

MMA #3 - BIG YOU - LITTLE YOU BOOGIE

(Character + Digital Citizenship)

Music: *Green Lightning* by Steve Trash (*Instrumental track — free download for educators*)

Download the mp3 for **FREE** at

mediamastersrock.com/music-movement-activities

Big Idea

Every choice matters — especially online.

This playful movement activity helps students **recognize the difference between good choices (the Big You) and bad choices (the Little You)** and practice responding in positive ways.

What Students Learn

Students practice core character and digital citizenship skills:

- Recognizing unkind or harmful behavior
- Identifying positive, kind, and responsible choices
- Responding thoughtfully instead of reacting emotionally

This activity builds **moral clarity without lecturing**.

What You Need

- The *Green Lightning* instrumental track (*or any upbeat music*)
- Space for students to move in place — standing, seated, or on the floor

How It Works

Teach the Two Moves

Explain the responses clearly:

- **LITTLE YOU = BAD CHOICE**
A silly “uh-oh” wobble
(wobble knees, shake head “no”, exaggerated “oops” body language)
- **BIG YOU = GOOD CHOICE**
A strong superhero pose
(feet planted, chest out, hands on hips or power pose)

Practice each one once before starting.

Game Play

1. Start the music.
2. Call out a short scenario, such as:
 - “You see a mean comment online...”
 - “Someone spreads a rumor...”
 - “You see someone being kind...”
 - “Someone stands up for a friend...”
3. Students respond with the correct movement:
 - **Little You** → silly wobble
 - **Big You** → superhero pose
4. Keep the music playing and mix up scenarios at a steady pace.

Remix Ideas

- Let students suggest scenarios
- Do a silent round — teacher acts out the scenario
- Use thumbs-up / thumbs-down before the movement

- End with a string of GOOD CHOICE scenarios for a strong finish

Why This Works

- **SEL without lecturing**
Students *act out* values instead of hearing a speech.
- **Funny and engaging**
The silly wobble keeps it light and memorable.
- **Clear moral framing**
Kids clearly see the difference between helpful and harmful choices.
- **High participation**
Everyone moves. Everyone thinks.

How You End It

Bring everyone to a **superhero pose**.

Then say:

“Every day — online and offline — you get to choose what kind of hero you’ll be.”

Perfect For

- Library lessons
- Character education
- Digital citizenship weeks
- Assemblies
- Morning meetings
- Brain breaks with meaning

Free Music Download

This activity includes free access to the instrumental track **Green Lightning** by Steve Trash.

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

(Steve Trash owns the music copyright – educators are free to use it with this lesson.)

BIG YOU/LITTLE YOU BOOGIE – Scenario Calls

1. “You see a mean comment posted online...”
2. “Someone shares a rumor that isn’t true...”
3. “A friend posts something embarrassing about another kid...”
4. “Someone is being left out of a group chat on purpose...”
5. “You see people piling on and being unkind in the comments...”
6. “Someone stands up for a classmate who’s being teased...”
7. “You see a kind message that makes someone feel better...”
8. “A friend asks you not to share their picture...”
9. “Someone apologizes after making a mistake...”
10. “You report a post that’s hurtful or unsafe...”
11. “You want to post something, but you stop to think first...”
12. “Someone spreads a joke that hurts someone’s feelings...”
13. “You choose not to reply when you feel angry...”
14. “A classmate uses kind words in the comments...”
15. “You help someone who feels left out...”
16. “Someone shares something just to get attention...”
17. “You ask an adult for help when something feels wrong online...”

18. "You see a post that makes you angry, and you pause..."
19. "Someone shares good news and you celebrate with them..."
20. "You see someone being bullied and you choose to help..."
21. "You see someone posting just to make others mad..."
22. "A friend dares you to repost something mean..."
23. "Someone shares a picture without asking first..."
24. "You decide not to join in when others are being unkind..."
25. "A classmate uses their voice to stop bullying..."
26. "You double-check something before sharing it..."
27. "Someone pretends a fake story is real..."
28. "You choose to log off instead of arguing..."
29. "A friend cheers someone on instead of tearing them down..."
30. "You see someone being kind when no one is watching..."
31. "You take a deep breath before responding online..."
32. "Someone spreads a screenshot to embarrass someone..."
33. "You help a friend report something unsafe..."
34. "A classmate gives credit instead of stealing someone's idea..."
35. "You think about how a post might make others feel..."
36. "Someone shares good information from a trusted source..."
37. "You choose to ignore a post that's trying to start trouble..."
38. "A friend asks for help and you listen..."
39. "You stand up for yourself in a calm, respectful way..."
40. "You choose kindness, even when it's hard..."

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