



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

Lesson #4: HOW FULL IS IT?

(Helpful • Hurtful • Truthful)

Name: _____

Grade: 3–6

1. What Does “How Full Is It?” Mean?

Every online post has a “fullness level”:

- **Helpful:** Gives good advice, helps others, or teaches something.
- **Hurtful:** Puts someone down, spreads cruelty, or embarrasses people.
- **Truthful:** Based on real facts, proof, and accurate information.

Media Masters pause and ask:

“Is this post helpful, hurtful, or truthful?”

Then they decide whether to **share**, **ignore**, or **stop** it.

2. Post Check! Helpful / Hurtful / Truthful

Read each example. Write **H** (Helpful), **Hu** (Hurtful), or **T** (Truthful):

1. “Here’s a study trick that helps you remember your spelling words.”
2. “Everyone laugh at Alex’s haircut!”
3. “The Earth orbits the sun once every year.”

4. "Let's all ignore the new student."
5. "Dogs can talk if you listen closely!"
6. "Here's a recipe you can try at home."

3. Fullness Sorting Table

Sort each post into the correct column:

Post	Helpful	Hurtful	Truthful
"Here's a shortcut for your math homework."			
"Your art project looks terrible."			
"Water freezes at 32°F."			
"Click here to see the grossest thing ever!"			
"Let's include everyone in our group."			

4. Truth Detectives

Circle all the signs of a **Truthful** post:

- ✓ Cites a source
- ✓ Includes proof or data
- ✓ Uses real pictures or research
- ✓ Feels shocking but has no evidence
- ✓ Comes from a trustworthy site
- ✓ Says "Everyone knows this!" with no details

5. Write Your Own "Fullness Test"

Create **one example** of each:

- **Helpful Post:** _____
- **Hurtful Post:** _____

- Truthful Post: _____

6. Extension (Optional)

On a separate sheet of paper, design a “Full-O-Meter” graphic that shows all three levels — Helpful, Hurtful, and Truthful.

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