

First Grade LESSONS AT A GLANCE

Lesson 1: Awareness of Screen Use

- Create *Class Screen Use* Pictograph
- Create Individual Bar Graphs
- Family Newsletter Issue 1

Lesson 2: 3-Day Screen Awareness

- 3-Day Screen Log
- Parent Note – How to Use the 3-Day Screen Log

Lesson 3: Screens Displace Fun Activities

- DVD Movie
- Create *Things We Enjoy* Chart and Create a Class Book
- Mystery Message

Lesson 4: Preparing For The Challenge

- Screen Logs Turned In and Discussed
- Introduction to Screen-Free Challenge
- Create Class Spirit Prop
- Family Newsletter Issue 2

Lesson 5: Opening Ceremony

- Worksheet: *INSTEAD OF SCREENS, I CAN...*
- School-Wide Assembly
- Screen-Free Packet
 - Letter to Parent
 - Contract
 - Journal
 - Challenge in Progress Sign
 - Success Slips
- Record Sheet for Screen-Free Success Slips

Lesson 6: Making Smart Choices

- Strategies to Reduce Screen Temptation

Lesson 7: No Screens For Me!

- Guided Reading - *No Screens For Me!*
- Compare/Contrast Activity
- Writing Activity – Comparison Poem

Lesson 8: Recognition Ceremony

- School-Wide Assembly
- Certificates of Completion/Participation
- Trophy
- Family Newsletter Issue 3

Lesson 9: Understanding the Screen Budget Challenge

- Students Decide on a Screen Budget
- Screen Budget Packet
 - Letter to Parent
 - Contract
 - Success Slips
- Budget Talk Sessions Begin
- Budget Success Chart
- Budget Certificates

Lesson 10: Less Screens---Now What?

- Screen Zombie Playing Cards

Lesson 11: Budgeting Screen Time Equals Fun Time

- Four-Square Writing Activity

Lesson 12: A Guide for Staying in Control

- Flip-Flap Guide
- Family Newsletter Issue 4

Lesson 13: Picture/Letter of Encouragement

- Write Informational Letter to Healthcare Provider

Lesson 14: Be Smart! Get the Message Out!

- Write an Acrostic Smart Poem
- Make a Display

SAMPLE K-1 CALENDAR

(Month)

(Year)

Take the Challenge Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<ul style="list-style-type: none"> It is suggested a parent meeting introducing the Take the Challenge Curriculum be planned and held before Lesson 5 		Lesson 1 Graph (Staff meets to plan Opening Ceremony)	<ul style="list-style-type: none"> It is suggested that Lesson 1 not begin on a Monday so the graphing lesson can reflect a normal viewing day. 	
	Lesson 2 3-Day Screen Log			Lesson 3 Things We Enjoy chart	Collect Screen Logs	
	Lesson 4 Begin making Spirit Props		Lesson 5 Opening Ceremony Screen-Free Challenge Begins		Lessons 6 & 7 should be done during the Screen-Free Challenge.	
				Last Day of Challenge	Lesson 8 Awards Ceremony	
	Lesson 9 Screen Budget Challenge Begins		<ul style="list-style-type: none"> Remaining lessons can be scheduled anytime throughout the rest of the school year. 			