

Study Guide for First Graders: Media Masters Rock - How Full Is It?

Overview: This study guide helps first graders learn how to assess social media posts using the "How FULL Is It?" rule. It teaches them to think critically about whether a post is truthful, hurtful, or helpful, and guides them in making positive online choices.

Learning Objectives:

1. Understand the "How FULL Is It?" rule.
2. Learn to evaluate posts for truthfulness, helpfulness, and hurtfulness.
3. Practice pausing and thinking before reacting to online posts.

Step 1: Video Recap (5 minutes)

Ask the class:

1. What do Media Masters always do first? (Answer: Think before they act!)
2. What are the three questions we ask to decide if a post is FULL? (Answer: Is it truthful? Is it hurtful? Is it helpful?)

Discuss examples from the video:

- What should you do with a post that is helpful? (Answer: Share it!)
- What about a post that is hurtful or untruthful? (Answer: Don't share it!)

Step 2: Interactive Activity - FULL or NOT FULL? (10 minutes)

Materials:

- Printed or written examples of posts on cards (e.g., "A picture of a cute puppy," "A mean comment about someone," "A post that says pigs can fly without evidence").
1. Show one example at a time.
 2. Ask the class to decide if the post is FULL or NOT FULL by answering these questions:
 - Is it truthful?
 - Is it helpful?

- Is it hurtful?
3. If the post is FULL, ask them to give it a thumbs-up. If it's NOT FULL, they give it a thumbs-down.

Step 3: Group Discussion - THINK FIRST, ACT WISELY (10 minutes)

Ask the class:

- Why is it important to pause and think before liking, sharing, or commenting on a post?
- What happens when we share hurtful or untruthful posts?

Write examples on the board and ask the class to share their thoughts:

- A post that says, "You can win a million dollars!"
- A post that shares tips for helping a sick pet.
- A post that makes fun of someone's hair.

Step 4: Creative Expression - Fill the Jar! (15 minutes)

Activity:

1. Give each student a blank drawing of a jar.
2. Ask them to draw or write examples of posts that would make the jar FULL (truthful, helpful, kind posts).
3. On the back of the jar, have them draw or write one example of a post they wouldn't share (hurtful or untruthful).

Prompt: Encourage students to think about posts that help others or make the internet a better place.

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

Scenario 1: You see a post that says, "Aliens visited my backyard last night and landed on my dog's head!"

- How truthful is it?

- Should you share it? Why or why not?

Scenario 2: Your friend posts a picture of their new pet.

- How helpful is it?
- Should you like or share it? Why?

Scenario 3: Someone posts a mean comment about another student.

- How hurtful is it?
- Should you respond? What's the best Media Master choice?

Let students act out their answers and explain their choices.

Wrap-Up (5 minutes)

Review Key Points:

1. What does "How FULL Is It?" mean? (Answer: Asking if a post is truthful, helpful, or hurtful.)
2. Why should we think before we act online? (Answer: To make the internet a better place!)
3. What should we do with posts that are hurtful or untruthful? (Answer: Don't share them!)

End with a Cheer: "Media Masters rock! We ask, 'How FULL is it?' and make the internet a better place!"

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