

First Grade ELA Study Guide

Video Title: *The Rubber Band Rule*

Theme: Think before you post – words and actions online can “snap back!”

Grade Level: 1st Grade

Time Needed: ~45 minutes

Standards-Based + Fun + Easy to Teach

ELA Standards Addressed (1st Grade)

- **RI.1.1** – Ask and answer questions about key details in a text/video.
- **RI.1.2** – Identify the main topic and retell key details of a text.
- **SL.1.1** – Participate in collaborative conversations with peers and adults.
- **W.1.3** – Write narratives recounting two or more sequenced events.
- **L.1.5** – With guidance, explore word relationships and real-life connections.

Step 1: Watch the Video – "The Rubber Band Rule"

Before watching, ask: “What do you think happens when we post something online?”

After watching, ask:

- What is the Rubber Band Rule?
- What happens if you post something mean?
- What kind of things can "snap back" on you?

Key Idea to Reinforce: Everything you post online can come back to you later—just like a rubber band snapping back.

Step 2: Class Discussion – Stretch or Snap?

Use a real rubber band as a prop.

Ask:

- What happens when we stretch a rubber band gently?

- What happens if we let it go?

Now connect it to words and actions:

- “Stretchy” choices help people feel good.
- “Snappy” choices might seem funny now but can hurt later.

 “Saying kind words online = Stretchy.”

 “Posting something mean = Snappy.”

Step 3: Writing Prompt – My Stretchy Choice

Prompt: “Write about a time you said or did something kind.”
(Or: “Write about something kind you could post online.”)

Scaffold Options:

- Sentence starters:
 - “I helped...”
 - “I said...”
 - “I posted...”
- Students may draw and write a sentence or two.

Step 4: Role-Play – Think First!

Mini Skits: Students act out quick “Think First” situations.

Sample:

- Scenario: Someone posts a funny video of a friend falling. Should you share it?
- As a class, decide: Think first! Is it kind? Is it hurtful?

Step 5: Rubber Band Rule Poster Craft

Materials:

Paper, markers, crayons, and (optional) rubber bands for decoration.

Students create posters with the title: **“I Am a Media Master!”**

Each student adds:

- One stretchy thing to say online
- A picture of themselves as a superhero Media Master
- A rubber band taped to the corner (optional fun touch!)

Wrap-Up: Quick Quiz – SNAP or STRETCH?

Read each short example aloud and have students give a thumbs-up (stretch) or thumbs-down (snap):

1. “You made that drawing? It’s weird.” SNAP
2. “That was a great story. Can I hear it again?” STRETCH
3. “I posted a silly picture of my friend without asking.” SNAP
4. “I asked before sharing my friend’s video.” STRETCH

Bonus Extension Ideas

- **Word Wall:** Add “stretchy words” like kind, share, helpful, polite
- **Home Connection:** Send home a “Media Master Pledge” with key rules

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