## Lesson Plan

**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

<table>
<thead>
<tr>
<th>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)</th>
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| 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.  
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

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<thead>
<tr>
<th>Activity</th>
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<tr>
<td>Check-In/Opening Ritual: Each child says their name and their favorite animal</td>
<td>5 mins</td>
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<tr>
<td>Warm-Up/Introductory Activity: Worksheet – Follow through the text and complete the activity</td>
<td>20 mins</td>
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<tr>
<td>Core Activity: Creation of a Lucha Libre mask</td>
<td>1 hour</td>
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<tr>
<td>Steps/Procedures: Follow the procedure in the tutorial on the worksheet below</td>
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| Discussion Questions:  
- Why did you choose the basic mask shape you did?  
- How did you come up with your mask design? | |
| Vocabulary:  
**Lucha Libre:** 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.  
**Luchador:** “Wrestler” in Spanish  
**Máscara:** “Mask” in Spanish | |
| Check-Out/Closing Ritual | 5 mins |
| **Rose and Thorn:** Each student answers the question: what was one thing you enjoyed about | |

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| Check-Out/Closing Ritual | 5 mins |
| **Rose and Thorn:** Each student answers the question: what was one thing you enjoyed about | |
that activity (rose) and one thing that was challenging (thorn)? They each say “my rose was...” and “my thorn was...” giving their answer.

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<th>PLANNING</th>
<th>REFLECTION</th>
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<td><strong>Special Supplies Needed/Things to Prepare Ahead of Time</strong></td>
<td><strong>Challenges/Successes/Notes for Coordinator</strong></td>
</tr>
<tr>
<td><em>No need to list supplies you bring every day (pencils, crayons, scissors, paper, etc.)</em></td>
<td></td>
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<tr>
<td>• 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</td>
<td></td>
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<tr>
<td>• Construction paper in various colors, a minimum of one per student, but preferably more</td>
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</tr>
<tr>
<td>• Holepunch</td>
<td></td>
</tr>
<tr>
<td>• Optional: Hole protectors or tape</td>
<td></td>
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<tr>
<td><strong>For each student:</strong></td>
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<td>• One copy of the worksheet</td>
<td></td>
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<tr>
<td>• One mask template</td>
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<td>• Length of string, twine, yarn or ribbon for each child in order to tie it on their head</td>
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<td>• One set of markers, crayons or coloring pencils</td>
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<td>• Scissors</td>
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<tr>
<td>• Glitter pens (if available)</td>
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<tr>
<td>• Glue stick</td>
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Supplemental Materials
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.
What do you think would happen if regular people tried to do lucha libre at home?

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:

REAL NAME:

TÉCNICO (HERO) OR RUDO (VILLAIN)?

SIGNATURE MOVES:

Draw your luchador here
Wearing masks in wrestling started in Europe and the U.S.

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 MEXAMERICON AT THE ESB-MACC!!!

Now, ARE YOU READY TO MAKE YOUR 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!
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 cut out
- Sections A and C cut out
- Sections A, 1, and 2 cut out
- 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, C, and 1 cut out
- Sections A, B, C, 1, and 2 cut out
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.
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
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.
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!
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!