

Media Masters Rock – Activity Sheet (K–2)

Lesson #4: HOW FULL IS IT?

(Helpful • Hurtful • Truthful)

Name: _____

Grade: K–2

★ 1. What Does “How Full Is It?” Mean?

Every post online is “full” of something.
It can be:



Helpful — it helps people



Hurtful — it hurts someone



Truthful — it is true and has proof

Media Masters always ask:
“**How FULL is this post?**”



2. Circle the Helpful Posts!

(Teacher inserts 4–6 simple images:

- kid sharing a math tip
- kid giving a compliment
- kid pushing someone
- kid posting a silly rumor
- kid sharing a recipe)

Students should **circle** the helpful ones:

- ✓ Sharing a math tip
- ✓ Giving a compliment
- ✓ Sharing something useful

3. Hurtful or Not?

Draw a line to match the picture to the right category.

Pictures (teacher chooses simple images):

-  1 Laughing at someone
-  2 Ignoring someone
-  3 Helping someone find a book

Categories:

 **Helpful**

 **Hurtful**

 **Truthful**

Correct matches expected:

- Laughing at someone → Hurtful
- Ignoring someone → Hurtful
- Helping someone → Helpful

(Truthful used later.)

4. Truth Check!

Color **TRUE** (green) or **NOT TRUE** (red)

1. “The moon is made of green cheese.”
 TRUE  NOT TRUE
2. “Dogs are mammals.”
 TRUE  NOT TRUE
3. “Fish can drive cars.”
 TRUE  NOT TRUE

5. Fullness Sorting Game

Write **H** (Helpful), **Hu** (Hurtful), or **T** (Truthful) next to each post:

1. “Here’s a tip that helps with math.”
2. “Let’s all ignore the new student.”
3. “The sun is a star.”
4. “Your drawing is ugly.”
5. “Here’s how to care for a puppy.”

6. Draw a “Fullness Meter”

On a separate sheet of paper, draw three jars:

- A jar full of **Helpful** things
- A jar full of **Hurtful** things
- A jar full of **Truthful** things

Add pictures or words to show what belongs in each!

7. Call & Response

Teacher: “Every post online is full of something... so what do we ask?”

Students: “HOW FULL IS IT?”

8. Media Master Promise

Color the star to show your promise:

 **I will choose Helpful and Truthful posts, not Hurtful ones.**

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