

Study Guide for Kindergarteners: Media Masters Rock - The AQBS Rule

Overview: This study guide is designed to help kindergarteners learn the AQBS Rule from the video *Media Masters Rock - The AQBS Rule*. The lesson focuses on teaching young children to pause, think, and ask questions before responding to emotions or online content.

Learning Objectives:

1. Learn what AQBS stands for (Ask Questions, Be Skeptical).
2. Practice stopping and thinking before reacting to strong emotions.
3. Understand how to be thoughtful about what they see online.

Step 1: Video Recap (5 minutes)

Ask the class:

1. What does AQBS mean? (Answer: Ask Questions, Be Skeptical.)
2. Why is it important to stop and think before reacting? (Answer: It helps us make good choices.)

Simple Examples:

- If you see something that makes you feel mad, what should you do? (Stop and ask questions!)
- If you're not sure if something is true, what should you do? (Be skeptical!)

Step 2: Emotion Exploration - How Do I Feel? (10 minutes)

Materials: Large emoji cards (happy, sad, mad, surprised).

1. Hold up an emoji card.
2. Ask the kids to name the feeling. (e.g., "This face is angry! How do you know?")
3. Practice asking questions about emotions:
 - Why do I feel this way?
 - Do I need to do anything about it?

Activity: Have kids act out the emotion on the card, then "freeze" when you say, "Media Master time!" They then practice asking questions about the feeling.

Step 3: Is It True or Not? (10 minutes)

Materials: Big pictures of silly or fun "posts" (e.g., "Cats can fly!" or "It's raining candy today!").

1. Show a picture or "post."
2. Ask the class:
 - Is this true?
 - What could we do to check if it's true?

Explain: Being a Media Master means stopping to think before believing everything we see online.

Step 4: Craft Time - Media Master Masks (15 minutes)

Activity:

1. Give each child a paper plate and craft supplies (markers, stickers, yarn).
2. Help them create a "Media Master Mask" they can wear.
3. Add these words to the mask: "Ask Questions, Be Skeptical."

Prompt: While decorating, ask: "What should a Media Master do if they see something online that surprises them?"

Step 5: Story Time - Media Master Adventures (10 minutes)

Scenario 1: A post says, "If you click here, you'll get a free toy!" **Scenario 2:** A post shows a picture of a funny animal doing something unbelievable.

Ask kids:

- What should we do first? (Stop and ask questions!)
- How can we check if it's true?

Role-Play: Let children take turns pretending to be Media Masters who ask questions before reacting.

Wrap-Up (5 minutes)

Review Key Points:

1. AQBS means Ask Questions, Be Skeptical.
2. Stop and think when you feel a strong emotion.
3. Being a Media Master means being smart and thoughtful online.

End with a Cheer: "Media Masters rock! We ask questions, we're skeptical, and we think before we act!"

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