



# GAME: SNAP BACK TAG!

*A fast, active game that teaches kids the Rubber Band Rule*



## GOAL OF THE GAME

Players learn that **their actions (tags)** can **snap back** — just like online actions can come back later.

It's silly, active, fast-paced, and reinforces the message:

**Think first — because everything you do can snap back!**



## WHAT YOU NEED

- A large open space (gym, playground, or big classroom cleared of desks)
- 10–20 soft foam balls OR small scarves OR beanbags (“Posts”)
- Colored pinnies or wristbands for 4–6 “Taggers” (“Snaps”)
- A whistle (optional)



## SETUP

1. Spread soft balls/beanbags randomly around the space.
2. Choose **4–6 Taggers** (they wear pinnies).
3. Everyone else is a **Runner**.

Each ball on the floor represents a **social media post**.



## HOW TO PLAY

### ROUND 1 — The Posting Phase

- Runners move around the space.
- When a Runner picks up a ball (“makes a post”), the Taggers have **5 seconds** to try to tag them.
- If a Tagger tags the Runner during those 5 seconds → it **SNAPS BACK!**
- The Runner freezes for **5 seconds** (like getting into a little “SNAP Back Time-Out”).

**Message:**

Posting without thinking can snap back fast.

## ROUND 2 — Think First Power-Up

After a few minutes, stop and say:

“Runners, you now have a *Think First Shield!*

If you want to make a post, you must STOP... THINK... and COUNT to 3 first.”

Here’s what changes:

- Before picking up a ball, a Runner must freeze in place and COUNT: **“1... 2... 3... Think First!”**
- During the countdown, Taggers are **not allowed** to tag them.
- After making a post, Taggers again have 5 seconds to tag.
- BUT — if the Runner used the “Think First Shield,” they are safe from being tagged for **3 seconds** after posting.

**Message:**

Thinking first keeps you safer.

## ROUND 3 — Kind vs. Mean Posts

Now balls are divided into two piles:

- **Green Balls** = helpful/truthful posts
- **Red Balls** = hurtful/mean posts

Teach the rule:

- Green posts give Runners **5 seconds of safety** after posting.
- Red posts snap back **instantly** — Taggers can tag immediately and easily.

Let the kids play again.

**Message:**

Kind and truthful posts protect you.

Mean and untrue posts snap back the fastest.

## **WINNING THE GAME**

This game does **not** need winners to be effective.

But if desired:

- Count how many green balls were posted safely
- Count how many times players used their Think First Shield
- Celebrate “Media Master Moves” you saw kids make



## **CLOSING MESSAGE (Teacher Script)**

Gather students in a circle and say:

“Just like in the game, everything you post online can snap back — the good stuff *and* the not-so-good stuff.

When you Stop, Think, and Check before you post, you keep yourself safe.

And THAT makes you a real Media Master!”

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