

## Study Guide for First Graders: Media Masters Rock - The AQBS Rule

**Overview:** This study guide is designed to help first graders understand and apply the AQBS Rule from the video *Media Masters Rock - The AQBS Rule*. The lesson teaches students to think critically about their emotions and online content by asking questions and being skeptical before reacting to posts on social media.

### Learning Objectives:

1. Understand the AQBS Rule (Ask Questions, Be Skeptical).
2. Practice pausing and thinking before responding to strong emotions.
3. Learn to question the truthfulness of online content.

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

#### Ask the class:

1. What does AQBS stand for? (Answer: Ask Questions, Be Skeptical.)
2. Why is it important to follow the AQBS Rule? (Answer: It helps us think first and make better choices online.)

#### Discuss examples from the video:

- When you feel a strong emotion from a post, what should you do first? (Ask questions about your feelings and the post.)
- Why should we be skeptical? (Because not everything online is true.)

### Step 2: Interactive Activity - Emotion Detective (10 minutes)

**Materials:** Emotion cards or printed emojis showing different feelings (e.g., happy, sad, angry, afraid, surprised).

1. Show an emotion card or emoji to the class.
2. Ask students to describe a time they felt this emotion.
3. Practice asking questions about the emotion:
  - Why am I feeling this way?
  - Do I need to act on this feeling?

- Could reacting hurt me or someone else?

**Discuss:** How can asking questions help us make better choices online?

### **Step 3: Truth or Not? (10 minutes)**

**Materials:** Examples of online posts (real or fictional) on large cards or slides (e.g., "Aliens landed on my dog's head!" or "The school is giving away 100 hamburgers to each kid tomorrow!" or "Students are now required to wear a pineapple to school every day"), "Students must now answer test questions, but using only their feet".

1. Read or show each example to the class.
2. Work together to ask these questions:
  - Is it true?
  - What evidence shows it is true?
  - Could it be false? What's the evidence?

**Explain:** Being skeptical doesn't mean you don't believe anything, but it means you think carefully first.

### **Step 4: Creative Expression - Make Your AQBS Badge (15 minutes)**

**Activity:** Have students design their own "Media Master AQBS Badge."

- Include the words "Ask Questions, Be Skeptical" on the badge.
- Draw something that reminds them to pause and think, like a superhero or a stop sign.

**Prompt:** Encourage them to use bright colors and write one question they will ask before responding to a post.

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

**Scenario 1:** You see a post that says, "Everyone gets 100 free hamburgers today!"

**Scenario 2:** Someone posts something mean about your friend.

**Ask students:** What questions should you ask? How can you be skeptical? Let students act out their responses. Highlight Media Master behavior.

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

### **Review Key Points:**

1. What is the AQBS Rule? (Ask Questions, Be Skeptical.)
2. Why should we pause before responding to strong emotions?
3. How does being a Media Master help us online?

**End with a Cheer:** “Media Masters rock! We ask questions, we’re skeptical, and we’re smart online!”

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