

# MASK<sup>+</sup>4Teachers

## Lesson Book Guide



engage<sup>+</sup> educate<sup>+</sup> empower

# Lesson Book Guide

## Year 1: Grades 4-6 (V2)

### Overview

There are 3 main lesson topics which are laid out for the school year; (Relational Development), (Digital Solutions) and (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 Succeed Act) alignments are provided for your reference at the end of this guide.

## 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.



# E3 RELATIONAL DEVELOPMENT

## ★ Actions & Accountability: 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

- ★ Bothering versus Bullying
- ★ Positive versus Negative Actions
- ★ Prosocial skills-building



7:48 (min)



10:11 (min)



8:30 (min)

### Masen'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.

Masen loves to skateboard. He is part of a skateboarding team and has many friends at the skatepark. Masen's brother Trevor is in a wheelchair because he was born with a spinal cord condition that affects his ability to move his legs. Even though Trevor can't skate, he and Masen love to design new tricks together. They get inspiration for tricks from his fish Elmer when he does his flips! Masen and his friends always include Trevor when they play video games and talk about skateboarding. One day, a group of kids from Masen's school started saying mean things about Trevor. When Masen stood up for his brother, the kids started bothering Masen for hanging out with Trevor. At first, Masen just walked away from the kids that were bothering him. He tried to ignore the kids, but one of the kids would not leave him alone. Masen didn't know what to do because it kept happening **over and over** again. Masen knew he was being bullied. The kid even stole Masen's skateboard and started following Masen home. Eventually, Masen was able to talk to his teammates at the skatepark about what was happening to him. Masen's friends wanted to show the kid that Masen was not alone. Masen's friends helped him **stand up, speak up** to the kid who was acting like a bully. They all made the decision to be **positive social forces**. They were **Upstanders**!



### 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 Actions and Accountability 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 be bully-free.”
  - “I pledge to stand up, speak up.”
  - “I pledge to take responsibility for my actions.”
  - “I pledge to be an upstander.”
- Ask your students to write down their pledges in their Lesson Books on (page 4).



### i-messages (Page 5)

- Estimated time: 10 minutes
- **Click on Activity 2 Video:**
- Utilize the story (page 2) to review what your students learned in the lesson.
- Read through the i-messages with your students.
  - “I will be accountable for my actions.”
  - “I will be bully-free.”
  - “I will stand up, speak up.”
- Ask your students to list 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.
- 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**



### “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 Link:

- Have students fill in the missing words on *page 10*.
  - “Treating people nice, is how it’s gotta be. Stand up, speak up, and choose to be bully-free!”



“Doorway 2 Decisions” 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 “Doorway 2 Decisions” Video Link:

**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 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.
- Ask your students to write a response for each Journal Prompt.
  - **Activity 9:** (*Page 12*)
  - **Activity 10:** (*Page 13*)
  - **Activity 11:** (*Page 14*)
  - **Activity 12:** (*Page 15*)



“Stand Up - Speak 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 “Stand Up - Speak Up” Video

**\*Note:** There are optional and mandatory pauses incorporated throughout this video.

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