

Media Masters Rock – Activity Sheet (Grades 3–6)

Lesson #1: The Rubber Band Rule — “Everything You Post Can Snap Back!”

Name: _____

Grade: 3–6

1. What Is the Rubber Band Rule?

The Rubber Band Rule reminds us that **anything you post, send, or share online can come back to you later** — even if you delete it.

Before posting, always ask:

“Could this snap back on me or someone else?”

2. Snap Back or Smart Share?

Read each online action below. Write **SNAP BACK** or **SMART SHARE** on the line.

1. Posting a picture of your messy room and making fun of yourself.
2. Sharing a rumor because “everyone else is saying it.”
3. Posting a kind comment on someone’s art project.
4. Sharing a joke that might embarrass a classmate.
5. Posting your pet doing something silly.

3. Think First Decision Boxes

For each scenario, check the box showing what a *Media Master* would do.

A friend posts something mean about another kid.

- ☐ Like it
- ☐ Share it
- ☐ **Think First and choose NOT to share**

You find a funny picture but don't know who made it.

- ☐ Share fast
- ☐ **Stop and check where it came from**
- ☐ Repost without reading

A post makes you feel angry right away.

- ☐ Respond immediately
- ☐ **Pause and think before reacting**
- ☐ Send it to everyone you know

4. Why Might It Snap Back?

Choose one scenario below and write **one sentence** explaining how it could “snap back.”

- Posting a private conversation
- Sharing someone's picture without asking
- Making a joke that might hurt someone
- Posting something untrue

My answer:

5. Create a “Snap Back Warning!”

On a separate sheet of paper, design a small **warning label** that could appear before posting online.

Examples:

- “Think Before You Click!”
- “Could This Snap Back?”
- “Is It Kind? Is It True?”



6. Class Call & Response

Teacher: “Media Masters think before they...”

Students: “LIKE, COMMENT, or SHARE!”

Teacher: “Because everything online...”

Students: “CAN SNAP BACK!”



7. Media Master Promise

Check the promises you agree to follow:

- ☐ I will think before I post.
- ☐ I will not share anything mean or hurtful.
- ☐ I will protect my digital footprint.
- ☐ I will help make the internet kinder and smarter.

###