

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

**Overview:** This study guide helps kindergarteners learn about the "Rubber Band Rule." It teaches them that their actions online, like rubber bands, can "snap back" to them. Kids will understand the importance of thinking before posting, sharing, or liking online.

### **Learning Objectives:**

1. Understand the "Rubber Band Rule" and how actions online can come back to you.
2. Learn why it's important to think before you act online.
3. Practice making kind and thoughtful choices on the internet.

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

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

1. What do Media Masters always do before they act? (Answer: They think first!)
2. What does the "Rubber Band Rule" mean? (Answer: Everything you do online can snap back to you.)

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

- If you post something funny, what might happen? (Answer: It can come back to you!)
- If you post something mean, what might happen? (Answer: It can hurt you later.)

### **Step 2: Interactive Activity - Snap Back! (10 minutes)**

#### **Materials:**

- A rubber band for the teacher to demonstrate (no snapping on kids!).

#### **Activity:**

1. Show the rubber band. Pull it back gently and let it snap.
2. Explain: "This is like the internet! Whatever you post, share, or say can come back to you, just like this rubber band."
3. **Practice Examples:**

- Say: "What if you post a picture of a nice drawing?" (Pretend to stretch the rubber band, then gently release it.)
  - Ask: "Is this a kind or mean choice? What might happen?"
- Say: "What if you write something mean about a friend?" (Stretch the rubber band a little farther.)
  - Ask: "What might happen when it snaps back? How will your friend feel? How will you feel?"

### **Step 3: Group Discussion - Be a Media Master (10 minutes)**

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

- What kinds of things should we post to make the internet better? (Answer: Kind, helpful, and truthful things!)
- What should we do before we like, share, or post something? (Answer: Think first!)

Write examples on the board:

- "A picture of your favorite toy" – Good or bad to post?
- "A mean comment about someone's drawing" – Good or bad to post?
- "A nice message to your friend" – Good or bad to post?

### **Step 4: Creative Expression - Rubber Band Art! (15 minutes)**

#### **Materials:**

- Paper, crayons, and rubber bands (or use drawings of rubber bands).

#### **Activity:**

1. Give each child a piece of paper with a big rubber band outline drawn on it.
2. Inside the rubber band, ask them to draw or write one kind or helpful thing they could post online (e.g., a picture of their pet, a nice message, or a happy drawing).
3. On the back of the paper, have them draw a sad face to remind them how it feels when something mean snaps back.

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

### **Scenarios:**

1. You see a funny picture of a dog wearing a hat. Should you share it? (Answer: Yes, if it's kind and truthful!)
2. Someone posts a mean comment about a friend. Should you like or share it? (Answer: No, because it's hurtful and might snap back.)
3. You want to post a picture of your favorite snack. What should you do first? (Answer: Think: Is it kind, truthful, and helpful?)

**Let the kids act out their answers** and explain why they made their choice.

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

### **Review Key Points:**

1. What is the "Rubber Band Rule"? (Answer: Everything you do online can snap back on you.)
2. What should you do before you like, share, or post something? (Answer: Think first!)
3. What kinds of posts make the internet better? (Answer: Kind, helpful, and truthful posts!)

**End with a Cheer:** "Media Masters rock! We think first, act wisely, and make the internet a better place!"

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