

MASK⁺4Teachers

Lesson Book Guide

MASK⁺
Academy⁺

Y2 ★ V.1



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Lesson Book Guide

Year 2: 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).

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.

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.



★ Cyber Savvy: 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

- ★ Purpose of the Internet
- ★ Digital Imprint
- ★ Think B4 U Click



Watch these three video lessons before moving on to activities.



4:29 (min)



13:37 (min)



6:21 (min)

Kendrik'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.

Kendrik's older brother Monte came home from college to visit. Kendrik noticed that Monte was spending a lot of time on his new cell phone. Kendrik didn't mind because Monte had given Kendrik his old smartphone to play with. At one of Kendrik's basketball games, Monte posted a picture of Kendrik playing on one of his social media apps. When Monte showed Kendrik how many "likes" the picture had gotten, Kendrik felt good. Kendrik decided he would sign up for an account of his own, and he posted a picture on his new account of him and his friends at school. Kendrik was excited and hoped he would be as popular on social media as his brother. Kendrik didn't realize that the account and the picture became part of his **digital imprint**. After talking to his parents, Kendrik realized he is not old enough to be on social media. Kendrik learned to be **Cyber Savvy**, to protect his digital imprint, and to **think before he clicks**.

Activity Time



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 Savvy Lesson
 - ➔ **Click on “Mash & Move” Video Link:**
 - 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 limit my screen time.”
 - “I pledge to talk with my parents before using the Internet.”
 - “I pledge to limit my digital imprint on social media.”
 - Ask your students to **write, draw, or discuss** their pledges (*page 20*).

Activity Time



i-messages (Page 21)



- Estimated time: 10 minutes
- **Click on Activity 2 Video:**
- Read through the i-messages with your students.
 - “I will use the Internet for the right reasons.”
 - “I will protect my digital imprint.”
 - “I will think before I click.”
- Ask your students to list or draw three of their trusted adults on the lines provided.

Activity Time



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 accompanying videos to watch *before* completing the writing activity.
- Utilize the story (*page 18*) to review what your students learned.
- 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

Activity Time



“Mash & Move” Video (Page 26)



- 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 Link:**
- Have students fill in the missing words on (page 26).
“Stop and think, before I click, will be my healthy online trick!”

Activity Time



“Think B4U Click” 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 “Think B4U Click” Video:** <https://bit.ly/2HWa0sZ>

Activity 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.
- 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)



Activity Time



“Digital Imprint” Video (Page 32).




- 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 “Digital Imprint” Video Link:**

Optional Talking Points

We recommend having students talk with a shoulder partner first, then proceeding with a class discussion. These questions were designed to facilitate class discussions based on your students cognitive level.

- **Kindergarten:**
 - What is a digital imprint?
 - Can playing too many games on the computer or a phone be bad for you? (*Teachers: too much screen time is never healthy for your brain or your body; <2 hours per day*).
- **1st Grade:**
 - What is your digital imprint? Do you have one?
 - What can you do to stay safe and smart online?
- **2nd Grade:**
 - How can what happens online affect our self-esteem? (*Teacher: positive or negative comments, number of likes, etc.*)
 - What does it mean to be cyber savvy?
- **3rd Grade:**
 - What are some negative effects of having a digital imprint?
 - In what ways can we protect our digital imprint?
 - What should you do if you want to ‘delete’ things from your digital imprint? (*Teachers: you may not be able to delete something permanently, but if you ask a trusted adult for help, you may be able to make the post or comment have less of an effect*).
 - What should you do if a stranger contacts you through the Internet and wants to talk with you?

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"The Perfect Concoction"

