



GOT SKILLS?

FREESTYLE 101



INTRODUCTION

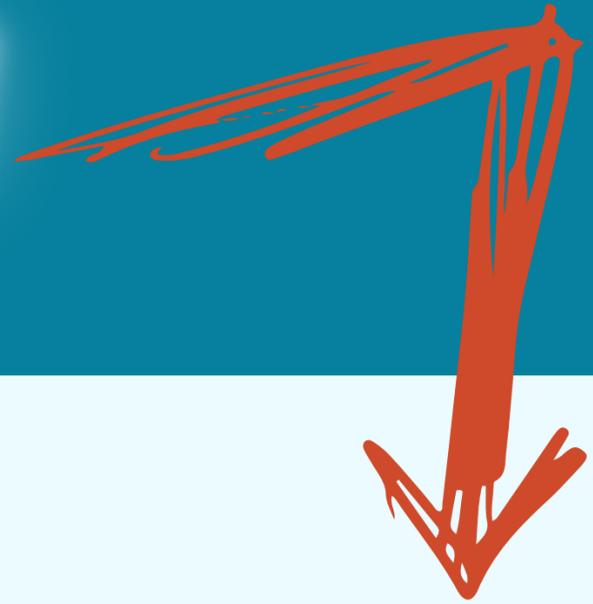
FREESTYLE

The art of freestyling encompasses a range of skills that are useful to a student's academic and non-academic development.

Birthered in the streets of New York, and expanded in hip-hop's underground for decades, freestyling is a skill that challenges participants to think fast, think freely and to support other MCs.



SEL CONNECTION



You will be able to focus on any of the 5 SEL competencies when delivering your freestyle in the cypher.





ICEBREAKER

THE WORD/RHYME ASSOCIATION GAME



WORD/RHYME ASSOCIATION

- 1) Stand in a large circle around the class.
- 2) Choose your key word and write it on the board or on a piece of paper for everyone to see as you play. Next, choose which round they want to start with — either word association or rhyme association.
- 3) Play a few rounds alternating between new words and word / rhyme associations.





WORD/RHYME ASSOCIATION

Now that we've completed a few rounds of the game, let's close out our conversation with the following questions.

- What was difficult about this word/rhyme association game?
- What was exciting or surprising about this game?
- What is freestyling?
- How does this game relate to the art of freestyling?
- What skills and emotions are necessary to successfully win this game and also master freestyling?





LESSON PART ONE

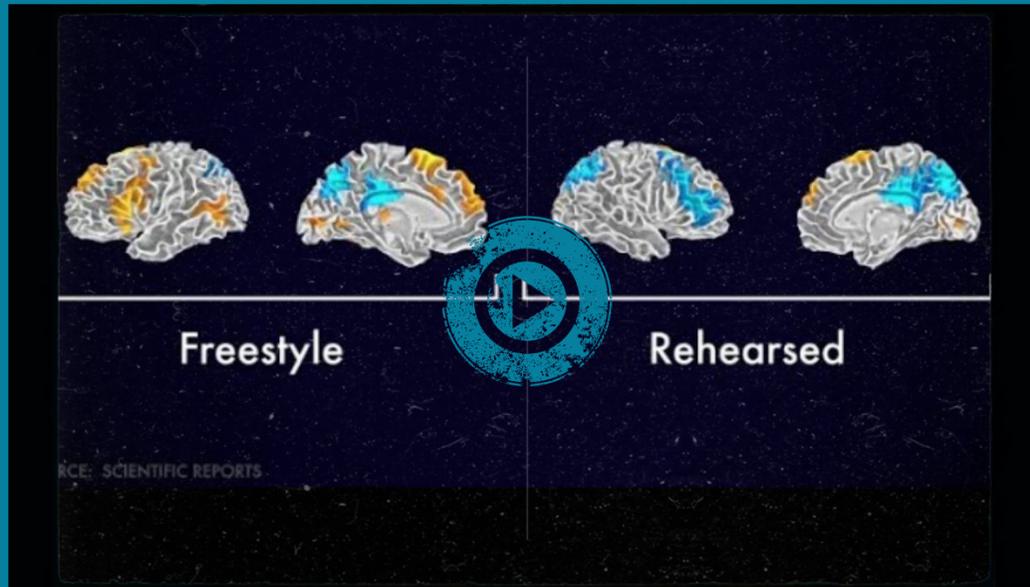
MASTERS OF FREESTYLING





MASTERS OF FREESTYLING

Watch the following videos on freestyling.





MASTERS OF FREESTYLING

Select a few of the questions below to discuss as a class:

- What surprised you about freestyling and the brain?
- What did you notice about the strategies used by the freestylers?
- What did you notice about the freestyles themselves?
- What did you notice about the body language of the rappers?
- What can you borrow from these examples of freestyling?
- How does freestyling encourage spontaneous thought and action?
- What is the relationship between words and freestyling?
- What was the energy of the audiences in each example?





LESSON PART TWO

THE CYPHTER



LESSON: PART TWO

➤➤➤ GET MOVING!

THE CYPHER



- 1) Select who will be the rappers and who will be part of the audience.
- 2) Decide which session of freestyling you want to try from the games below.
- 3) Practice in smaller groups before moving on to whole class.

STUDENT CHOSEN WORD GAME

The class comes up with a bank of words that the freestylers will use. These can be content or non-content related.

TRUE FREESTYLE

Simply put on a beat and see what comes up!

YOUTUBE FREESTYLE GAME

Use the word list generated by the YouTube video freestyle game — [YouTube Freestyle Game 1](#), [Game 2](#), [Game 3](#).





THE CYPHER

Select a few of the questions below to discuss as a class:

- What was challenging about freestyling?
- What was it like having to think quickly on your feet?
- How was it being an audience member?
- What role did each person in the class play as the rapper freestyled?
- What did you realize about freestyling from this lesson?
- What is the relationship between words and freestyling?



(OPTIONAL)



DEBRIEF / EXTENSION



EXTENSION

For an interesting word study, utilize [the following resource that tracks the amount and variety of words that rappers use in their lyrics.](#)

This is one resource that shows the relationship between lyrics, vocabulary use and freestyling. (The larger your vocabulary, the more creative and complex your rhymes.)

