEO

THERE IS A WAY

Listen to "There Is a Way" by Mos Def.



LESSON: PART ONE



TALK ABOUT IT

THERE IS A WAY

- Who and / or what is represented by “they” in the line “No matter what they say”?
- What does “giving up” mean?
- What does “giving in” mean?



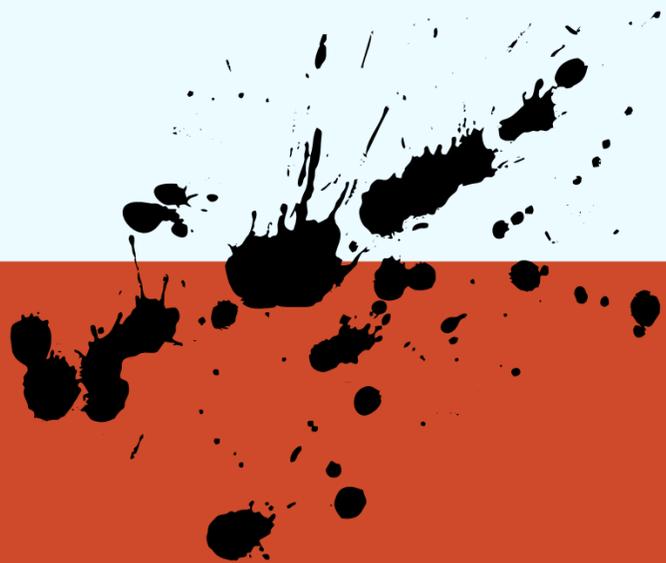
LESSON: PART ONE



WRITING

THERE IS A WAY

Use the Free-Write worksheet to write, draw, hashtag, or sketch what comes to mind when you read the phrases listed on the worksheet.





DEBRIEF / EXTENSION





DON'T GIVE UP. DON'T GIVE IN.

- What role can school and / or school personnel play in helping you not succumb to giving up or giving in?
- What role should school play in the creation of “your way” (as opposed to the ways of others)?

