



September

Objective:

I can celebrate Puerto Rico

Activities:

Students will create an Incan soap sculpture using the materials listed below

Materials:

- Big Smile
- Willingness to dance with Alma

Character Word: Confidence

This is why Confidence is so crucial:

- [Building a Child's Self-Confidence in a World of Racial Inequality.](#)

Confidence Tool kit: Some Songs:

- [Confidence SPOT Song Music Video for Kids](#)
- [33 POSITIVE AFFIRMATIONS FOR KIDS SELF ESTEEM](#)
- [Sesame Street: Will.i.am Sings "What I Am"](#)
- [QuaverEd: You-Nique](#)
- [10 Daily Positive Affirmations for Kids | Boost Your Child's Confidence and Self-Esteem](#)
- [Henry & Leslie \(A Children's Story About Confidence and Self-Love\) kids #bullying_podcast](#)
- [The Kid's Guide to Confidence](#)

Some confidence building games:

- [Banana Banana Meatball Song | Songs For Kids | Dance Along | GoNoodle](#)
- [Freeze Dance 2.0 | Please Don't Move | Virtual Recess | Freeze Song | PhonicsMan Freeze](#)

Lesson:



1. Rebellion/Resistance comes in many forms. The children will study how music and dance can be used as a sign of resistance. For the people of Puerto Rico, singing their national anthem "La Borinqueña" and dancing "La Bomba" were perceived as signs of resistance. Explain to the children, that the people raised their voices against the way foreign invaders treated them in artistic ways.
2. Play the video: [¿Dónde Está El Coquí?](#) Ask the students: Why the coqui makes noise?
3. Play the Puerto Rican Anthem. [La Borinqueña \(Westside Story Version\)](#) or [La Borinqueña \(Acoustic Version\)](#)
4. Ask the children their thoughts on the music. Does the music remind them of anything? Can they connect with it?
5. Now you will watch and then practice "La Bomba". Explain to the children that "La Bomba" is a dance brought over from Africa by enslaved people. The dance is an important part of the LatinX culture and a form of rebellion and today, they will learn how to dance "La Bomba". Play a clip from Alma's Way to prep the children for the dance. Choose from [Alma's Way](#) or [La Bomba Dance @ 4:40](#)

JAM Time:

Cultural Dancing Activity (10-15 minutes)

Play the Bomba tutorial [La Bamba Dance Tutorial](#). Allow students to orderly move about the room and follow along with the tutorial.

Closing Community Circle (5-10 minutes)

In the final minutes allow participants to share their thoughts on today's lesson.