

LESSON TWELVE

OBJECTIVE 3: STAYING IN CONTROL

LESSON 12: A Guide For Staying In Control

OBJECTIVE

- Students will choose healthy activities to help budget their screen time.

Teacher's Note: This lesson may require two class periods to complete.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
 - * **CCSS.1.SL.6** Produce complete sentences when appropriate to task and situation.
(See grade 1 Language standards 1 and 3 on page 26 for specific expectations.)

LESSON OVERVIEW

- Students review healthy activities they enjoy using chart created in Lesson 3.
- Students realize budgeting their screen time keeps them healthy.
- Students create a Screen Budget Flip-Flap guide.

MATERIALS NEEDED

- *Things We Enjoy* chart from Lesson 3
- Flip-Flap Worksheet 12.2
- Crayons
- Pencil
- Scissors



Family Newsletter

Distribute Issue Four of the *Take the Challenge* * *Take Charge* Family Newsletter..

PROCEDURE

Step 12.1: Students Discuss Healthy Activities

Teacher's Note: Display *Things We Enjoy* chart from Lesson 3.

- **Tell Students:** Let's look at our *Things We Enjoy* chart.
- **Ask Students:** What are some of the things listed on our chart that you have been doing instead of watching TV or playing video games?
- **Ask Students:** We know that budgeting our screen time allows us more time for fun activities. Fun activities keep our minds and bodies more active. Why is it important to stay active?

Examples/Prompts:

- How does your body feel after you ride a bike or go for a walk?
- How do you feel after you've played a game with your family or friends?
- How does your imagination work while reading or drawing? How does your imagination work while using screens?

Step 12.2: Students Make A Flip-Flap Guide To Help Budget Their Screen Time

*CCSS.1.SL.6

- **Tell Students:** To help you budget your screen time and keep your mind and body healthy, you will be making a flip-flap activity guide.

Teacher's Note: Distribute flip-flap templates to students. The teacher should complete this activity along with the students in a step-by-step manner.

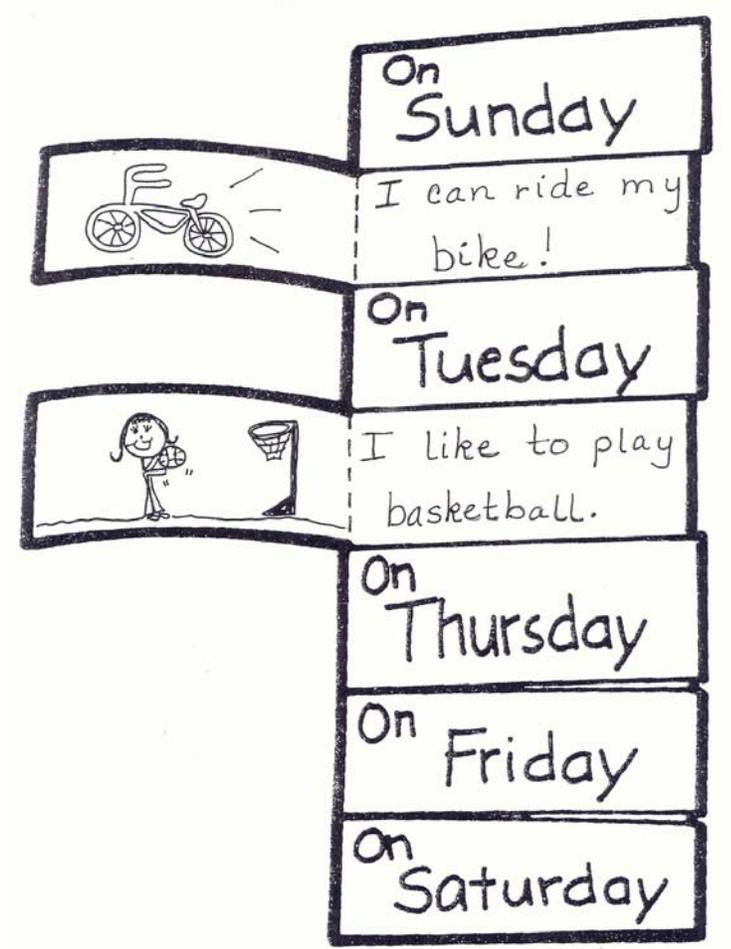
- **Tell Students:** Fold the paper on the solid line.
- **Tell Students:** Open your paper and cut on the dotted lines up to the solid (fold) line.

Teacher's Note: Remind students the back page should have no cuts.

- **Tell Students:** Read the first flap with me. "On Sunday..." Now open the first flap. Choose an activity from our chart.
- **Tell Students:** Write a sentence using your chosen activity on the back page under the first flap. (Example: I will ride my bike or I can...)

Teacher's Note: Continue in this manner for the remaining six flaps.

- **Tell Students:** You will illustrate/draw a picture for each of your sentences. Open your first flap and read the sentence. Draw a picture on the inside flap to match your sentence.
- Sample:



On
Sunday...

On
Monday...

On
Tuesday...

On
Wednesday...

On
Thursday...

On
Friday...

On
Saturday...



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CONGRATULATIONS!

The *Take the Challenge* * *Take Charge* program has been a great success both in and out of the classroom. Thanks to all the families and students who have worked hard this year to spend less time using screens; we hope you found that budgeting screen time left room in your day for the many rewarding and beneficial activities life can offer. We encourage you to continue budgeting your screen time.

It would be pretty unrealistic to throw the television and video games out the window. What would be realistic is to figure out where screens fit into your family's life and turn them on then -- and only then.

Because it is easy to fall back into old habits, sticking to a screen budget requires careful time management skills and self-control. Planned screen-use and screen budgeting go hand-in-hand. The idea is to actively plan when and how your family will use screens.

You can help your child stick to the weekly budget by working together to plan his/her screen use.

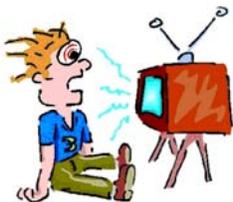
Some suggestions include:

- designating certain times throughout the day when screens should be turned off such as meal time or in the evening before homework has been finished.
- helping your child choose video games and television shows that are appropriate and worthwhile.
- making a visual schedule to show selected screen activities.

Planning a budget can have short and long term benefits. Since screen time is planned each week, there isn't time for your child to "zone out" in front of screens. Instead, your child will learn to use screens with a purpose. You can share your values and interests with your child by guiding him/her toward programs and video games you like and support. Asking your child to create a visual schedule will give him/her experience with time management. This sort of planning skill will be useful throughout your child's life.

Remember to turn screens off and turn life on!!

Noteworthy News



- ✓ A steady diet of violent content over time creates a culture that tells kids that violence is the accepted way we solve our problems.
- ✓ Not every child who watches a lot of violence or plays a lot of violent games will grow up to be violent. Other forces must converge. But just as every cigarette increases the chance that someday you will get lung cancer, every exposure to violence increases the chances that someday a child will behave more violently than they otherwise would.