

LESSON TEN

OBJECTIVE 3: STAYING IN CONTROL

LESSON 10: Less Screens...Now What?

OBJECTIVE

- Students will identify healthy activities.

LESSON OVERVIEW

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| <ul style="list-style-type: none">• Students categorize playing cards.• Students learn how to play the Screen Zombie card game. |
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MATERIALS NEEDED

- Picture Cards Step 10.2 and 10.3: 1 per student
- Card Stock paper

PROCEDURE

Step 10.1: Students List Healthy Activities

- **Tell Students:** Sometimes spending a lot of time at home can tempt people to use a lot of screens. If you don't have a plan or some ideas for what you can do during your time, you may end up watching a lot of TV or playing a lot of video games. Although screens can be entertaining, if you simply use screens when you're bored, you may find yourself becoming a Screen Zombie. Then you will miss out on all the fun and productive activities you could be doing.
- **Ask Students:** By now all of you are really good at thinking of other things to do instead of watching TV, videos, or DVDs or playing video or computer games. In less than one minute, try and name 20 healthy activities to do instead of watching TV and playing video games. We're going to go for a speed record here since you've already had so much practice! Allow students to respond.

Step 10.2: Students Sort Picture Cards

Distribute picture cards Step 10.2 and 10.3.

- **Tell Students:** Now we will be sorting picture cards. I would like you to sort them into two groups. One group should show healthy activities you can do. The other group should show unhealthy activities.

Teacher's Note: After the activity is completed have students compare their sorting choices.

Teacher's Note: It is suggested the picture cards be copied onto colored construction paper or card stock.

Step 10.3: Students Play "Screen Zombie"

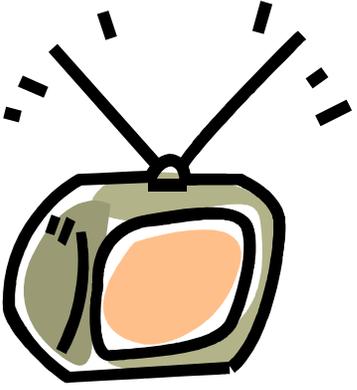
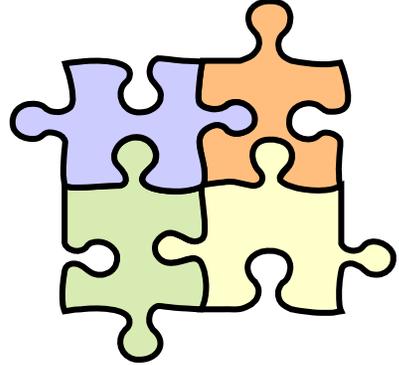
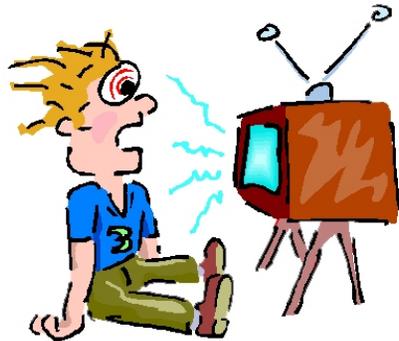
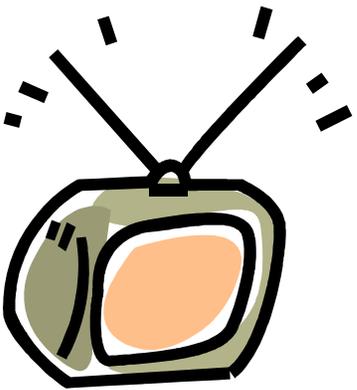
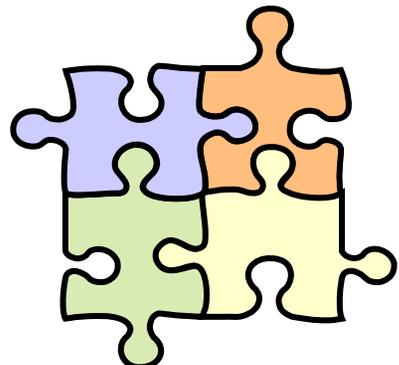
Divide students into pairs. Provide each pair with one set of Screen Zombie playing cards.

- **Tell Students:** We are going to learn what the rules are for a card game called "Screen Zombie." This is a game that will give you ideas of healthy activities you can do rather than use screens. This card game is similar to Old Maid.

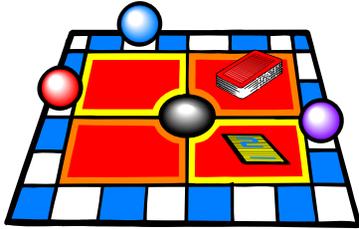
Rules for Screen Zombie Card Game

1. The dealer deals out all the cards.
2. The players match any pairs they have and set them aside.
3. The dealer begins. The other player chooses a card from the dealer's hand without seeing it, and adds it to his/her hand. If it makes a pair they set the pair aside.
4. The player who just took a card then offers their hand to the dealer, and so on.
5. Eventually all the cards will have been paired except the Screen Zombie card. The holder of the Screen Zombie card loses the game.

STEP 10.2 and 10.3

 <p style="text-align: center;">TV</p>	 <p style="text-align: center;">Draw</p>	 <p style="text-align: center;">Puzzles</p>	<p style="text-align: center;">Screen Zombie</p>  <p style="text-align: center;">Screen Zombie</p>
 <p style="text-align: center;">TV</p>	 <p style="text-align: center;">Draw</p>	 <p style="text-align: center;">Puzzles</p>	<p style="text-align: center;">Screen Zombie Rules</p> <ol style="list-style-type: none"> 1. The dealer deals out all cards. 2. The players match any pairs they have and set them aside. 3. The dealer begins. The other player chooses a card from the dealer's hand without seeing it, and adds it to his/her hand. If it makes a pair, they set the pair aside. 4. The player who just took a card then offers their hand to the dealer, and so on. 5. Eventually all the cards will have been paired except the Screen Zombie card. The holder of the Screen Zombie card loses the game.

STEP 10.2 and 10.3



Board Games



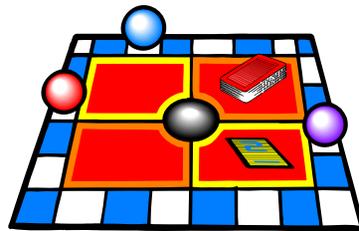
Music



Crafts



Write



Board Games



Music



Crafts



Write



Video Game



Computer



Walk



Bike



Video Game



Computer



Walk



Bike



Read



Sports



Build



Clean



Read



Sports



Build



Clean