

## PARENT GUIDE

### Emma S. Barrientos Mexican American Cultural Center

Curriculum Title: Máscara de Lucha Libre/Luchador Mask

Time: 90 minutes

Ages/Group: 5-7

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?	This lesson promotes the Mexican art form of Lucha Libre mask design and creation, and the significance of the mask in Mexican Wrestling culture.

#### SUPPLIES NEEDED

- Copies of the Lucha Libre Mask templates printed on paper or cardstock One copy of the worksheet
- One set of markers, crayons or coloring pencils
- Scissors
- Glitter pens (if available)
- Holepunch, if available
- Optional: Hole protectors or tape
- Length of string, twine, yarn, or ribbon for each child in order to tie it on their head. Old shoe laces could also be used if long enough.

#### AGENDA

#### TIME

<u>Introductory Activity:</u> <b>Worksheets</b> (1 per student) <ul style="list-style-type: none"><li>• Read through and fill out the worksheet with your child.</li></ul>	30 mins
<u>Core Activity:</u> Creation of a Lucha Libre mask  <u>Steps/Procedures:</u> <ul style="list-style-type: none"><li>• Your child can cut out their mask (do this before coloring so that work is not wasted by a cutting mistakes). Depending on their level of coordination/age, they will need help.</li><li>• Help your child to cut out the eye-holes by:<ul style="list-style-type: none"><li>○ Puncturing it with a pencil then using scissors to cut it out (better if using cardstock)</li><li>OR</li><li>○ Folding on one of the dotted lines and making a cut with scissors, unfolding, then using the scissors to cut out the eye-hole</li></ul></li><li>• Color the mask</li><li>• <b>Optional:</b> Use glitter pens to create highlights by going over sections that are already colored. Works best if going over marker.</li></ul>	1 hour

- **Optional:** Place hole protectors or a piece of adhesive tape over each hole that will hold the string that secures the mask to the face. This should prevent tearing. In the case of tape, it is best to place one bit of tape on both sides of the paper.
- Punch holes in the two sides with a hole punch  
OR
- Crease the mask over the circles on the sides showing the holes and cut out the circles (parents should do this step!)
- Cut a length of string (or yarn/twine/ribbon), roughly 25" long
- Thread one end of the string through each side of the mask and tie with a double knot
- Cut the center point of the string so that there are now two strings that can be tied together
- Cut off any excess string
- Put the mask on and tie the mask at the back. Children with long hair should be careful to not tie their hair in the knot.

Discussion Questions:

- Why did you choose the mask design you did?
- Can you describe to me how you decorated your mask?
- What do you like about the colors you chose?

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

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



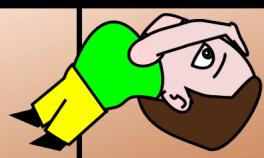
EL SANTO  
(THE SAINT)

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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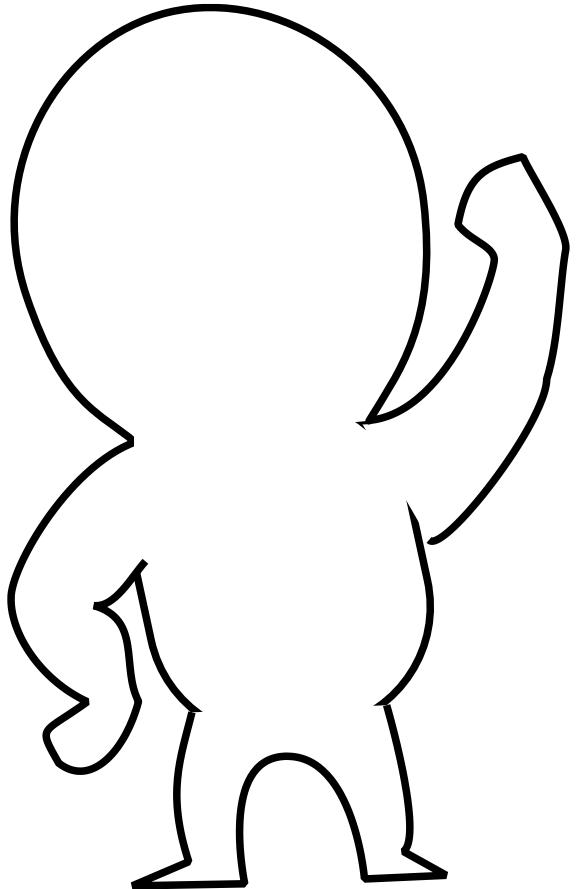
NICKNAMES:

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SIGNATURE MOVES:

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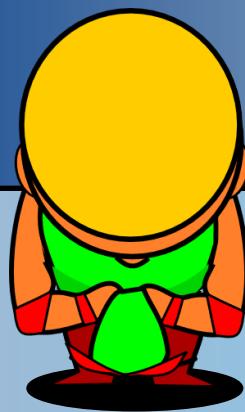
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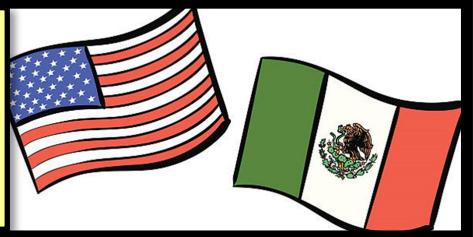
LUCHADOR MASKS ARE  
VERY SPECIAL AND  
MANY LUCHADORES  
SAY THEY ARE  
SACRED, WHICH  
MEANS THEY DESERVE  
LOTS OF RESPECT.



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?**

# Luchador Mask



1. Cut out your mask



You now have a basic form



2. Fold where the eye-holes are



3. Make a cut with your scissors



4. Put your scissors in that cut and cut out the eye-holes

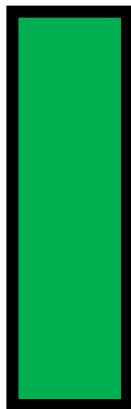


Time to color!

# Luchador Mask



5. Color your mask with markers, crayons or coloring pencils



6. Take some sticky tape



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

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



Please help me adult!

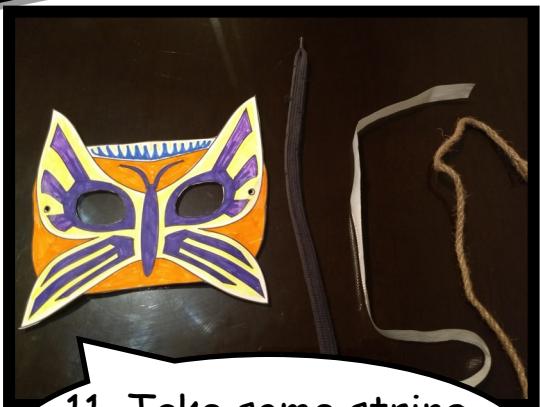
9. Fold where the string-hole is



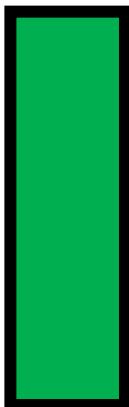
Please help me adult!

10. Carefully cut out the string-hole

# Luchador Mask



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



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



OPTION 13A: Tie a double knot



Make sure the knot won't go through the hole if you pull on it

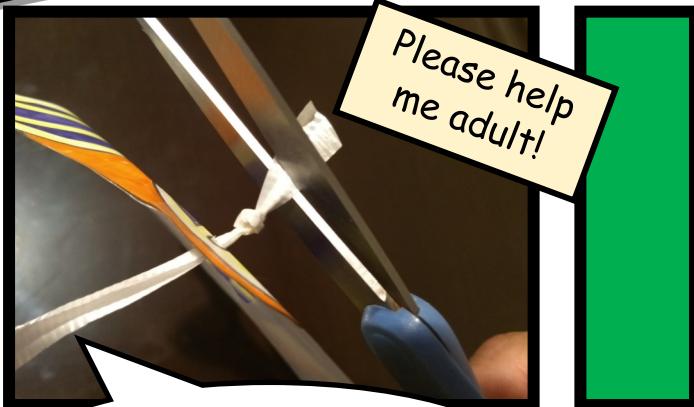


OPTION 13B: Tie the end at the front to the string at the back



Use two knots, but don't do it too tight, or it might rip the mask!

# Luchador Mask



14. Cut off any extra string to make it tidier

15. Cut the string in the middle



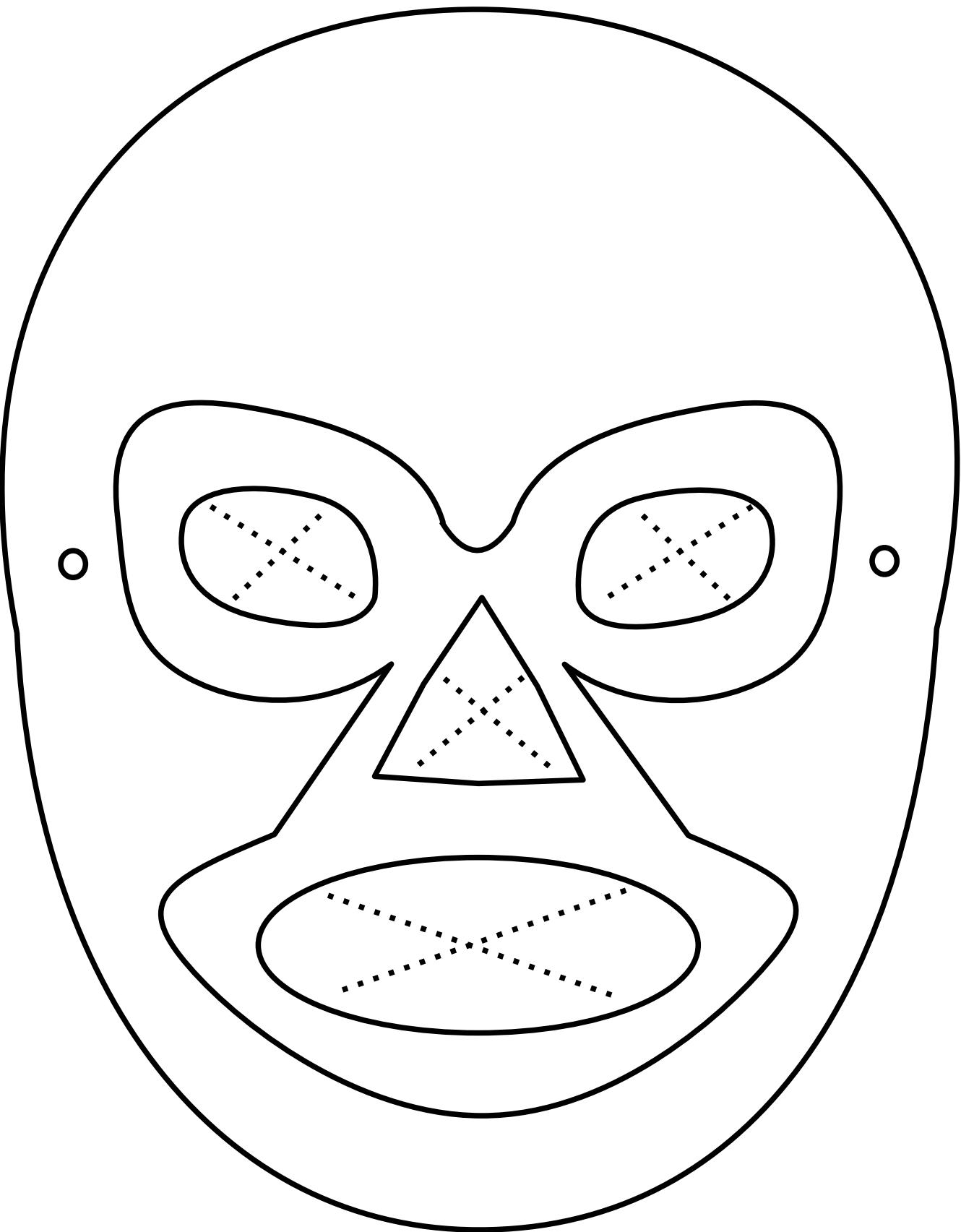
Now you have your luchador mask., I hope you had fun making it

16. Tie on the mask, you will probably need some help!

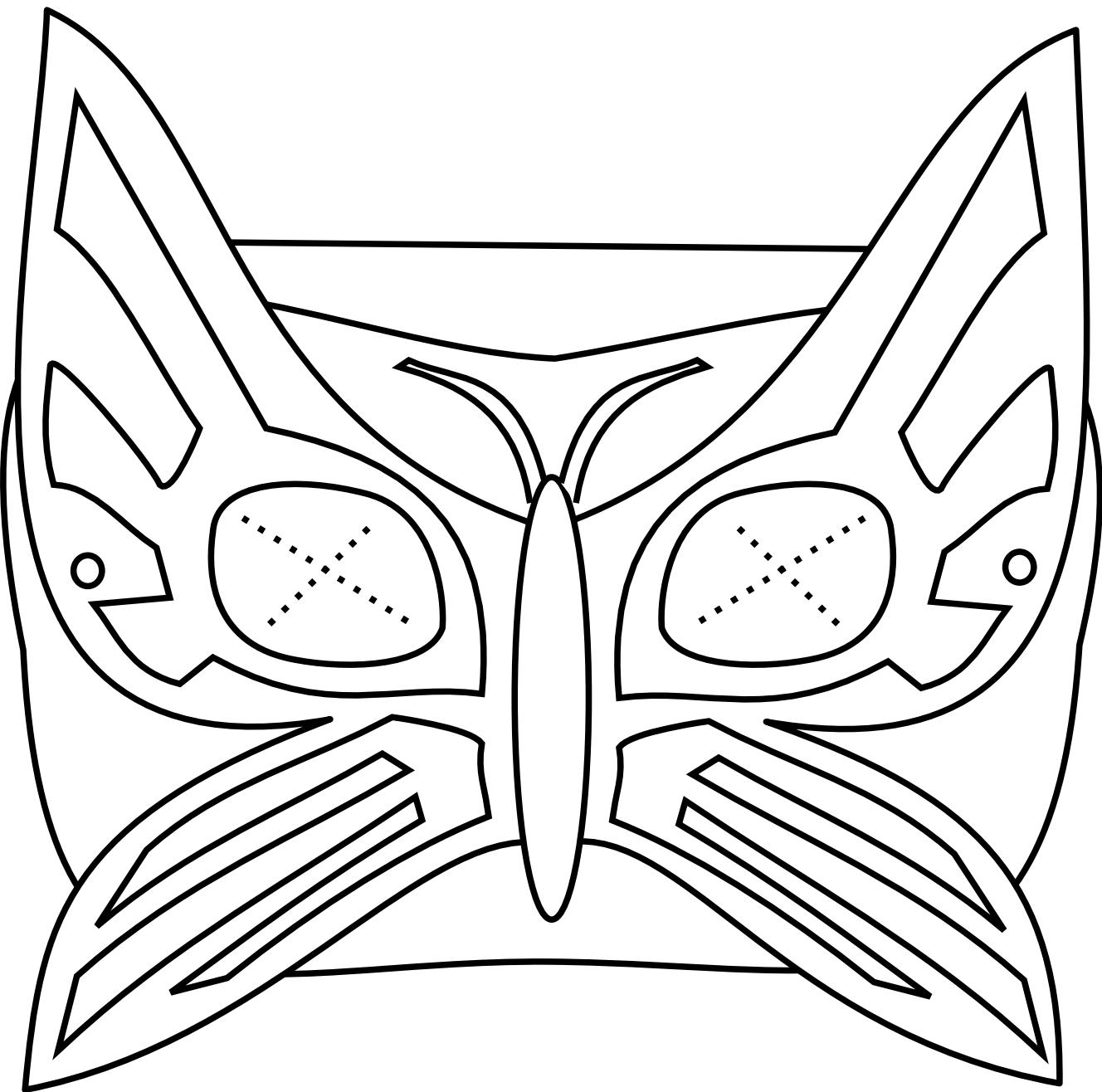


Maybe you can make more masks for the other people that you live with!





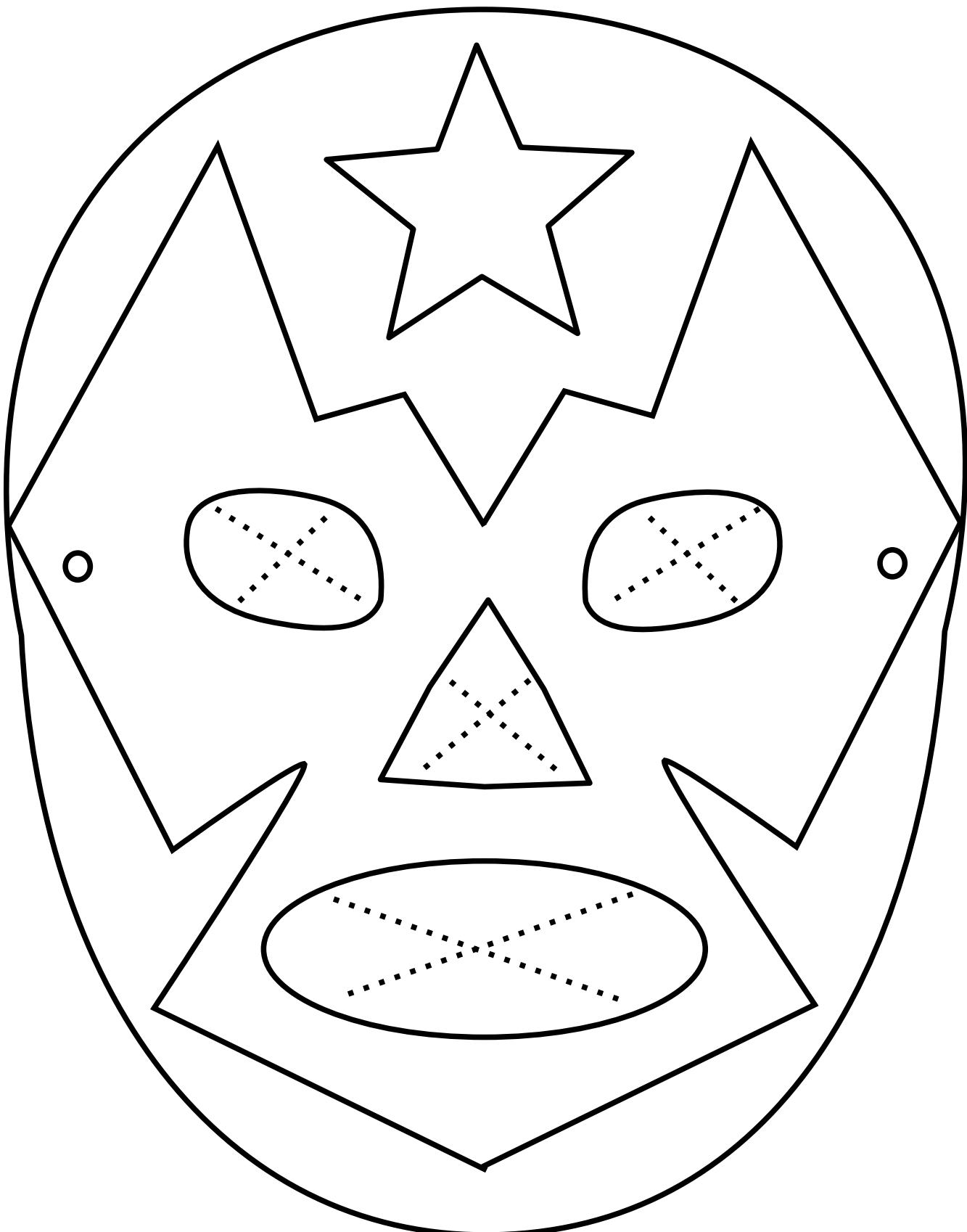
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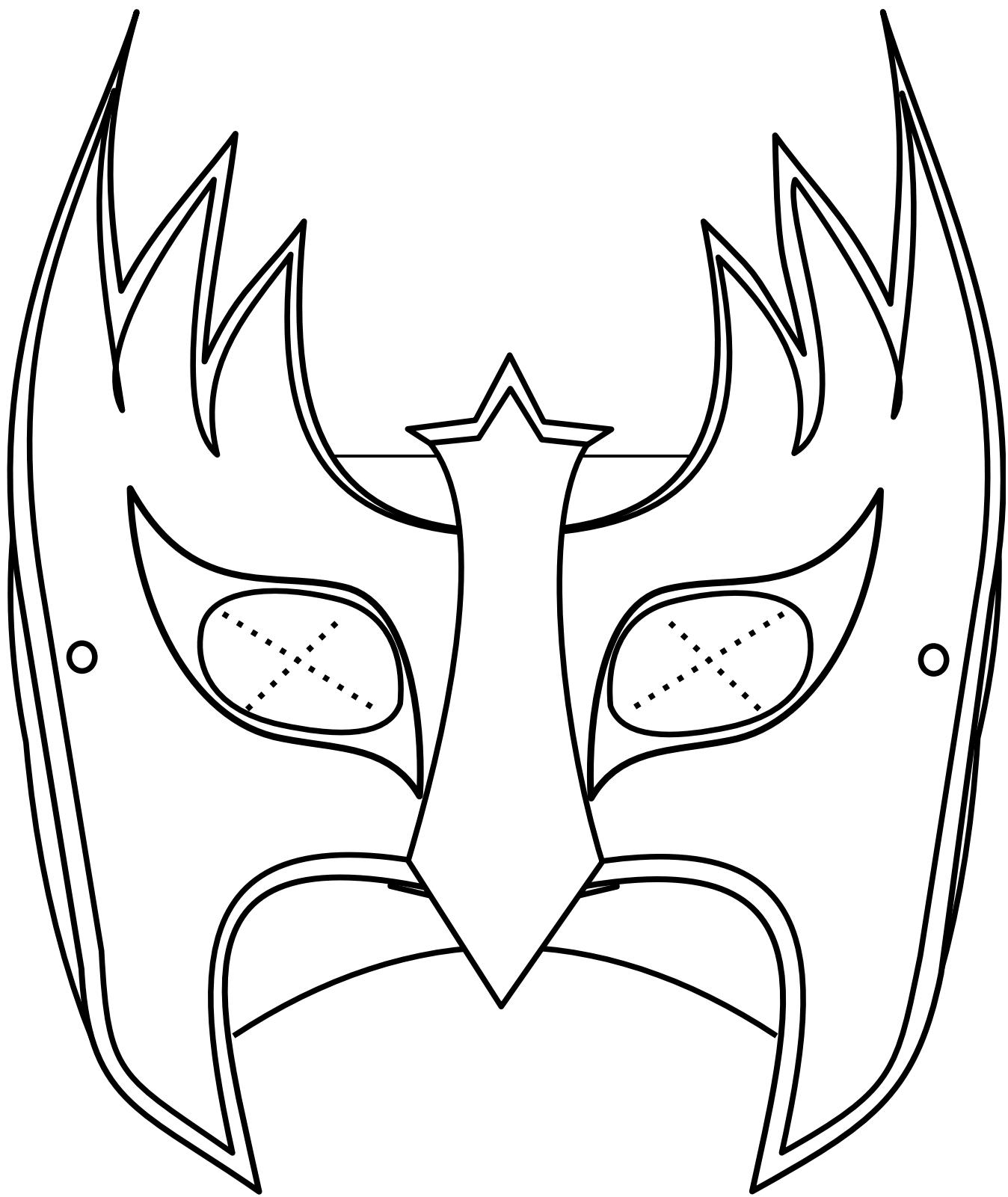
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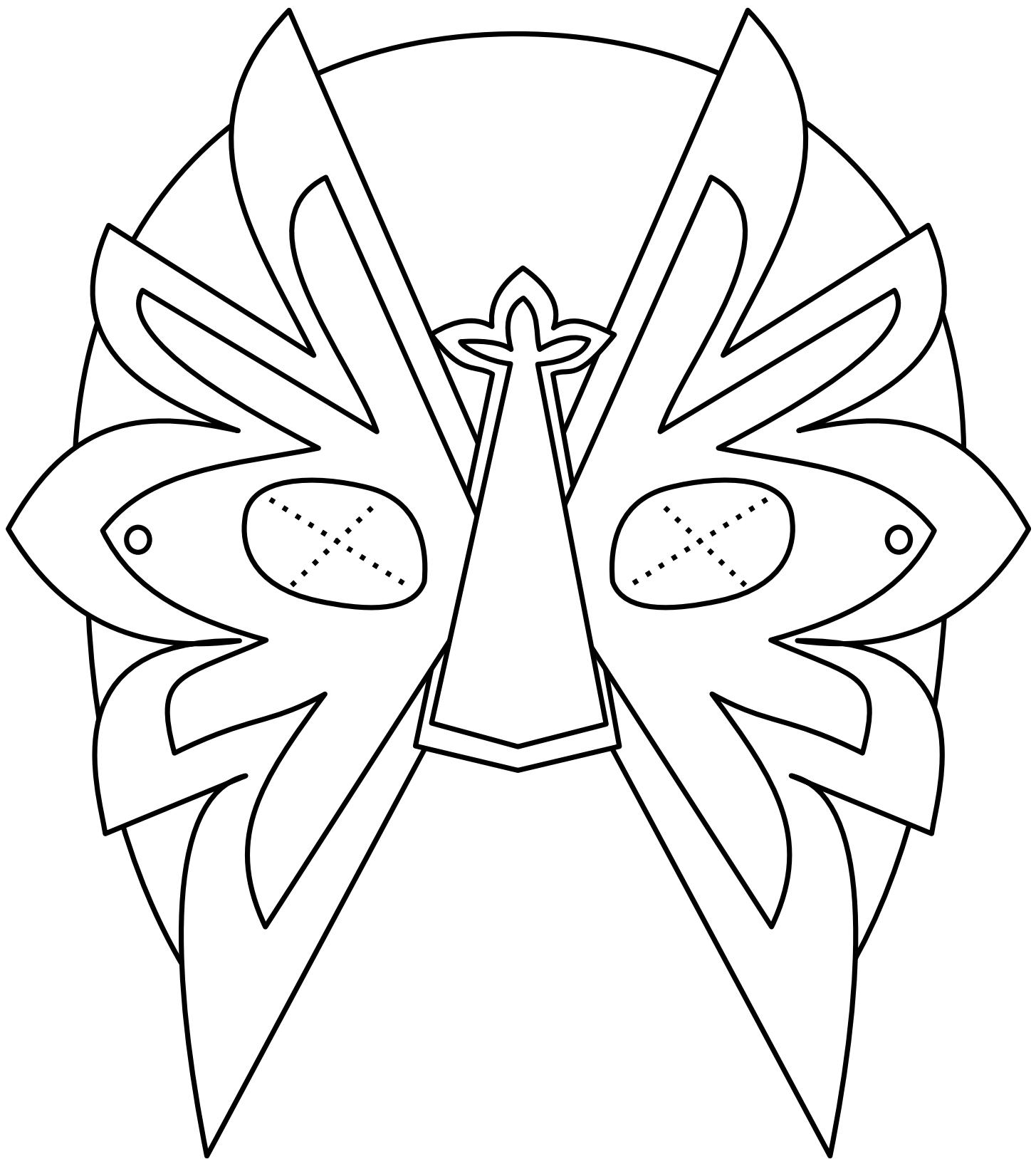
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