

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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