

ELA STUDY GUIDE

Grade Level: Kindergarten

Video Title: *How Full Is It?*

Media Literacy Focus: Understanding kindness, truth, and helpfulness in online posts

Essential Question

How can we tell if something we see online is helpful, hurtful, or truthful?

Learning Targets

Students will be able to:

Understand that online posts can be helpful, hurtful, or untrue

Ask questions to think before reacting to a post

Use simple reasoning to decide if something should be shared

Practice using kind and helpful words

Begin to develop safe and respectful digital habits

Vocabulary

- **Helpful** – Something that makes others feel good or gives them good ideas
- **Hurtful** – Something that is mean or makes someone feel sad
- **Truthful** – Something that is real or honest
- **Post** – A picture or message someone puts online
- **Media Master** – A kid who is smart and kind when they are online

Whole Group Discussion

Use these kid-friendly questions during circle time or group reading:





- What does it mean to be a Media Master?
- What should we do before we like or share something online?
- What are some ways a post can be helpful?

- What are some ways a post could hurt someone?
- What should we do if a post isn't truthful?

Activity Ideas

1. Color Sorting Game: Full or Not Full?

Use emoji cards or simple illustrations of pretend social media posts. For each one, students decide:

- Is it **Helpful**? 
- Is it **Hurtful**? 
- Is it **Truthful**?  or 

Sort the examples into a colorful chart labeled “Helpful,” “Hurtful,” and “Truthful.”

2. “Be a Media Master” Puppet Play

Students use puppets (or paper stick figures) to act out online situations.

Example: “One puppet shares something helpful. Another shares something hurtful.”
Let the class decide: Should they repost it or not? Why?

3. Think-First Song and Movement

Sing and act out a chant like:

*♪♪ Pause and think — how FULL is it?
Helpful, hurtful, or not legit?
Media Masters always care —
What they post and what they share! ♪♪*

Encourage clapping, hand motions, and repetition to reinforce thinking before clicking.

Writing Prompt (Drawing/Writing Combo)

Prompt: Draw a picture of something you could share online that is helpful, kind, and true.

Help students write a short sentence or label (example: "I share a happy dog video." / "I tell my friend they are nice.")

Extension: Digital Kindness Pledge

Create a class poster titled “**Our Media Masters Pledge**”

Have each child draw themselves and sign their name below a simple promise:

“I will stop and think. I will be kind online.”

Final Reflection Question

How does asking “**How Full Is It?**” help you be kind and safe online?

Alabama Digital Literacy and Computer Science (DLCS) Course of Study Correlation – Kindergarten

Strand: Digital Literacy

- **DLCS.K.1** – Recognize and describe various kinds of information including facts, opinions, and hurtful or kind messages.
Students learn to tell the difference between helpful, hurtful, and truthful messages.
- **DLCS.K.3** – Understand that choices made online can affect others.
Students decide what to share or not based on kindness and truth.
- **DLCS.K.6** – Demonstrate positive behavior when using technology.
“Be a Media Master” teaches respectful and safe choices online.
- **DLCS.K.7** – Begin to recognize the role of information in their lives.
Students reflect on what posts are good to share and why.

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