



A project of ConnectSafely.org

Classroom Lesson – Grade 3 to 5

Demonstrating how the good we do online makes the Internet and world better!

This lesson plan demonstrates digital citizenship in action and shows how conscious acts of kindness and respect can increase Internet safety for the person doing them, their beneficiaries and the person's community, online and offline.

Lesson Goal

This lesson helps students 1) think about, reflect on and share positive actions (we're calling them One Good Things or OGTs) that they've seen or engaged in online and 2) consider that their activities, even the smallest ones, may help to make the Internet and world a better place by spreading positive behavioral norms online..

Lesson Mission

We want you to encourage your students to reflect and come up with one good thing they or someone they know has done to make the Internet a better place and perhaps positively affected another person's life. A student's idea can be about a good thing he or she accomplished, something done by a friend, sibling, parent, or other relative. It can even be a good thing that someone else did - even someone the student does not know - perhaps online or on the news (e.g., charitable giving, fighting ebola and otherwise helping the planet).

Young learners can also identify online or on-phone actions that helped in some way to make things go better for them or others. They can also be offline actions or activities that are *shared* or disseminated via digital media or technology. One Good Things can include wisdom shared, comfort given, people helped, problems solved, and kindness expressed, and please help each student understand that nothing is too small to contribute. Once your students generate their ideas, ask them to create media that illustrates their ideas. Please consider sharing these student thoughts and creations with the website at OneGoodThing.org. [Please note: We do recognize that the age of your students, school digital sharing policies, and school district guidelines may prevent students and teachers from sharing.]

Time Required

This activity can be accomplished in one 40-50 minute period or, depending on your classroom schedule, two periods of 25-30 minutes. If you teach this lesson for two shorter time periods consider using one period for discussion and recording and the other for media creation. Some of your students may need a bit of extra time if they become deeply involved in their **One Good Thing** media representations.

What You Need for this Activity

- A good time set aside for reflection, discussion and brainstorming (10-15 minutes)
- A large piece of paper to record ideas and examples during the discussion
- Access to the Internet
- A few digital cameras, tablets, smart phones, or iPads
- Pencils, large paper, art supplies
- Possibly a laptop or computer where media are downloaded
- Different colors of Post-it's - if they are available.

Group Conversation

-- Begin with a group discussion (5-10 minutes) that includes everyone in the class.

-- Your class conversation might begin with something like this: *We are going to talk about how people use the Internet in positive ways and how that can make, not just the Internet, but the world and people's lives better. We're going to make a list of the Good Things you and others do online and on connected devices.*

-- Ask your students to reflect for a moment and think about good things they've done or seen on the Internet. For example...

- Do they understand the idea of [random acts of kindness](#)?
- Have they ever spontaneously helped to support another person online or tried to make improvements with ideas or comments?
- Have they ever given a compliment to a person, publicly or anonymously?
- Have then seen others do so? Perhaps they know someone -- a friend or family member who has tried to help out a person or a cause online.
- Have they ever helped an adult with a tech problem, like setting privacy settings?
- Have they ever helped other people in their communities or churches, synagogues or mosques?

-- Work hard to focus the discussion on positive behaviors and actions they've observed or done online.

-- Questions might include (but feel free to come up with your own):

- Have you made a positive or thoughtful comment?
- Have you seen someone else make one?
- Have you "liked" somebody being nice?
- Can you describe how an online activity of yours or a person you know that solved a problem or made someone's life better? Perhaps a compliment to a person whose feelings were hurt or a message of encouragement for someone who is writing a story.
- Can you explain how you helped or assisted another person when you were on some connected device?
- How have you helped solve a problem, perhaps with a friend or your grandparents?
- Have you even suggested that a person improve his or her behavior (in a way that doesn't put them down)?
- Can you describe ways that your online activities have helped people when you connect with others during work and play? Did you help a friend with an assignment, remember a due date or study for a test? Did someone else help you?
- Have you ever tried to inspire something or someone online?
- Have you even helped your community by doing something good online (for instance signing a petition, reporting a streetlight that is out, or sharing information about a community activity).

Student Brainstorming (5-10 minutes)

-- Help students form small groups of 2-4 and give them 5-10 minutes to do more brainstorming about the good things they have done, observed others doing, or helped others to accomplish. One Good Things are typically short and simple – as short as a spoken sentence or a line of text or as long as a 30-sec. video or podcast.

- Give them paper and pencils or a digital device for note taking.
- Ask each child to try to note one good act (no pressure if they can't) -- it does not matter how big or small and it can be something that another person or a family member did.
- Tell each group to think about how they might share their ideas. One Good Thing contributions can be shared as a poem, a recorded conversation (e.g., a podcast), a video interview, a tweet, a posted comment, a selfie video (individual or group), a drawing photographed and shared. We find that students are amazingly creative at inventing ways to share their ideas.

Creating Media -- Possible Projects (25-30 minutes)

- Children can take turns filming each other or a small group of children sharing their One Good Things.
- Acrostic poetry -- make them with big letters on 12"-18" pages. Take digital pictures of the poems. Film the poems with the voice of each child.
- Make up a poem or rap with a refrain. Each child shares his or her One Good Thing and then everyone repeats the refrain. To add some excitement try building in a flash mob: One person begins with a contribution and the refrain and then other students join in with their One Good Things and the refrain. The groups grow bigger as more students join and becomes a flash mob.
- Design posters in traditional ways or using online tools.
 - Write Good Things in phrases on cards and have a student take video of students sharing their Good Things by holding their cards up for the videocam, one after the other, maybe editing in some music they've chosen.
 - Make a podcast (all spoken but not visual component) using Garage Band or an online site such as VoiceThread.

Sharing this Project

Share students' projects with parents, other classes, and administrators at your school. Teachers, we invite you to share your students' ideas on our [One Good Thing](#) website. Please notice that you can submit your OGT via video, photos, audio recording or text - however you're comfortable. Just follow your school or district's online sharing policy on protecting students' privacy.

One Good Thing Videotaping/Media Guideline

- Full-frame faces (we love faces!) – zoom right in on the one-three people as they share.
- If a group presents on camera, write down a plan that specifies who will say what. For instance one person can share the One Good Thing, and others can take a turn to react or explain or add their example.
- Try not to interrupt or speak over each other on camera.
- One Good Thing presentations can be anywhere from 20 sec. to 30 sec. Short is great. Presentations may be sort - just a sentence or two. Longer is fine if someone wants to tell a story.
- Selfie videos are fine if anyone prefers to go it alone, but encourage collaboration.
- If people aren't comfortable with being on camera, text is also just fine – especially for writers. Or the video can zoom on posters, poems, or other media creations while a person speaks.

- You or your students can [submit their work to the One Good Thing website](#). Students are also welcome to share ideas from home as long as they have the permission of a parent or guardian.
- If anyone wants to go home to think, create, and write, they can also submit from home that's fine too.

FAQ

Q. Will my students' names appear with their contributions at OneGoodThing.org?

A. We encourage students who share a One Good Thing (OGT) to provide their first names and the state, province or country they live in, but they don't have to. Teachers are welcome to share an email address.

Q. Do my students have to work together in small groups?

A. We love collaboration, but individuals' OGTs are certainly welcome too.

Q. What is the difference between a video and a slide show?

A. Videos include movement and voice, and the background can move if that is appropriate to the video. A slide show is usually made by taking photos with a digital camera. Slide show creation options are widely available and often free on the Internet. It is also possible to create a hybrid, adding stills to a video program such as iMovie or Movie Maker and transitioning from one picture to another.

Q. So much seems to go wrong on the Internet today. What if my students bring these problems into the conversation?

A. Our goal is to talk about the Good Things people do because we know that good examples add up and serve as powerful models for children (and everybody) online, as we collectively create and grow [positive social norms](#). Social norms research shows that, when we're aware of positive norms, our behavior changes in conformity with our perception. We also know that children hear a lot about the negative things that occur online and often want to talk about what they hear. If this happens in your classroom, please refocus the conversation on the positive and helpful. You may need to offer to talk with a student individually, but keep the discussion focused on the good. Learn more about [the brain's "negativity bias."](#)

Q. Do I have to follow this lesson exactly?

A. We ask you to keep the focus on One Good Thing and sharing your students' contributions. Other than that we are happy for you to use your creative ideas to enrich the activity (and share them with us). We know that teachers develop great curriculum ideas!

Resources

- [Check out examples](#) of past One Good Thing submissions. Please look at these before you share them with the children to decide which ones are best for the students in your class.
- [Zooming in on social norms](#), ConnectSafely.org post by Anne Collier
- Video explaining [why fear campaigns don't work](#), presented by Hobart and William Smith Colleges Professor Wesley Perkins

Letter to Parents

Below is a short letter to send to the parents of your students. It shares information about the One Good Thing activity.

Sample Letter

Dear Parents,

This week the children in my class will work on a digital life activity to help them understand the positive impact importance of using good habits as well as kind and respectful behavior on the Internet. We will talk about how each person's positive acts of kindness and respect makes a positive difference, serving as a behavior model for people on the Internet, in their communities, and in the world. Our class discussion will emphasize how even the little things we do to assist others can help make our online world a better place. The lesson also encourages students to connect digital citizenship and citizenship ideas, because random acts of kindness, no matter where they occur, encourage and inspire others.

The class will work on an age-appropriate lesson developed at OneGoodThing.org. This website promotes activities that help children -- actually people of almost any age -- understand what it means to do good and be kind online. Good things might include supporting others, making kind comments, helping a grandparent, sharing a picture, supporting a friend whose feelings have been hurt, finding a place to volunteer, and much more. As a group the students will discuss how people go about accomplishing good things, and they will gain insight into the ways that small acts can come together to make the Internet a better place. One Good Thing is a part of [Safer Internet Day](http://SaferInternetDay.org), which started in Europe more than 10 years ago and is now celebrated in more than 100 countries.

As a part of the lesson I will encourage students to reflect on one good thing that they or someone they know accomplished online or in everyday life. Your child can be the person who did the good thing, or it can be a friend, a sibling, a parent or other relative. It can even be a good thing accomplished by someone they do not know but observed online or in the media. Once students have generated ideas, they will create pictures, photos, or videos, or even write several sentences to illustrate their ideas. I will encourage the children to work in small groups, but if a child prefers to work individually, that is also fine. We will be excited to share our creations with you and the school and perhaps we will submit some of them to the One Good Thing website.

These days we hear much about troublesome events that occur in the online world, mostly because these events make the news. What we do not hear enough about are the good things people do everyday. Interestingly, researchers are discovering that children are much more likely to modify their behavior in positive ways when they learn, as research shows, that goodness and kindness, not negative behaviors, are actually the norm. These days we hear much about troublesome events that occur in the online world, mostly because these events make the news or suit the gossip cycle. What we do not hear enough about are the good things that people do everyday.

We encourage you to talk about this lesson at home. Perhaps during a family meal, each person can identify and share a personal example of One Good Thing.

Sincerely yours,