

## LESSON PLAN

### Emma S. Barrientos Mexican American Cultural Center

Curriculum Title: Máscara de Lucha Libre/Luchador Mask

Time: 1.5 hours Ages/Group: 8-10 Lesson Number: One

Medium: Paper, markers/coloring pencils/crayons

GOALS/OBJECTIVES	To create and decorate a custom Lucha Libre (Mexican Professional Wrestling) mask. To learn about the history and meaning of masks in Mexican Lucha Libre.
How do these goals preserve, create, present or promote cultural arts of Mexican Americans or other Latin@ cultures? Is it socially relevant? Will your lesson address the 5 E's? (Engage, explore, explain, elaborate-extend, evaluate)	This lesson promotes the Mexican art form of Lucha Libre mask design and creation, and the significance of the mask in Mexican Wrestling culture.

#### AGENDA

#### TIME

<u>Check-In/Opening Ritual:</u> Each child says their name and their favorite animal	5 mins
<u>Warm-Up/Introductory Activity:</u> <b>Worksheet</b> – Follow through the text and complete the activity	20 mins
<u>Core Activity:</u> Creation of a Lucha Libre mask  <u>Steps/Procedures:</u> <ul style="list-style-type: none"> <li>• Follow the procedure in the tutorial on the worksheet below</li> </ul> <u>Discussion Questions:</u> <ul style="list-style-type: none"> <li>• Why did you choose the basic mask shape you did?</li> <li>• How did you come up with your mask design?</li> </ul> <u>Vocabulary:</u> <b>Lucha Libre:</b> In Mexico, this just means “wrestling” (literally “free fight” like “freestyle wrestling”), and more specifically, professional wrestling. Outside Mexico, it is used to describe the Mexican style of professional wrestling. <b>Luchador:</b> “Wrestler” in Spanish <b>Máscara:</b> “Mask” in Spanish	1 hour
<u>Check-Out/Closing Ritual</u> <b>Rose and Thorn:</b> Each student answers the question: what was one thing you enjoyed about	5 mins

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that activity (rose) and one thing that was challenging (thorn)? They each say “my rose was...” and “my thorn was...” giving their answer.

PLANNING

REFLECTION

Special Supplies Needed/Things to Prepare Ahead of Time

Challenges/Successes/Notes for Coordinator

*No need to list supplies you bring every day (pencils, crayons, scissors, paper, etc.)*

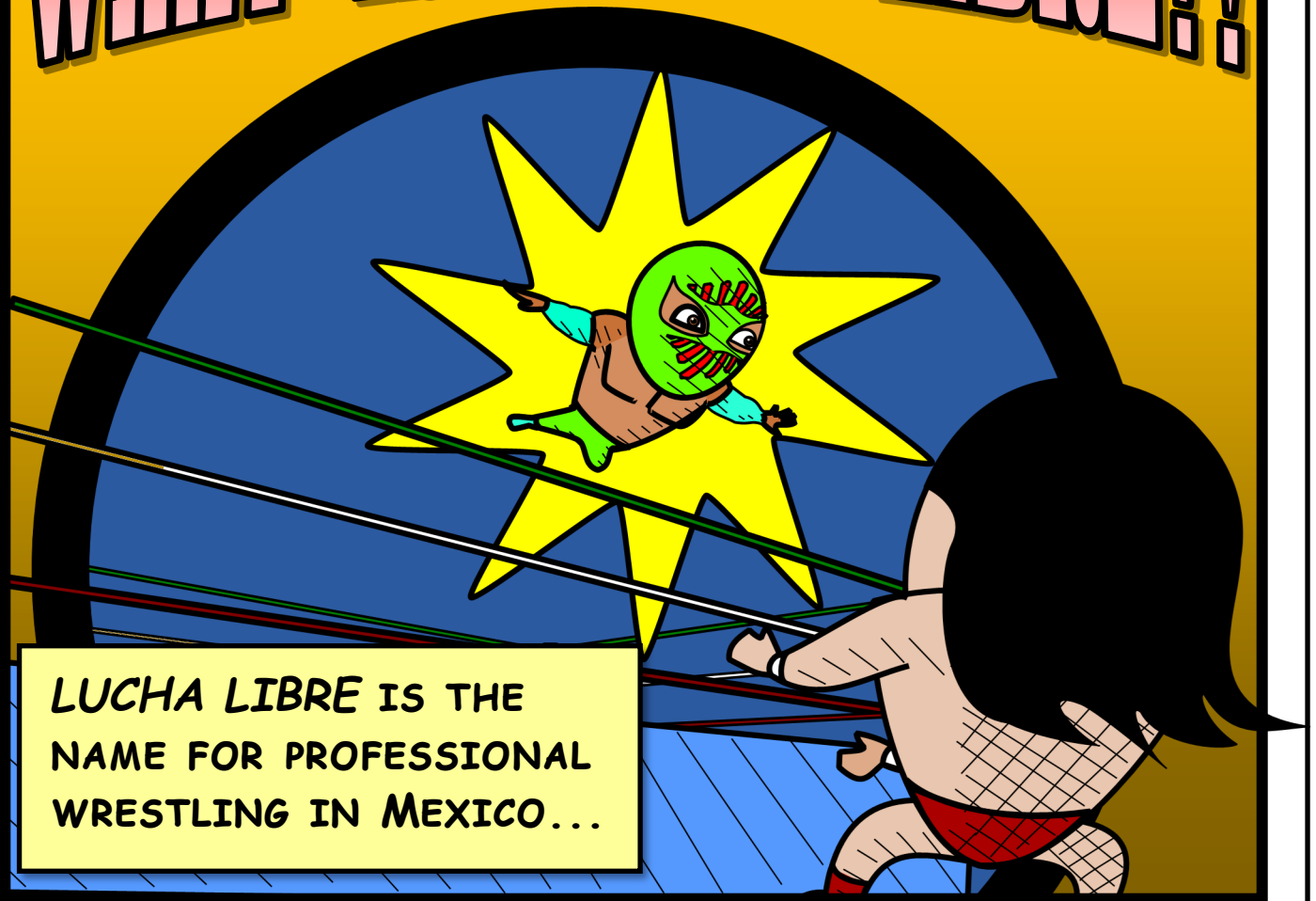
- Copies of the Lucha Libre Mask templates printed on paper or cardstock. It is advisable to have more than the number of students in case of mistakes
- Construction paper in various colors, a minimum of one per student, but preferably more
- Holepunch
- Optional: Hole protectors or tape

For each student:

- One copy of the worksheet
- One mask template
- Length of string, twine, yarn or ribbon for each child in order to tie it on their head
- One set of markers, crayons or coloring pencils
- Scissors
- Glitter pens (if available)
- Glue stick

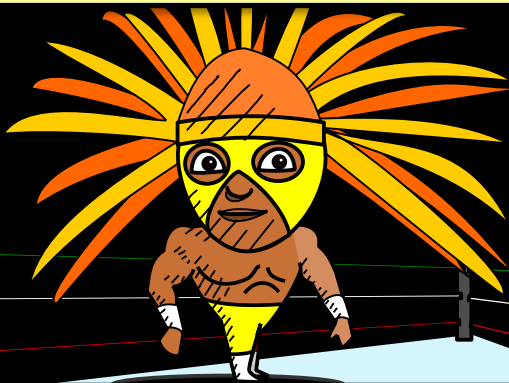
Supplemental Materials

# WHAT IS LUCHA LIBRE?!



LUCHA LIBRE IS THE NAME FOR PROFESSIONAL WRESTLING IN MEXICO...

MEXICAN LUCHADORES (WRESTLERS) ARE KNOWN FOR AN EXCITING STYLE OF WRESTLING...



THAT OFTEN USES HIGH-FLYING & ACROBATIC MOVES.

LUCHADORES DO LOTS OF SPECIAL TRAINING SO THAT THEY DON'T GET HURT DOING ALL THESE AMAZING STUNTS



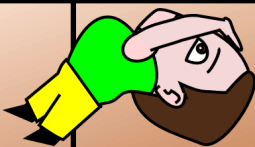
EL SANTO  
(THE SAINT)

THEY ARE LIKE SUPERHEROES, AND THEY EVEN HAVE SUPERHERO-SOUNDING NAMES!

PRINCESA SUGEHIT  
(PRINCESS SUGEHIT)

MIL MÁSCARAS  
(ONE THOUSAND MASKS)

REY MYSTERIO  
(MYSTERY KING)...



WHAT DO YOU THINK WOULD HAPPEN IF REGULAR PEOPLE TRIED TO DO LUCHA LIBRE AT HOME?

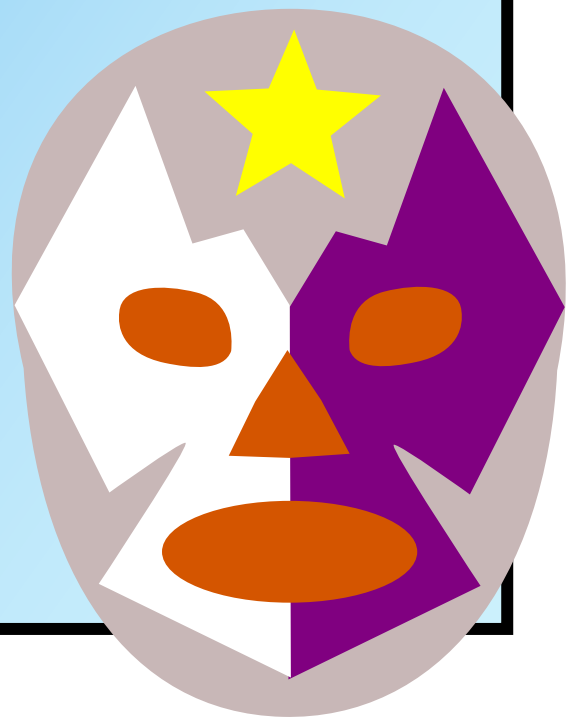


LUCHADORES WEAR ALL KINDS OF COSTUMES...





**THEY'RE ESPECIALLY FAMOUS  
FOR THEIR AMAZING MASKS!**



**WHAT WOULD YOUR  
LUCHADOR LOOK LIKE?**

**LUCHADOR NAME:**

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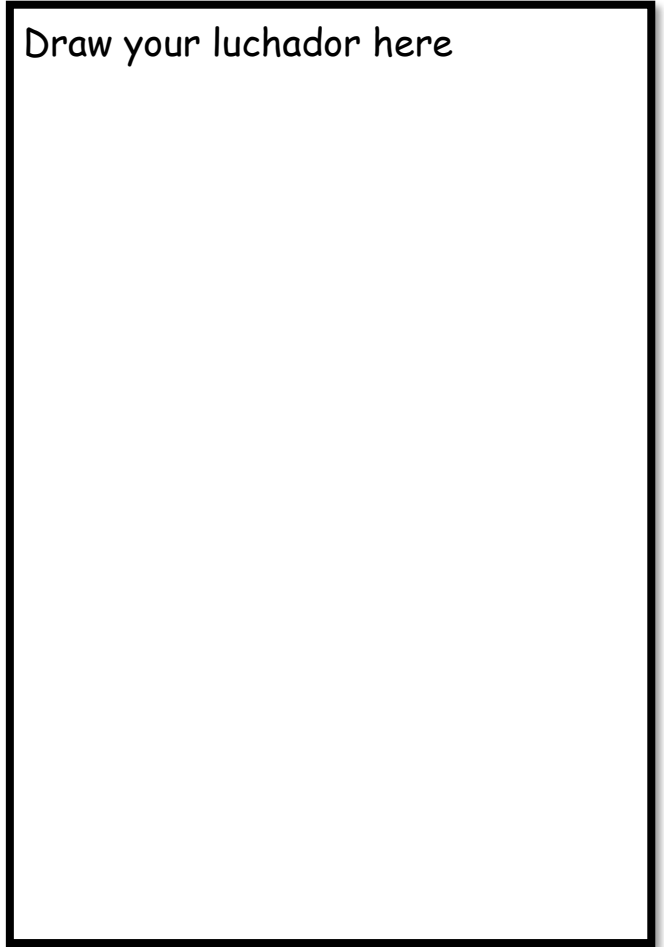
**REAL NAME:**

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**TÉCNICO (HERO)  
OR RUDO (VILLAIN)?**

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Draw your luchador here



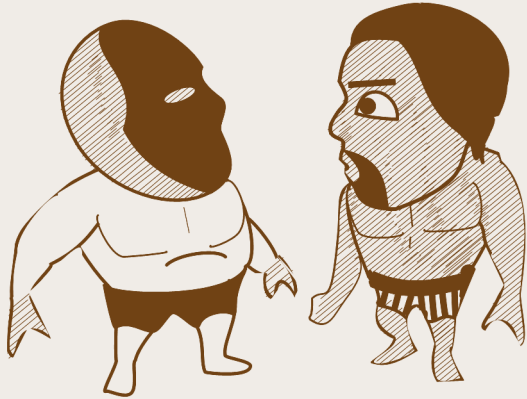
**SIGNATURE MOVES:**

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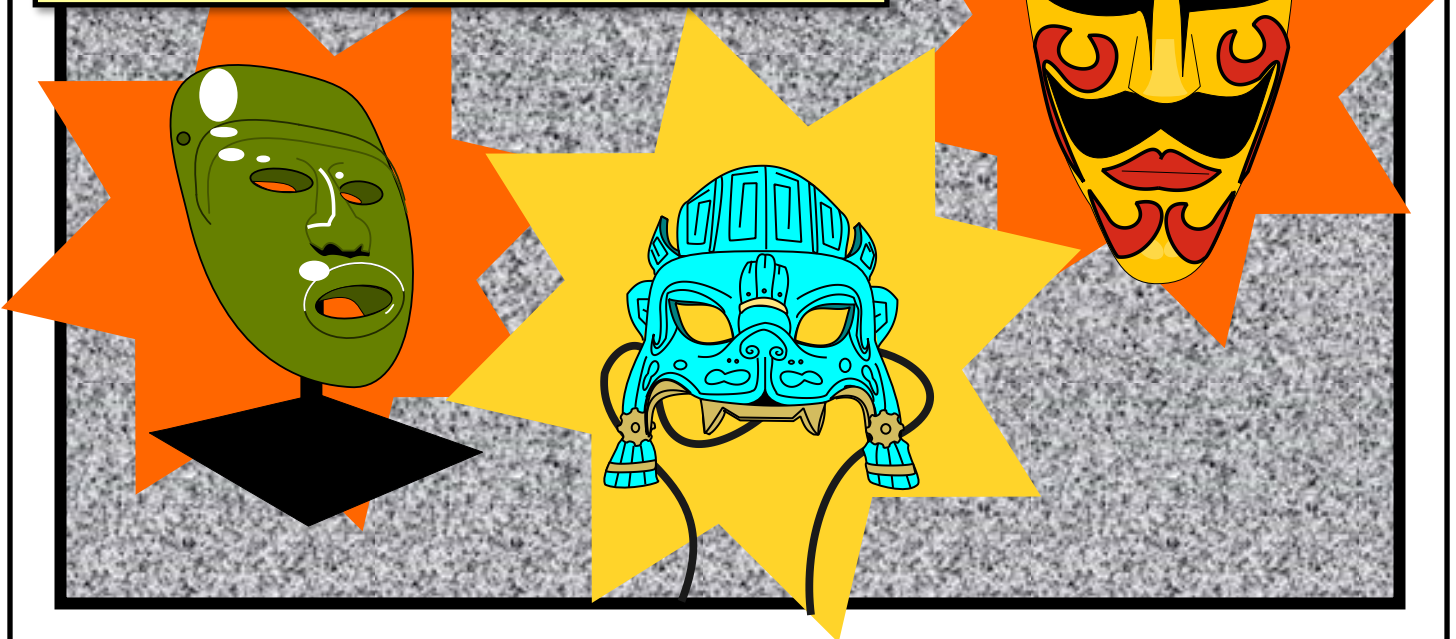
**WEARING MASKS IN  
WRESTLING STARTED IN  
EUROPE AND THE U.S.**

**L'HOMME MASQUÉ**  
**ARÈNES-ATHLÉTIQUES**



**BUT IT BECAME MUCH MORE  
POPULAR IN MEXICO**

**MAYBE THAT'S BECAUSE MEXICAN  
PEOPLE'S ANCESTORS HAVE BEEN  
MAKING MASKS FOR HUNDREDS,  
EVEN THOUSANDS OF YEARS**

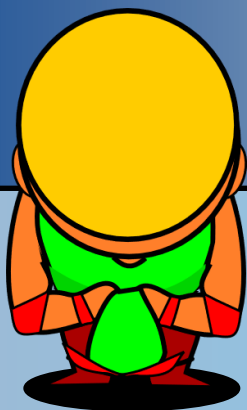




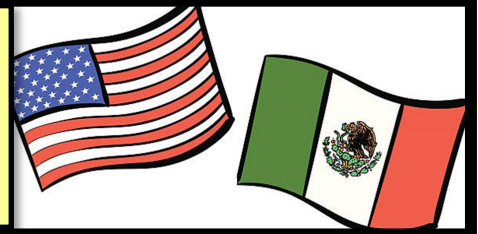
**LUCHADOR MASKS ARE VERY SPECIAL AND MANY LUCHADORES SAY THEY ARE SACRED, WHICH MEANS THEY DESERVE LOTS OF RESPECT.**



**SOME LUCHADORES EVEN SAY THAT WHEN THEY PUT ON THEIR MASK, THEY FEEL AS IF THEY HAVE SPECIAL POWERS!**

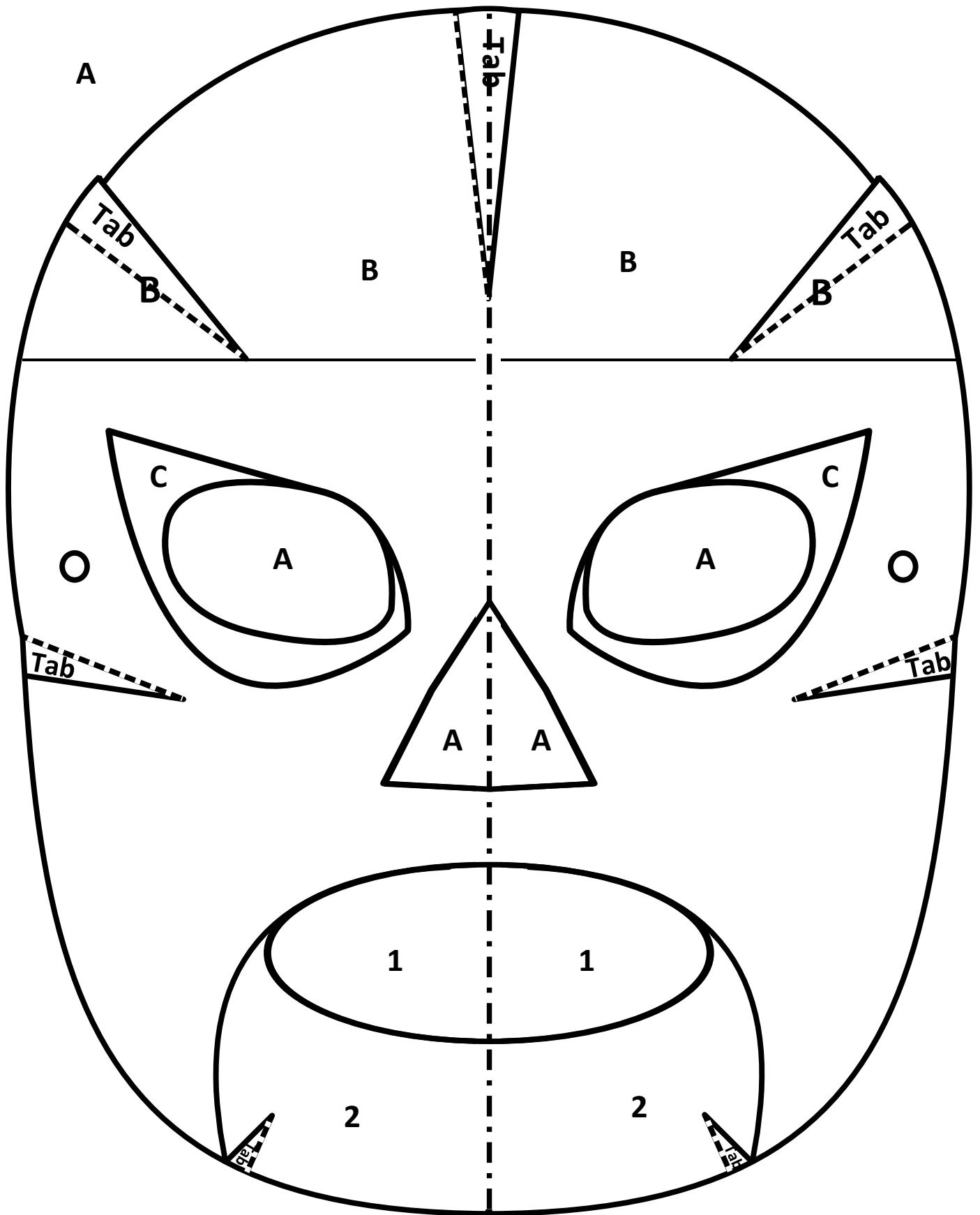


**LUCHADOR MASKS HAVE BECOME A  
BIG PART OF MEXICAN AND MEXICAN  
-AMERICAN POPULAR CULTURE**

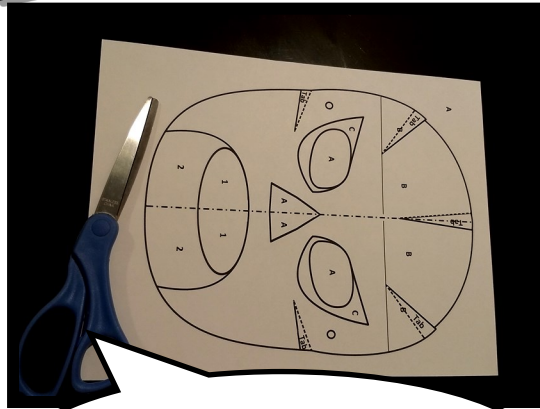


**YOU MIGHT EVEN SEE  
REGULAR PEOPLE  
WEARING THEM AT  
EVENTS LIKE  
MEXAMERICAN AT  
THE ESB-MACC!!!**

**NOW, ARE YOU READY  
TO MAKE YOUR MASK?**



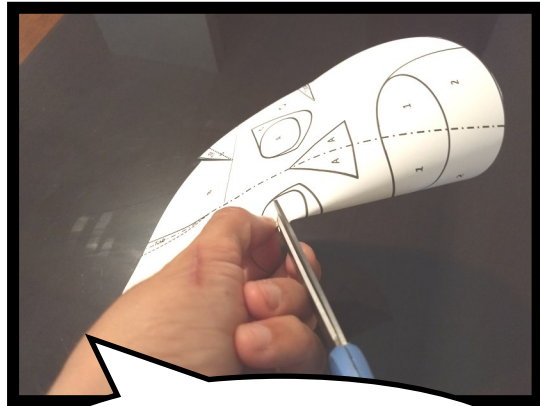
# Luchador Mask



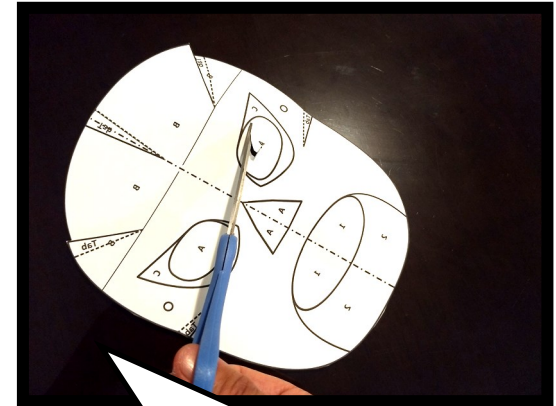
1. Cut out all the parts marked "A"



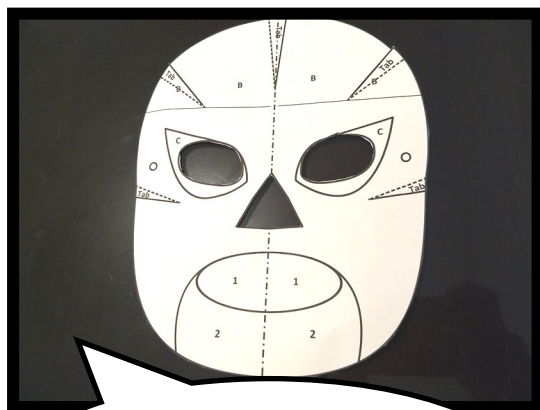
2. Cut along the solid lines of the tabs



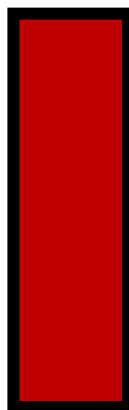
3. Fold and cut where the eye-holes are



4. Cut out the eye shapes



5. Do the same for the nose-hole

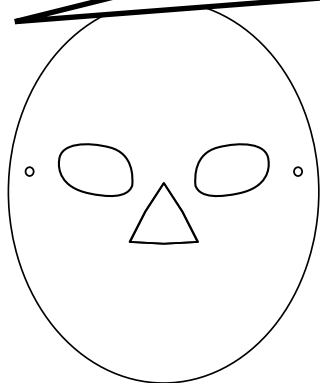


Make sure it fits, and make the eyes or nose holes larger if you need to!

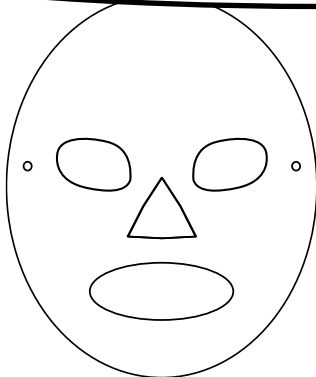


# Luchador Mask

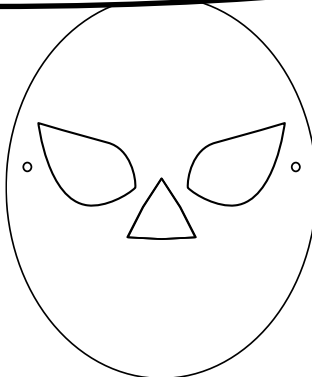
6. Cut out other sections that fit with the design you want to make. These are the combinations:



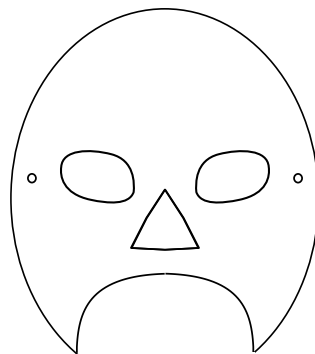
Section A cut out



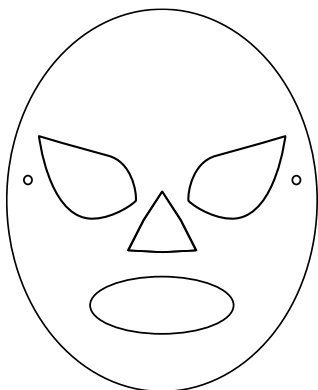
Sections A and 1



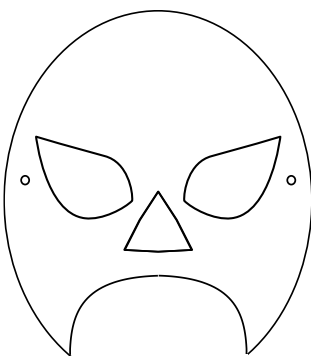
Sections A and C



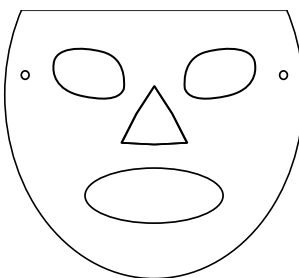
Sections A,



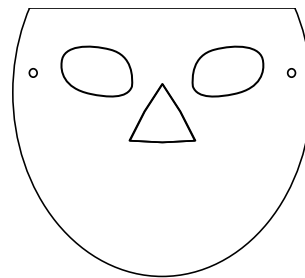
Sections A, C,  
and 1 cut out



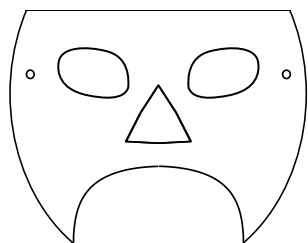
Sections A, C,  
1, and 2 cut out



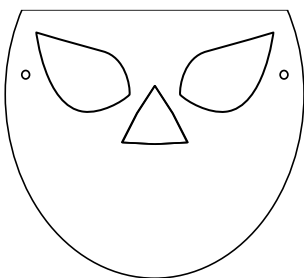
Sections A, B,  
and 1 cut out



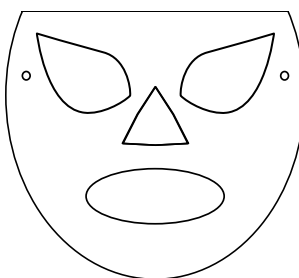
Sections A and B  
cut out



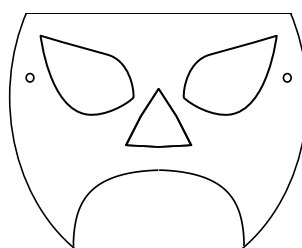
Sections A, B,  
1, and 2 cut out



Sections A, B,  
and C cut out



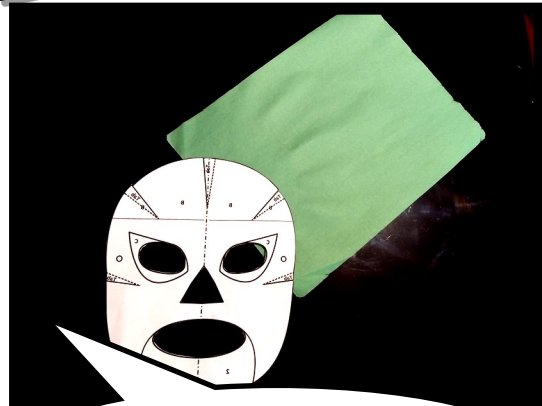
Sections A, B, C,  
and 1 cut out



Sections A, B, C,  
1, and 2 cut out



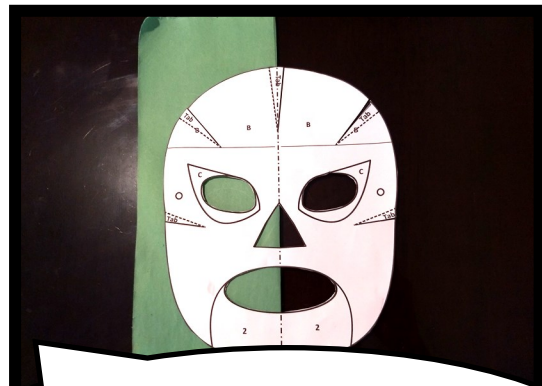
# Luchador Mask



7. Take a piece of construction paper



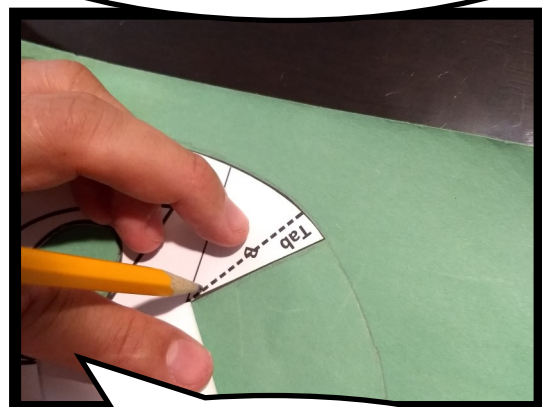
8. Fold the construction paper in half lengthwise



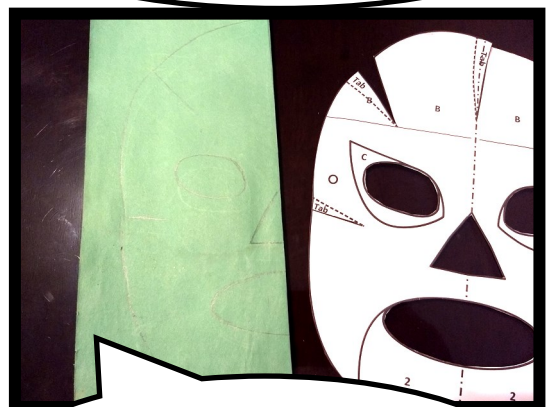
9. Line up the center line of the mask with the folded edge of the colored paper



10. Trace the mask and hole outlines with a pencil

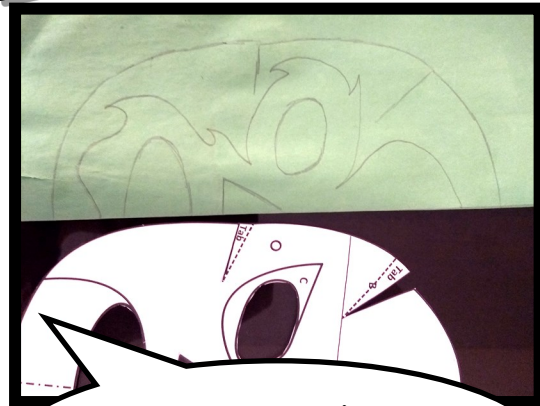


Including the tabs...

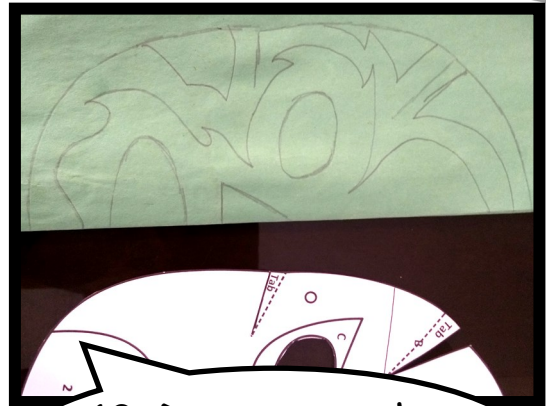


You should now have an outline of the mask on your construction paper

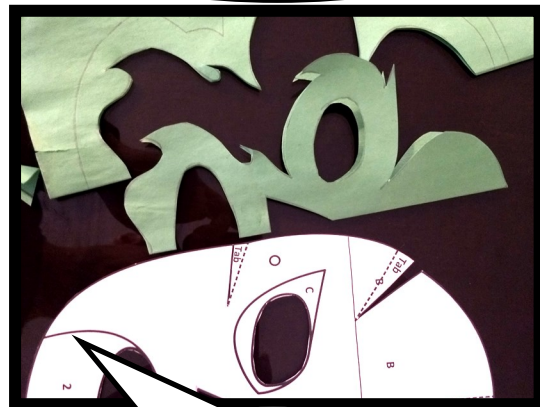
# Luchador Mask



11. Draw your design on the construction paper



12. Draw any other shapes you'd like to use



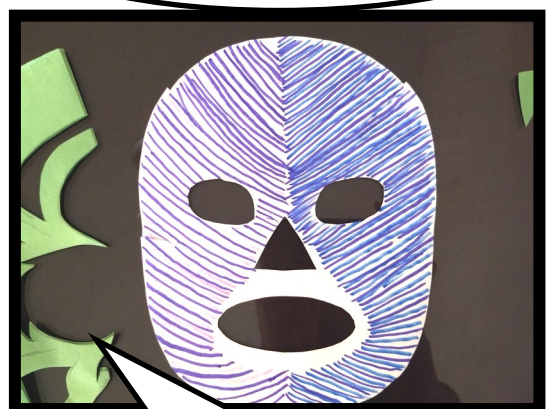
13. Cut out the shapes



14. Flip over the mask and open up the shapes



15. Check that the shapes all line up with the mask



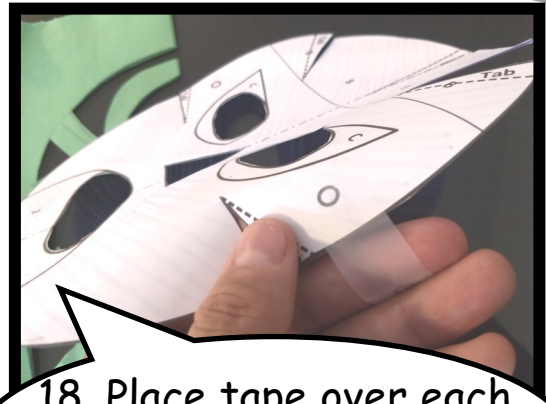
16. Color the base mask



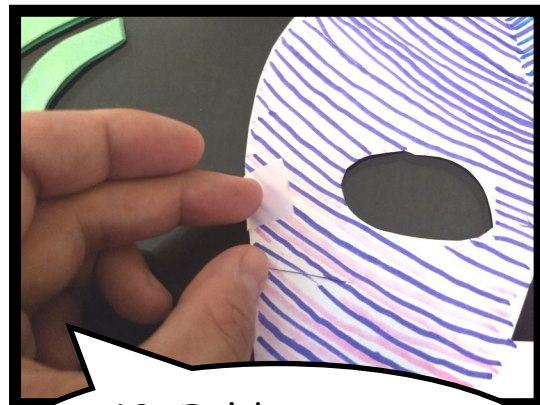
# Luchador Mask



17. Take some sticky tape



18. Place tape over each of the string-holes so that it hangs over the side



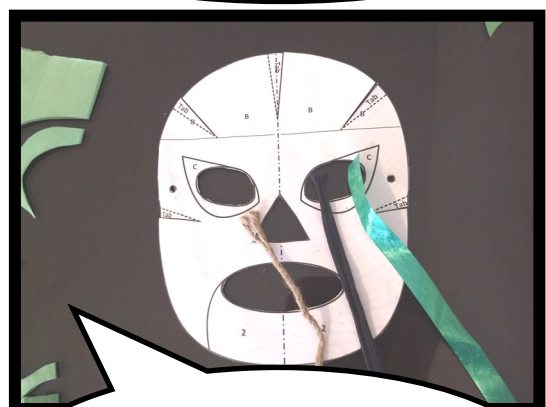
19. Fold tape over to the other side, behind the string-hole



20. Fold across the center of the string-hole



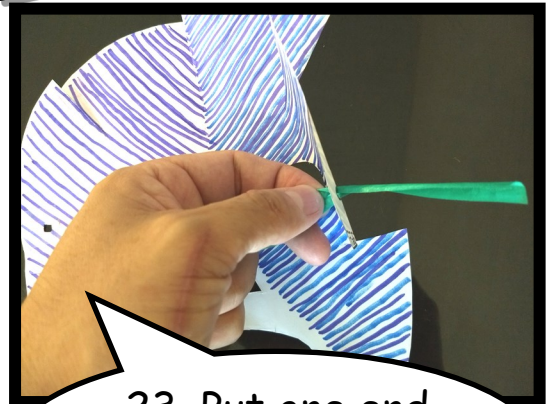
21. Carefully cut out the string-hole



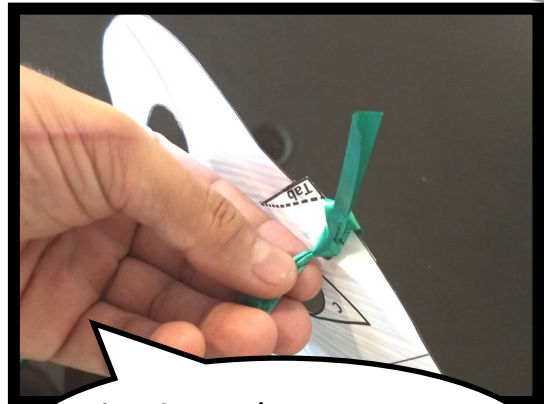
22. Take some string, yarn, ribbon, or even an old shoelace



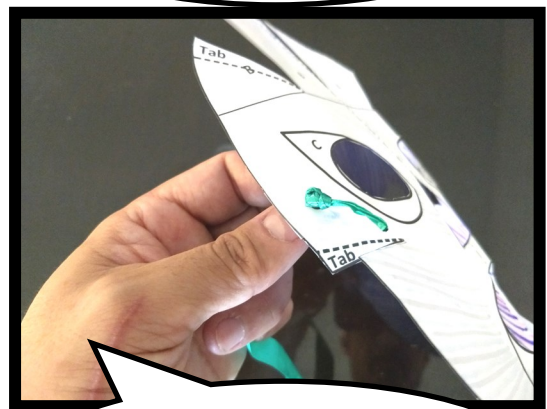
# Luchador Mask



23. Put one end through the back of the string-hole



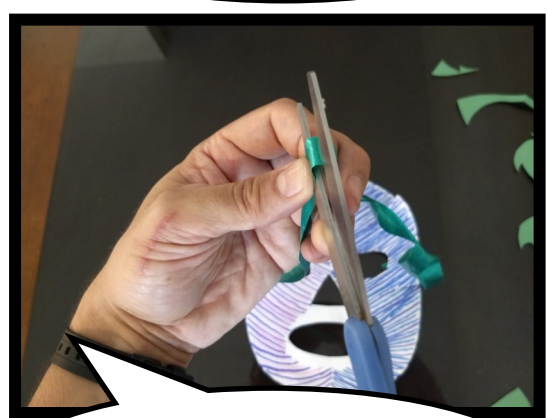
24a. Tie the string to the mask with two knots



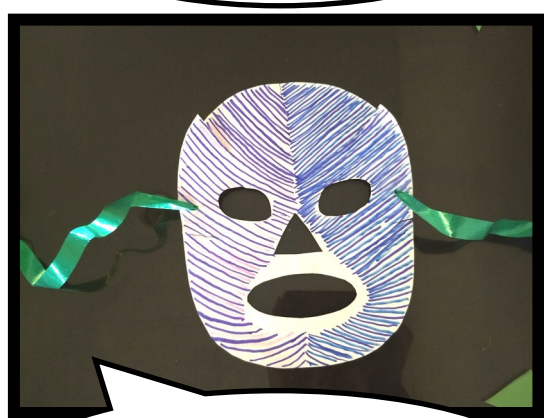
OR  
24b. Tie a double knot



25. Find the middle of the string



26. Cut the string in the middle



Try your mask on to check everything fits!

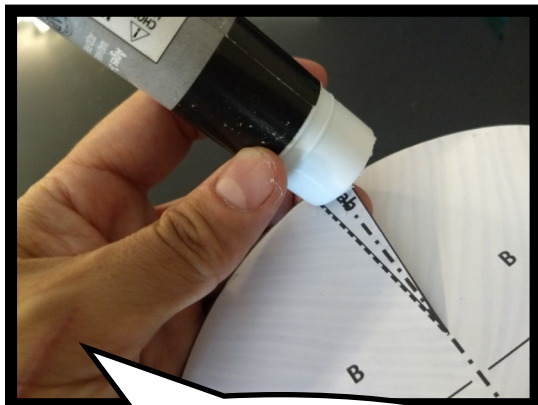
# Luchador Mask



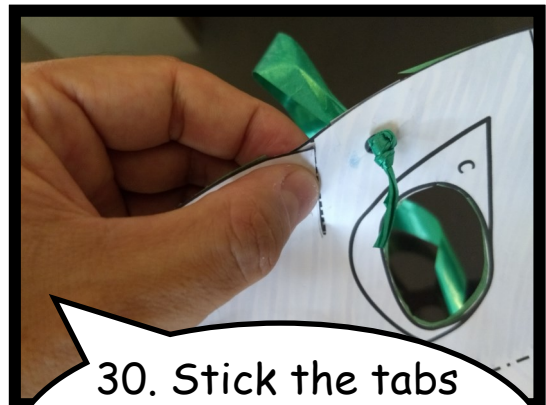
27. Apply glue to the back of the cut outs



28. Stick the cut outs to the mask



29. Apply glue to the tabs



30. Stick the tabs behind the mask section next to it to make a 3D shape



OPTIONAL: Trim any extra string with scissors



That's it, now you're ready to put on your mask!