

# MASK+4Teachers

## Lesson Book Guide



Y3 + V.1



engage  educate  empower

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## Lesson Book Guide

### Year 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**

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## ★ Cyber-Power: Lesson 2

### Lesson 2 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

- ★ Positive & Negative Online Use
- ★ Cyberbullying
- ★ #cool2bkind



Watch these three video lessons before moving on to activities.



4:31(min)



7:34 (min)



9:12 (min)

### Masen's Story (Page 18)

- ➔ This story can be found in your students' Lesson Book on page 18. 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.

Masen has become a pretty good skateboarder. Masen's skateboarding sponsor started posting videos online of him skateboarding. In one of the videos, Masen started making funny faces to make his teammates laugh. Later, when Masen and Trevor watched the video they noticed that someone had posted a negative comment online making fun of Masen. Masen knew not to be negative and chose to ignore the comment. Over the next few weeks, more and more negative comments were added to the video. The people who were posting negative comments kept doing it **over and over again**. Even though Masen tried to not think about them too much, the negative comments were making Masen feel bad about himself. One day at the skateshop, Masen's sponsor showed Masen all of the new positive comments on Masen's video. His coach told Masen that he had deleted all of the negative comments and **turned it around** by having his friends post positive comments. Masen's sponsor and friends used **Cyber Power Instead!** Masen and his friends learned that it's **#cool2bkind**.

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## Lesson Review (Pages 17-20)

- 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 Cyber Power 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 be positive on the Internet.”
  - “I pledge to delete cyberbullying.”
  - “I pledge to choose cyber power instead.”
- Ask your students to **write, draw, or discuss** their pledges (*page 20*).



## i-messages (Page 21)

- Estimated time: 10 minutes
  - ☐ **Click on Activity 2 Video:**
- Read through the i-messages with your students.
  - “I will be positive on the Internet.”
  - “I will delete cyberbullying.”
  - “I will choose Cyber Power Instead.”
- Ask your students to write or draw three of their trusted adults on the lines provided.



## Journal Prompts (Pages 22-25)

- 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 18*) 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 22*)
  - ☐ **Activity 4:** (*Page 23*) & *MASK Mindfulness*
  - ☐ **Activity 5:** (*Page 24*)
  - ☐ **Activity 6:** (*Page 25*) & *MASK Science Lab*



## “Mash & Move” Video (Page 26)



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- 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 26).
  - “I have the choice to change what is said #turnitaround Cyber Power instead!”



## “Cyber Alert” Video (Page 27)

- 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 “Cyber Alert” 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.



## Journal Prompts (Pages 28-31)

- Estimated time for each: 15 minutes
- There are a total of four Journal Prompts in this section.
- Review the story (page 18) to remind your students what they learned in the lesson.
- Ask your students to write or draw a response for each Journal Prompt.
  - **Activity 9:** (Page 28)
  - **Activity 10:** (Page 29)
  - **Activity 11:** (Page 30)
  - **Activity 12:** (Page 31)



## “#cool2bkind” Video (Page 32).

- Estimated time: 25 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 13 “#cool2bkind” 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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