

Music Movement Activity #1: THINK FIRST REMIX (Digital Citizenship)

Music: *ECO-BEAT BOX* by Steve Trash and Anthony Brooks
(Instrumental track — free download for educators is perfect for MMA #1: Think First Remix)

Download the mp3 for **FREE** on mediamastersrock.com/music-movement-activities

Big Idea

Before kids click, post, or share — **their bodies learn to check in first.**

This fast, fun movement game turns your four Media Masters Rock rules into **muscle memory**.

What Students Learn

Students practice the four core digital citizenship habits through movement:

1. **Ask Questions** → *Hand to chin*
2. **Be Skeptical** → *Squint + lean back + hands on hips*
3. **Who's Getting the Candy?** → *Point finger forward*
4. **How Full Is It?** → *Hand on heart*

These aren't just poses — they become **thinking shortcuts** kids carry with them online.

What You Need

- The song **ECO-BEAT BOX** (instrumental)
Teachers can download this song for FREE with this activity - mediamastersrock.com/music-movement-activities
- Open space (classroom, library, gym, or stage area)

How It Works

Round 1 — Learn the Moves

1. Play the music softly.
2. Teach each move one at a time.
3. Call out the rule → students freeze in the matching pose.
4. Celebrate strong poses: “Yes! I see a lot of good thinkers!”

Round 2 — Game Time

Now turn it into **Think First Remix**:

1. Start the music.
2. Call out one of the four rules.
3. Students hit the pose.
4. Keep the music going and call another rule.
5. Gradually speed it up — just like **Simon Says**, but smarter.

Round 3 — Remix Mode

For older students or repeat play:

- Call two rules in a row
- Mix the order
- Let a student be the caller
- Try it in silence (no music) and see who really remembers

Why This Works

- **Physical memory anchors thinking**
Kids don't just *hear* the rules — they *feel* them.

- **Looks amazing in groups**
Perfect for assemblies, library lessons, PE warm-ups, and stage shows.
- **Teachers love it**
No lecturing. No eye-rolling. Just joyful learning.
- **Kids feel smart, not preached to**
They're practicing skills, not being scolded.

Where This Fits

- **Library / Media Center**
Digital citizenship in motion — perfect brain break + learning combo.
- **Computer Science / Tech Class**
A physical reset between screen activities.
- **PE**
Warm-up or cool-down with meaning.
- **Assemblies & After-School**
High-energy, big-impact crowd moment.

Free Music Download

This activity includes free access to the instrumental track
ECO-BEAT BOX by Steve Trash and Anthony Brooks.

Download the mp3 for FREE on mediamastersrock.com/music-movement-activities
(Steve Trash owns the music copyright — teachers are free to use it with this lesson.)

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