

## **Study Guide for First Graders: Media Masters Rock - The Rubber Band Rule**

**Overview:** This study guide will help students dive deeper into the ideas shared in the video *Media Masters Rock - The Rubber Band Rule*. The lesson focuses on teaching kids how to think carefully before posting or sharing anything online, emphasizing responsibility and the lasting impact of their actions on social media.

### **Learning Objectives:**

1. Understand the concept of the Rubber Band Rule.
2. Recognize the importance of thinking before posting online.
3. Practice responsible online behavior.

### **Step 1: Video Recap (5 minutes)**

#### **Ask the class:**

1. What is a Media Master? (Answer: Someone who thinks first and takes responsibility for their actions online and offline.)
2. What is the Rubber Band Rule? (Answer: Everything you do online can "snap back" on you.)

#### **Discuss examples from the video:**

- Posting something mean can snap back and hurt your feelings later.
- Posting something funny or kind can make people happy and snap back in a good way.

### **Step 2: Interactive Activity - The Rubber Band Game (10 minutes)**

**Materials:** A rubber band for the teacher (or use a visual demonstration).

1. Stretch the rubber band and say: "This is like when you post something online."
2. Let it snap back and say: "It always comes back to you in some way."
3. Show different examples (stretch it lightly for something kind, stretch it far for something mean, and let it snap back).

#### **Ask the class:**

- What happens when I let go of the rubber band? (It snaps back!)
- How is that like what we say or do online?

### **Step 3: Group Discussion - Think First (10 minutes)**

#### **Ask the class:**

- What could happen if you post something mean online?
- What could happen if you post something kind?
- Why is it important to think first?

Write these words on the board: THINK FIRST. For each letter, brainstorm as a class:

- T = Is it True?
- H = Is it Helpful?
- I = Is it Inspiring?
- N = Is it Necessary?
- K = Is it Kind?

### **Step 4: Creative Expression - Draw Your Rubber Band Rule (15 minutes)**

**Activity:** Have students draw a picture showing someone being a Media Master and following the Rubber Band Rule. For example:

- A superhero thinking before they post.
- A happy rubber band snapping back in a good way.

**Prompt:** Ask students to include one sentence with their drawing, such as "Media Masters always think first!"

### **Step 5: Role-Playing - Be a Media Master (10 minutes)**

**Scenario 1:** Someone posts a mean comment. What do you do? **Scenario 2:** You see something funny and want to share it. What should you check first?

**Let students act out responses.** Give positive feedback for Media Master behavior!

### **Wrap-Up (5 minutes)**

#### **Review Key Points:**

1. What is the Rubber Band Rule? (Everything you post online can come back to you.)
2. How can you be a Media Master? (Think first and be responsible.)

**End with a Cheer:** “Media Masters rock! We think first, and we’re awesome online!”

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