

MASK+4Teachers

Lesson Book Guide



Y3 + V.1



engage ▲ educate ▲ empower

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E3 RELATIONAL DEVELOPMENT

★ **Chatter Matters: Lesson 1** **FALL**

Learning Outcomes

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

E3 DIGITAL SOLUTIONS

★ **Cyber Power: Lesson 2** **WINTER**

Learning Outcomes

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

E3 HEALTH & WELLNESS

★ **Food & Fitness: Lesson 3** **SPRING**

Learning Outcomes

- ★ Fueling Your Body
- ★ Activity and the Digital World
- ★ Making Healthy Choices

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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**

★ Food & Fitness: Lesson 3

Lesson 3 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**

- ★ Fueling Your Body
- ★ Activity and the Digital World
- ★ Making Healthy Choices



Watch these three video lessons before moving on to activities.



4:58(min)



12:56 (min)



7:54 (min)

MASK Kids Story (Page 34)

- ➔ This story can be found in your students' Lesson Books on page 34. 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 is **active** when he is skateboarding. The MASK Academy showed Masen he should not eat as many **“sometimes” foods** and instead make healthier choices when he eats throughout the day.

Aimee practices **food and fitness** by eating delicious, healthy foods and exercising her **brain** and her **body** with hobbies like playing the guitar and practicing with the soccer team.

Sierra realized that even though she could not make her sister make healthy choices, she always has the power to make the **healthy choice** for herself. Sierra especially liked learning about healthy foods because she loves cooking with her grandparents. She also realized she needs to do more **physical activity** to keep her body **strong** and **healthy**.

Kendrik always thought he understood how to be healthy because during basketball season he eats a lot of **“always” foods** and **exercises** a lot. The MASK Academy helped Kendrik think about how he acts when basketball season ends and challenged him to make healthy choices all year long.

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Lesson Review (Pages 33-36)

- Estimated time: 20 minutes
 - ☐ **Click on Activity 1 Video:**
- Feel free to play the video and ask students to stand up and follow along to help reinforce this message during the Food and Fitness Lesson.
 - ➔ **Click on “Mash & Move” Video:**
- Review MASK Kids story (*page 34*) with your students. Read aloud, silently, or in small groups.
- Ask your students to take time to answer the questions on *page 35*.
- 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 healthy choices.”
 - “I pledge to take care of my body.”
 - “I pledge to balance between ‘sometimes’ and ‘always’ foods.”
 - “I pledge to be active, and limit screen time.”
- Ask your students to **write, draw, or discuss** their pledges (*page 36*).



i-messages (Page 37)

- Estimated time: 10 minutes
 - ☐ **Click on Activity 2 Video:**
- Read through the i-messages with your students.
 - “I will make healthy choices.”
 - “I will take care of myself.”
 - “I will stay balanced.”
- Ask your students to list or draw three of their trusted adults on the lines provided.



Journal Prompts (Pages 38-41)

- Estimated time for each: 15 minutes
- There are a total of four Journal Prompts in this section.
- Utilize the story (*page 34*) to review what your students learned in the lesson.
- There are a total of four Journal Prompts in this section. Activity 4 and Activity 6 have accompanying videos to watch *before* completing the writing activity.
- Ask your students to write or draw a response for each Journal Prompt.
 - ☐ **Activity 3:** (*Page 38*)
 - ☐ **Activity 4:** (*Page 39*) & **MASK Mindfulness**
 - ☐ **Activity 5:** (*Page 40*)
 - ☐ **Activity 6:** (*Page 41*) & **MASK Science Lab**

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“Mash & Move” Video (Page 42)

- Estimated time: 5 minutes
- Play the video and let the MASK Mentors lead your students through this activity.
→ Click on Activity 7 “Mash & Move” Video
- 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 42*.
 - “Food and fitness is all for me, feeding and fueling, moving and grooving, will be my health recipe”



“Table Track” Video (Page 43)

- 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 “Table Track” 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 44-47)

- Estimated time for each: 15 minutes
- There are a total of four Journal Prompts in this section.
- Review the story (*page 34*) 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 44)
 - **Activity 10:** (Page 45)
 - **Activity 11:** (Page 46)
 - **Activity 12:** (Page 47)



“E3 Recap” Video (Page 48).

- 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 “E3 Recap” 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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