

Kindergarten ELA Lesson Plan – “The Rubber Band Rule”

Theme: Think Before You Snap – Words Can Stretch or Snap (Just Like a Rubber Band!)

Video Runtime: Under 3 minutes

Focus Skills: Speaking & Listening, Vocabulary, Comprehension, and Social-Emotional Understanding

ELA Standards Addressed (Kindergarten Level):

- **RL.K.3** – Identify characters, settings, and major events in a story
- **SL.K.1** – Participate in collaborative conversations with peers and adults
- **L.K.5** – Explore word relationships and nuances in word meanings
- **SL.K.2** – Confirm understanding of a text read aloud or information presented orally

Step 1: Watch the Video

Play *The Rubber Band Rule* for the class. After the video:

- Ask: “What is the rubber band rule?”
- Reinforce: Words can be like rubber bands—they can stretch and help or snap and hurt.

Step 2: Lyric Video Time

Watch the *Rubber Band Rule Lyric Video*.

- Invite kids to clap or bounce when they hear a “helpful” word.
- Stretch a real rubber band every time someone in the song makes a good choice.
- Let it *snap* (lightly) when someone says something mean.

Step 3: Let’s Talk About It

Use these discussion prompts:

- “Can words help people feel better?”
- “What does it feel like when someone ‘snaps’ with their words?”
- “What are some nice things we can say to each other?”

Step 4: Rubber Band Words Sorting Game

Materials: Pre-made cards with “Helpful Words” and “Hurtful Words” (pictures + simple words)

How to Play:

- Create a large T-chart on the floor labeled HELPFUL and HURTFUL.
- Kids sort the cards into the correct column.
- Encourage discussion: “Why is this word helpful?” or “Why should we not say this word?”

Step 5: Draw the Rule!

Activity: “My Helpful Words” Drawing Sheet

- Prompt: “Draw a picture of yourself using kind words like a stretchy rubber band.”
- Encourage them to write or trace one nice word (like “please,” “thank you,” or “friend”).

Wrap-Up: Rubber Band Promise Circle

Gather students in a circle.

- Hold a rubber band and say: “I promise to stretch my words to help—not snap and hurt.”
- Pass the band and let each child say one kind thing.

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