

MASK⁺4Teachers

Lesson Book Guide



Masen



Aimee



Sierra



Kendrik

engage ★ educate ★ empower



Lesson Book Guide

Session 2: Grades 4-6 (v2)

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. 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.



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

★ Rx 4 Prevention: 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. *Be sure to use the online flipbook on the overhead as a visual for the students.

Learning Outcomes

- ★ Safe and Unsafe drugs
- ★ Consequences of unsafe drugs
- ★ Refusal Skills



Watch these three video lessons before moving on to activities.



5:30 (min)



9:33 (min)



8:25 (min)

Sierra's Story (Page 34)

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

Sierra and her older sister Summer are best friends who have always been there for each other. When Summer started high school, Sierra noticed that Summer started acting differently and spending more time with her new friends instead of Sierra. Sierra missed hanging out with her sister, so she decided to surprise Summer with a game night. She went into Summer's room to grab their favorite board game, but found something she wasn't expecting to find - a pack of cigarettes. Sierra had learned the difference between **safe** and **unsafe drugs** in school. She knew that the tobacco in cigarettes wasn't a safe drug because it isn't prescribed by a doctor or given to her by a **trusted adult** like Sierra's allergy medicine. Sierra worried that Summer had started using tobacco. Sierra **listened to her body** and realized that she needed to talk to Summer. Summer told Sierra that she wasn't using tobacco, but asked Sierra to help her practice **saying "NO"** to unsafe drugs so she would be prepared in the future. Now, Sierra and Summer spend more time together and they've chosen to stay away from unsafe drugs.



Lesson Review (Pages 33-36)

- 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 Rx 4 Prevention 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 healthy choices.”
 - “I pledge to take care of my body.”
 - “I pledge to say no to unhealthy decisions.”
 - Ask your students to **write, 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 always ask a trusted adult before I take medicine.”
 - “I will treat my body with care and respect.”
 - “I will say no for me.”
- Ask your students to list 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. **Activity 4** has an accompanying video to watch *before* completing the writing activity.
- Utilize the story (page 34) to review what your students learned.
- Ask your students to write a response for each Journal Prompt.
 - Activity 3:** (Page 38)
 - Activity 4:** (Page 39) & **MASK Mindfulness**
 - Activity 5:** (Page 40)
 - Activity 6:** (Page 41)



“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**
- Have students fill in the missing words on *page 42*.
 - “Saying no is all for me, making healthy choices is how it’s going to be!”

Activity Time



“Choice” Video (*Page 43*)

- Estimated time: 15 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 8 “Choice” 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 44-47*)

- Estimated time for each: 15 minutes
- There are a total of four Journal Prompts in this section. **Activity 9** has an accompanying video to watch *after* completing the writing activity.
- Review the story (*page 34*) to remind your students what they learned.
- Ask your students to write a response to each Journal Prompt.

Activity 9: (*Page 44*) & **MASK Science Lab**

Activity 10: (*Page 45*)

Activity 11: (*Page 46*)

Activity 12: (*Page 47*)

Activity Time



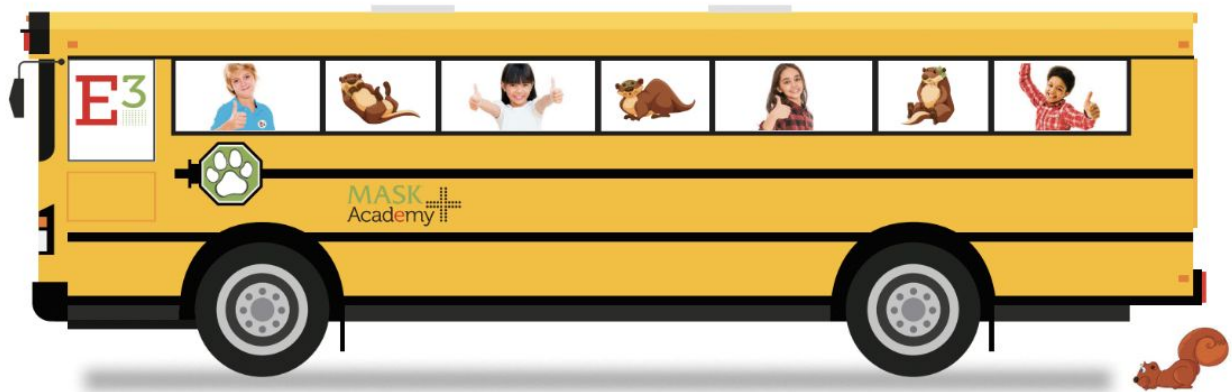
“E3 Recap” Video (*Page 48*).

- 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 “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.



Graduation Video and Certificate of Acknowledgement



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