

MASK+4Teachers

MASK
Prep

HELLO

my name is

MASK+4Teachers

GUIDE



MASK
Prep

MASK+4Teachers



★ Lesson 1: Communication Gap

● Notebook Guide Grades 6-7-8

Overview

Each lesson has 8 accompanying student activities. These activities include writing prompts and testimonial clips. All 8 activities are facilitated through videos.

Activities may be done individually or combined. Activities are meant to reinforce the recently completed lesson. Teachers and students have approximately two months after a lesson to complete the activities. We suggest incorporating the activities into your designated **MASK Day** 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. Academic Standards are located at the back of the guide as well as linked in Course. There is a grading rubric incorporated on the bottom of each activity and the outline.

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.

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.



★ Lesson 1: Communication Gap

Learning Outcomes

- ★ Learn how to identify various feelings and describe the importance of effective communication.
- ★ Learn how to recognize and verbalize the dangers that non-communication may have.
- ★ Learn how to identify and describe different types of communication skills and how to utilize them.

Lesson 1 Overview

This lesson has 8 accompanying activities. Learning Outcomes are listed below for you to review with your students before and after the lesson.



7:55(min)



2:57(min)



9:43(min)

Learning Outcomes:

- ★ Learn how to identify various feelings and describe the importance of effective communication.
- ★ Learn how to recognize and verbalize the dangers that non-communication may have.
- ★ Learn how to identify and describe different types of communication skills and how to utilize them.

Activities

□ Activity 1: ASK MASK (Pages: Front Inside Cover, 1, 2)

(15 minutes)

● VIDEO



- Play the video to lead the class through this activity.
- ASK MASK: (Page 2)
 - This is a variation of the think-pair-share strategy. This activity is the “think”.
- MASK Life Hacks: (Page 2)



MASK+4Teachers

- Writing prompts may be completed in the Student's MASK Notebook, another designated notebook, or on a blank sheet of paper.
- Instruct students on how much time they have to complete this writing prompt. We suggest 10 mins. Adjust accordingly.
- Monitor and support students as they work through answering the question individually.
- **MASK+Extra Credit : Teacher Review**

□ Activity 2: PREP NOTES (Page 3)

(20 minutes)



● VIDEO

- Play the video to lead the class through this activity.

● PREP NOTES: (Page 3)

- This activity is the “pair and share” of the think-pair-share strategy.
- Discuss guidelines for sharing. *(No silly responses. This is a serious topic, etc.)*
- Break students into “pairs” OR small groups.
- Direct students to “share” their answers /life hack(s) with a partner or small group.
- Monitor and support students as they share.
- Expand the "share" into a whole-class discussion. *(Optional):* Select 1-3 individuals to share responses aloud with the class.
- Encourage students to take notes (“PREP NOTES”) at any time in their notebooks for future reference when they or a friend encounter a similar situation.

MASK+Extra Credit: Conversation Starter

□ Activity 3: ASK MASK (Page 4)

(~15 minutes)



● VIDEO

- Play the video to lead the class through this activity.

● ASK MASK: (Page 4)

- This is a variation of the think-pair-share strategy. This activity is the “think”.

● MASK Life Hacks: (Page 4)

- Writing prompts may be completed in the Student's MASK Notebook, another designated notebook, or on a blank sheet of paper.
- Instruct students on how much time they have to



MASK+4Teachers

complete this writing prompt. We suggest 10 mins. Adjust accordingly.

- Monitor and support students as they work through answering the question individually.

MASK+Extra Credit: Student Poll

□ Activity 4: PREP NOTES (Page 5)

(20 minutes)



- VIDEO

- Play the video to lead the class through this activity..

- PREP NOTES: (Page 5)

- This activity is the “pair and share” of the think-pair-share strategy.
- Discuss guidelines for sharing. (*No silly responses. This is a serious topic, etc.*)
- Break students into “pairs” OR small groups.
- Direct students to “share” their answers /life hack(s) with a partner or small group.
- Monitor and support students as they share.
- Expand the "share" into a whole-class discussion. (*Optional*): Select 1-3 individuals to share responses out loud with the class.



MASK+Extra Credit: By the Numbers

□ Activity 5: ASK MASK (Page 6)

(~15 minutes)



- VIDEO

- Play the video to lead the class through this activity..

- ASK MASK: (Page 6)

- This is a variation of the think-pair-share strategy. This activity is the “think”.

- MASK Life Hacks: (Page 6)

- Writing prompts may be completed in the Student’s MASK Notebook, another designated notebook, or on a blank sheet of paper.
- Instruct students on how much time they have to complete this writing prompt. We suggest 10 mins.



MASK+4Teachers

Adjust accordingly.

- Monitor and support students as they work through answering the question individually.

MASK+Extra Credit: Conversation Starter

□ Activity 6: PREP NOTES (Page 7)

(~20 minutes)



- VIDEO

- Play the video to lead the class through this activity..

- PREP NOTES: (Page 7)

- This activity is the “pair and share” of the think-pair-share strategy.
- Discuss guidelines for sharing. (*No silly responses. This is a serious topic, etc.*)
- Break students into “pairs” OR small groups.
- Direct students to “share” their answers /life hack(s) with a partner or small group.
- Monitor and support students as they share.
- Expand the "share" into a whole-class discussion. (*Optional*): Select 1-3 individuals to share responses aloud with the class.



MASK+Extra Credit: Personal Story

□ Activity 7: ASK MASK (Page 8)

(15 minutes)



- VIDEO

- Play the video to lead the class through this activity.

- ASK MASK: (Page 8)

- This is a variation of the think-pair-share strategy. This activity is the “think”.

- MASK Life Hacks: (Page 8)

- Writing prompts may be completed in the Student’s MASK Notebook, another designated notebook, or on a blank sheet of paper.




MASK+4Teachers

- Instruct students on how much time they have to complete this writing prompt. We suggest 10 mins. Adjust accordingly.
- Monitor and support students as they work through answering the question individually.

MASK+Extra Credit: Conversation Starter

□ Activity 8: Testimonial Clip (Reel Talk) & Circle of Trust (Page 9) (20 minutes)

- VIDEO 
 - Play the video to lead the class through this activity.
- Identify your Circle of Trust (Page 9)
 - Tell students to think about and write down who they feel is in their Circle of Trust.
 - Instruct students to write them down and why they chose them.
 - Assist students with developing their ideas
 - I.e coach, older sibling, uncle, aunt, grandparent.



MASK+Extra Credit: Teacher Review

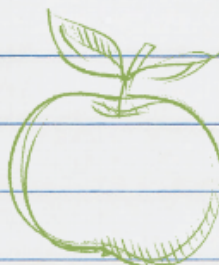
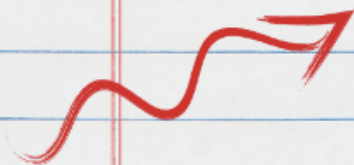
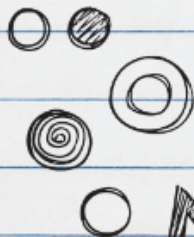
MASK+4Teachers



MASK+Recap

- Remember to take a MASK Minute
- If you have a question, Ask MASK
- Build your Support system
- Keep it real and remember to Feel & Deal!

ASK MASK?



MASK+4Teachers

MASK+Resources



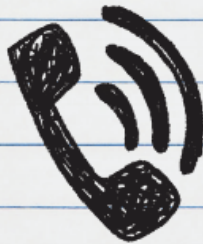
TEEN LIFELINE: 1-800-248-8336

TEXT OR CALL: 911 FOR EMERGENCIES

CRISIS TEXT: TEXT 741741 TO
TEXT WITH A TRAINED COUNSELOR

CYBER TIPLINE: CYBERTIPLINE.COM
OR 1-800-843-5678

NATIONAL EATING DISORDERS
ASSOCIATION: 1-800-931-2237



WE GET IT

WE GOT IT

WE GOOD

WE MAKING THE CHOICES

WE SHOULD!



MASK+4Teachers

