



Activities for the song *The internet rules*

The internet is an incredible place to play games, watch videos, learn things and interact with other people but it comes with risks too. Do YOU know how to stay safe online? Here are a few activities to help you think about e-safety and how to stay safe when you are using the internet.

Learn the song

Join in with Itoya and Chanté by learning the actions, the singing or both. Listen to the audio tracks and sing along.

Read the story

Have a listen to this version of the [Goldilocks](#) story that comes with a warning that isn't just about eating a bear's porridge! Imagine Goldilocks a few years older. What advice would she give to herself about good and bad ways to use her mobile phone?

Write a story on the theme of 'My Internet Disaster!'

Introduction: Begin with a dramatic cliff-hanger - the critical 'internet disaster' moment for the story's main character (perhaps due to a poor decision they have made).

Middle section: Go back in time and explain how they reached this tricky moment.

Ending: Explain how the internet disaster concludes. Is it catastrophic or uplifting? Is there a moral to the story?

Password superpowers

Make a list of the reasons why a password is important and how you can create a strong one. How many characters should it have? Would it be a stronger password if it contained letters, numbers and symbols? Create a code that replaces the letters of the alphabet with numbers, symbols and other letters e.g. 1 = a, & = b, # = c etc. Transform your name into

a password using this new code. Ask a friend or someone in your family to see if they can work it out using your code. If you can work in a group, each person can make one up then swap and see if you can work them out. Rate the password strength from 1–10 (where 10 is 'superpower strong' and 1 is 'particularly puny').

Get dramatic

Write two versions of the following 'online' scenarios 'what-not-to-do' and 'what-to-do' scenes

- Being asked by a stranger to share personal information
- Deciding whether to post photographs of friends in a public forum
- Choosing a new password and deciding whether to log-out of a website
- Considering if/when to share a concern about something online with a trusted adult.

Digital footprints

Think about what we can find out about dinosaurs from examining their fossilised footprints e.g. their size, how they walk, how old they are for example. Now think about your own 'digital' footprint and what it might say about you. What could strangers learn about you from your digital footprint?