

MASK+4Teachers

Lesson Book Guide



Y3 + V.1



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Lesson Book Guide

Session 3: Grades K-3 (v1)

Overview

There are 3 main lesson topics which are laid out for the school year; Fall (Relational Development), Winter (Digital Solutions) and Spring (Health & Wellness).

Each lesson has 13 accompanying activities.

We suggest incorporating these activities into your designated **MASK Day** (i.e. “MASK Monday” or “MASK Mid-week”) schedule, but you are welcome to incorporate them whenever you have time in your day. Remember, these activities are not meant to add to your plate, but instead to replace other similar learning activities. Each activity was designed to meet Teaching Standards to ensure that you can embed them into your current teaching plan. Teaching Standards and ESSA (Every Student Succeeds Act) alignments are provided in the course description.

MASK+Keys 2 Success

This digital platform is a turn key approach. The platform bookmarks where you are in program. The topics are meant to complete each week. There are optional (Extra Credit) included at the bottom of each activity.



MANDATORY pause: When you see an otter paw with a PENCIL on the screen, please pause the video to allow for student work time.

MASKMatters App

The MASKMatters app has been designed to give students, parents, and teachers tools and resources to complement all the topics MASK addresses. This information is age-appropriate and is available in Spanish. Getting quick and current information about these issues has never been easier or more convenient. Download the MASKMatters App today, and have modern-day parenting solutions right at your fingertips.



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MASK+Extra Credit



Each Activity has an optional activity which we call MASK Extra Credit.

You will find these on the bottom of each page.

- ACT 1 (Take 5) stand up or raise your hand**
- ACT 2 MASK Otter do 4 This Week**
- ACT 3 Pawsitive Pals**
- ACT 4 MASK Mindfulness Printout**
- ACT 5 Pawsitive Posters**
- ACT 6 MASK Science Lab**
- ACT 7 Mash & Move Contest**
- ACT 8 Conversation Starters**
- ACT 9 MASK Role Play Activity**
- ACT 10 Conversation Starters**
- ACT 11 MASK Recess**
- ACT 12 Conversation Starters**
- ACT 13 (Take 5) stand up or raise your hand**

E3 RELATIONAL DEVELOPMENT

★ Chatter Matters: Lesson 1

Lesson 1 Overview

This lesson has 13 accompanying activities. Learning Outcomes are listed below for you to review with your students before and after the lesson.

Learning Outcomes

- ★ Feelings and Communication
- ★ Dangers of Non-Communication
- ★ How to Communicate



Watch these three video lessons before moving on to activities.



5:14 (min)



8:09 (min)



8:18 (min)

Sierra's Story (Page 2)

- ➔ This story can be found in your students' Lesson Book on page 2. The story is meant to be a reference for you and your students. We encourage you to refer back to this story page at the beginning of each activity to help engage your students and review the lesson.

Sierra and her sister Summer are best friends. They live with their grandparents because their parents travel a lot. A few weeks ago, Summer started acting different and Sierra was worried. Sierra started to think that Summer had started smoking. Sierra wanted to talk to Summer, but when she tried, Summer told Sierra to mind her own business and walked away. Sierra felt awful. She did not know what to do, so she kept her feelings bottled up inside. One day, Sierra's grandparents asked her if everything was okay. Sierra realized she had the **power** to tell a trusted adult about what was going on. She was feeling so many emotions and she knew she couldn't keep them bottled up inside. She needed to **listen to her body**. Sierra told her grandparents that Summer had started smoking and that she was really worried. Sierra made **chatter matter** by talking to her grandparents, and they were able to help Summer make **safe, healthy choices**.

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Lesson Review (Pages 1-4)

- Estimated time: 20 minutes
 - ☐ **Click on Activity 1 Video:**
- Feel free to play the MASH & Move video and ask students to stand up and follow along to help reinforce this message during the Chatter Matter Lesson.
 - **Click on “Mash & Move” Video:**
 - Ask your students to think of something they would like to pledge to do based on what they learned in the lesson. Some examples could be:
 - “I pledge to make chatter matter.”
 - “I pledge to pay attention to my feelings.”
 - “I pledge to talk about my feelings.”
 - Ask your students to **write, draw, or discuss** their pledges (*page 4*).



i-messages (Page 5)

- Estimated time: 10 minutes
 - ☐ **Click on Activity 2 Video:**
- Read through the i-messages with your students.
 - “I will pay attention to my feelings.”
 - “I will make chatter matter.”
 - “I will start the conversation.”
- Ask your students to write or draw three of their trusted adults on the lines provided.



Journal Prompts (Pages 6-9)

- Estimated time for each: 15 minutes
- There are a total of four Journal Prompts in this section. **Activity 4 and Activity 6** have **additional** videos to watch *after* completing the writing activity.
- Utilize the story (*page 2*) to review what your students learned in the lesson.
- Ask your students to write or draw a response for each Journal Prompt.
 - ☐ **Activity 3:** (*Page 6*)
 - ☐ **Activity 4:** (*Page 7*) & **MASK Mindfulness**
 - ☐ **Activity 5:** (*Page 8*)
 - ☐ **Activity 6:** (*Page 9*) & **MASK Science Lab**

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Activity Time



“Mash & Move” Video (Page 10)

- Estimated time: 5 minutes
- Play the video and let the MASK Mentors lead your students through this activity.
→ **Click on “Mash & Move” Video:**
- Have students fill in the missing words on (page 10).
 - “Making chatter matter, helps you, helps me, getting my feelings out keeps me healthy.”

Activity Time



“Reveal How I Feel” Video (Page 11)

- Estimated time: 15 minutes
- Ask your students to take out their Lesson Books.
- Play the video and let the MASK Mentors lead your students through this activity.
→ **Click on Activity 8 “Reveal how I feel” Video:**

MANDATORY pause: When you see an otter paw with a PENCIL on the screen, please pause the video to allow for student work time.



Activity Time



Journal Prompts (Pages 12-15)

- Estimated time for each: 15 minutes
- There are a total of four Journal Prompts in this section.
- Review the story (page 2) to remind your students what they learned in the lesson.
- Ask your students to write or draw a picture to respond to each Journal Prompt.
 - **Activity 9:** (Page 12)
 - **Activity 10:** (Page 13)
 - **Activity 11:** (Page 14)
 - **Activity 12:** (Page 15)

Activity Time



“Word Up” Video (Page 16).

- Estimated time: 25 minutes
- Ask your students to take out their Lesson Book.
- Play the video and let the MASK Mentors lead your students through this activity.
→ **Click on Activity 13 “Word Up” Video:**

MANDATORY pause: When you see an otter paw with a PENCIL on the screen, please pause the video to allow for student work time.



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