

# The Queen Of Limbo

Shemika Campbell - World Record Holder



*An inspiring video lesson story for all ages.*

**Includes:**

**Full video transcript, vocabulary.**

**Pre. While. After: lesson activities.**

**2 Guess The Guinness World Record**

**Activity Worksheets**

**Answer Sheets.**



**Teaching Resources**

# The Queen Of Limbo



**Instructions:** Watch a short video about a girl who limbo dances. Finish the activities.

**A. Before You Watch:** Complete the questions, share and discuss.

1. I think the world record for limbo is \_\_\_\_\_.
2. I think I can limbo as low as \_\_\_\_\_.
3. My guess is the girl is from \_\_\_\_\_.

**B. While You Watch:** Complete the sentences.

1. *Everyone in her \_\_\_\_\_ have been limbo dancers.*
2. *She must be flexible so every day she has to \_\_\_\_\_.*
3. *Shemika has to \_\_\_\_\_ while doing the limbo.*
4. *The \_\_\_\_\_ she feels while doing the limbo is what drew her to it.*
5. *Limbo is a big part of \_\_\_\_\_.*

**C. After You Watch:**



**Answer & Discuss:**

1. What do you admire most about Shemika?
2. Do you think you could one day do a Guinness World Record? Which one?
3. Who do you think is the best at limbo? In class? In school? Your family and friends?

# The Queen Of Limbo



**Instructions:** Watch a short video about a girl who limbo dances. Finish the activities.

**A. Before You Watch:** Complete the questions, share and discuss.

1. I think the world record for limbo is \_\_\_\_\_.
2. I think I can limbo as low as \_\_\_\_\_.
3. My guess is the girl is from \_\_\_\_\_.

**B. While You Watch:** Complete the sentences.

1. *Everyone in her family have been limbo dancers.*
2. *She must be flexible so every day she has to stretch.*
3. *Shemika has to hold her breath while doing the limbo.*
4. *The pain she feels while doing the limbo is what drew her to it.*
5. *Limbo is a big part of Trinidadian culture.*

**C. After You Watch:**



**Answer & Discuss:**

1. What do you admire most about Shemika?
2. Do you think you could one day do a Guinness World Record? Which one?
3. Who do you think is the best at limbo? In class? In school? Your family and friends?

# A Limbo Queen

Shemika Campbell - Guinness World Record Holder

I set the record for the lowest limbo of 8.5 inches in 2010. I'm very proud of that.



My name is Shemika Campbell, and I am a world class limbo dancer.

I'm originally from Trinidad and Tobago, which is also where limbo dance originated. It was a dance at **wakes** that symbolized entering from one life to another.

Now today, it's literally everywhere. I got into the art of limbo at the age of 14. My grandmother was a limbo dancer, my mother was a limbo dancer and it's only right that I'm a limbo dancer. I had to carry on that **legacy**, not only for my family, but also for my culture, as well.

Physically, I am very **flexible**. I do my daily stretches. I can't really feel normal stretches, so I have to like create my own, to where I really feel the stretch in my legs. I get a little crazy sometimes, for sure.

Ladies and gentlemen, the limbo queen, Shemika Campbell.

[Shemika] In order to make it under 8.5 inches, I have to hold my breath in order to **contort** my body to make it under the bar. At the same time I have to think about my arms, I have to think about my positioning. I move side to side just to show that I'm still **suspended**. I start to move actually physically under the bar and that's pretty much when I'm able to let the air out. And that's when I will get up.

# A Limbo Queen

Shemika Campbell - Guinness World Record Holder

The pain that I feel during practicing and pushing myself that comes with it, that's one of the things that really drew me to limbo.

It was something that I couldn't do easily. I love the challenge. Me making it under this bar perfectly every time, it means the absolute world.

I pretty much limbo any and everywhere. I've been on "America's Got Talent" twice. I've been on "The Ellen Degeneres show." I've been on "The Late Late Show with James Corden." When I see peoples' **reactions** and how appreciative they are of my ability to do this is just amazing. Alright.

Put it there, put it there. I really do appreciate you representing the city.  
- I absolutely love limbo.

I love everything about it. People think that limbo is just for fun. For Trinidadians like myself, it's really a big part of our culture. I feel like that's where my job comes in, to really show you this is more than just a fun little **activity**.



Name:

# Limbo

**Match the words to their definitions and synonyms**

**a wake      legacy      flexible      contort**  
**suspended      reaction      activity**

1

not touching the ground

2

something we do

3

ability to bend, like your body

4

a gathering after someone dies

5

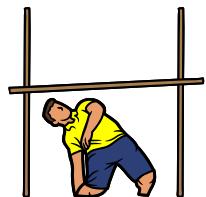
to change so it is different than normal

6

a special history

7

to act because of something else



# Guess The

## WORLD RECORDS

Read and then guess the Guiness World Record.  
Closest person wins!

1. Most eggs cracked with 1 hand in 1 minute

2. Longest lasting group hug.

hours

3. Most t-shirts worn at one time.

4. Furthest distance run in 24 hours.

5. Most bananas peeled and eaten in 1 minute.

6. Fastest sailing around the world solo.

days

7. Most days without any sleep.

days

8. Fastest land speed in a car.

kph

9. Oldest a person has ever lived.

years

10. Most push-ups done in 24 hours.

11. Most weight ever lifted over the head.

kg

12. Most languages a person speaks fluently.

# Guess The

## WORLD RECORDS

Read and then guess the Guiness World Record.  
Closest person wins!

1. Youngest ever Nobel prize winner

years old

2. Longest time holding breath under water

minutes

3. Fastest speed on a bicycle

4. Most coins stacked into a tower in 1 minute

5. Most Guinness World Records set

6. Highest ever high jump

meters

7. Longest time lost, adrift at sea alone

days

8. Longest time spinning a basketball with one finger

minutes

9. Longest paper airplane flight

meters

10. Largest litter of puppies given birth to

11. Most hot dogs eaten in 3 minutes

12. The longest coin spin

seconds

Name:

# Limbo

**Match the words to their definitions and synonyms**

**a wake      legacy      flexible      contort**  
**suspended      reaction      activity**

1

suspended

not touching the ground

2

activity

something we do

3

flexible

ability to bend, like your body

4

a wake

a gathering after someone dies

5

contort

to change so it is different than normal

6

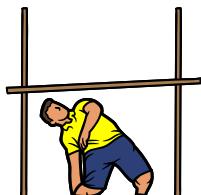
legacy

a special and important history

7

reaction

to act because of something else



# Guess The

## WORLD RECORDS

Read and then guess the Guiness World Record.  
Closest person wins!

1. Most eggs cracked with 1 hand in 1 minute

32

2. Longest lasting group hug.

30

hours

3. Most t-shirts worn at one time.

260

4. Furthest distance run in 24 hours.

303.3

km

5. Most bananas peeled and eaten in 1 minute.

8

6. Fastest sailing around the world solo.

42

days

7. Most days without any sleep.

11

days

8. Fastest land speed in a car.

1,227.985

kph

9. Oldest a person has ever lived.

122

years

10. Most push-ups done in 24 hours.

46,001

11. Most weight ever lifted over the head.

263.5

kg

12. Most languages a person speaks fluently.

59

# Guess The

## WORLD RECORDS

Read and then guess the Guiness World Record.  
Closest person wins!

1. Youngest ever Nobel Prize winner	17	years old
2. Longest time holding breath under water	24	minutes
3. Fastest speed on a bicycle	183.9	mph
4. Most coins stacked into a tower in 1 minute	69	
5. Most Guinness World Records set	600	
6. Highest ever high jump	2.45	meters
7. Longest time lost, adrift at sea alone	133	days
8. Longest time spinning a basketball with one finger	11.4	minutes
9. Longest paper airplane flight	69.14	meters
10. Largest litter of puppies given birth to	24	
11. Most hot dogs eaten in 3 minutes	9	
12. The longest coin spin	25.71	seconds

# Please visit us!

The largest and most complete lesson library on the web.



Everything in English language teaching



[SUBSCRIBE](#)

Follow  
-US-



Follow Us On

[Teachers Pay Teachers](#)