

LESSON TWO

OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE

LESSON 2: 3-Day Screen Awareness

OBJECTIVE

- Students will use a log to record how much time they spend using screens for three (3) days.

COMMON CORE STATE STANDARDS

- MATHEMATICS
 - * **CCSS.2.OA.1** Use addition and subtraction within 100 to solve one- and two-step word problems involving situations of adding to, taking from, putting together, taking apart, and comparing, with unknowns in all positions, e.g., by using drawings and equations with a symbol for the unknown number to represent the problem.1

LESSON OVERVIEW

- Students are introduced to and practice using the *3-Day Screen Log*.
- Students are to record their screen viewing during the next week using the log.

MATERIALS NEEDED

- *3-Day Screen Log*: 1 per student
- *Screen Log* “Yesterday” overhead
- Parent Note - How to Use the 3-Day Screen Log

PROCEDURE

Step 2.1: Introduce the 3-Day Screen Log

*CCSS.2.OA.1

- **Tell Students:** We're going to find out how much time we actually spend watching TV, videotapes, DVDs, and playing video games for three (3) days.

To help keep track of the amount of TV you watch and the amount of video/computer games you play, each of you will be getting a *3-Day Screen Log*. Every time you watch TV, including videotapes or DVDs, or anytime you play a video game, including on a hand-held player or on your computer, you put a tally mark in your log.

Step 2.2: Practice Using 3-Day Screen Log

- **Tell Students:** We're going to practice using the Screen Log as a class.

Use the overhead (**Yesterday**) to complete an example with the help of the class. Depending on their response the class will put a tally mark after the "TV Program," "Videotapes or DVD," or "Video Game" picture. Fill in the total number of tally marks.

Step 2.3: Students Are Assigned 3-Day Screen Logs

- **Tell Students:** The most challenging part of keeping your Screen Log will be remembering to use it **every time** you watch TV, DVDs or videotapes or play video or computer games. Be sure to record everything! Don't be worried that you watch too much or too little – there are no right or wrong amounts to have in your 3-Day Screen Log.
- **Ask Students:** What are some ways you can think of that will help you remember to complete your log?

Examples/Prompts:

- I can tie the Screen Log to the remote or to my doorknob with string.
- I can leave my Screen Log near the TV at all times.
- I can put a note on the refrigerator, bedroom door, TV, or computer screen.
- I can ask someone in my family to remind me.

- **Tell Students:** Using the Screen Log every time you use screens will help you become more aware of your habits.

Teacher's Note: Remind your students daily to fill in their Screen log.

Dear Parents,

Becoming aware of screen use is an important part of the TAKE THE CHALLENGE * TAKE CHARGE program. We are asking students to keep track of the amount of time they spend watching TV/movies and playing computer/video games. Your child will complete the attached 3-Day Screen Log to help with this awareness activity.

We have practiced using this log so your child is familiar with how to make tally marks when viewing takes place. Please guide them as they complete the log each day. You will need to add up the total number of tally marks and enter this figure at the bottom of each page. At the end of the three (3) days, please put the number of tally marks on the Screen Log cover. Send the completed 3-Day Screen Log to school the following day.

Thank you for participating and supporting your child's education in this important awareness activity.

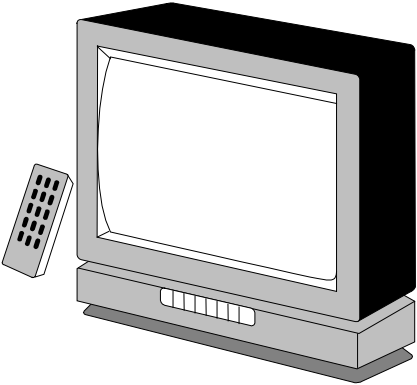

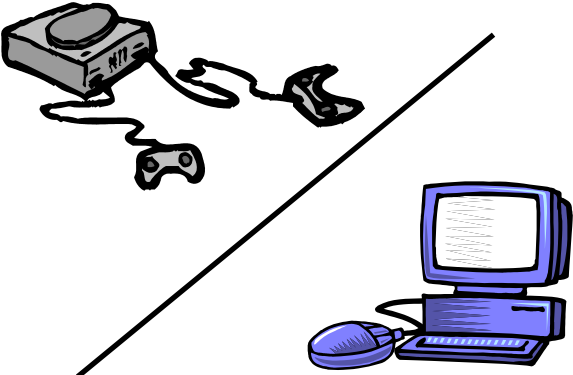
Sincerely,



Yesterday

Parents: Please help your child keep track of screen viewing throughout the day. Use tally marks to record the viewing times.

One tally mark (|) = ½ hour program. Two tally marks (||) = 1 hour program.

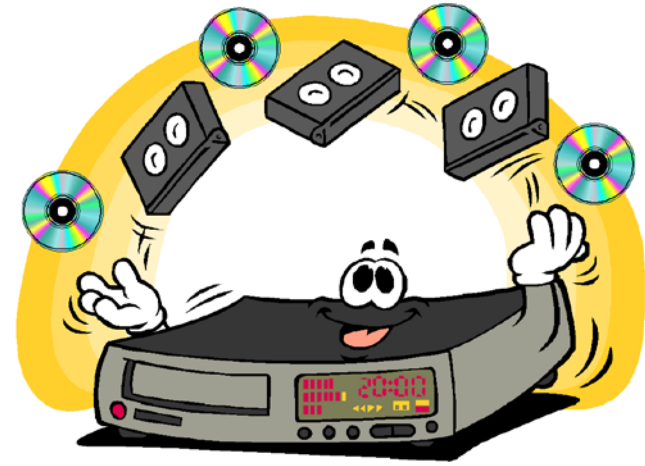
Total Number of tally marks _____



3-Day Screen LOG

THIS BOOKLET BELONGS TO:

Total Screen Time: _____



3-Day Screen LOG

THIS BOOKLET BELONGS TO:

Total Screen Time: _____

Dear Parents,

Please help your child keep track of screen use throughout the day. Use tally marks to record the time as shown below.

One tally mark (|) = $\frac{1}{2}$ hour program.

Two tally marks (||) = 1 hour program.

Thank you!

Dear Parents,

Please help your child keep track of screen use throughout the day. Use tally marks to record the time as shown below.

One tally mark (|) = $\frac{1}{2}$ hour program.

Two tally marks (||) = 1 hour program.

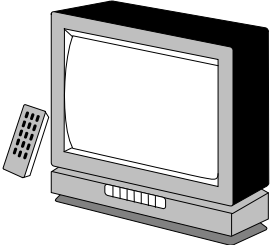

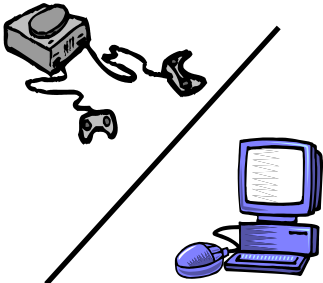
Thank you!

Day 1

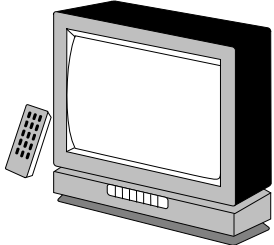

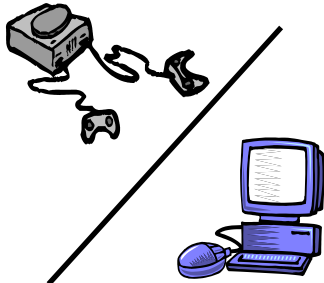
Date ()

Day 1

Date ()

Total number of tally marks: _____

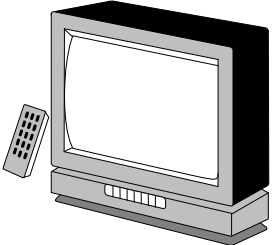

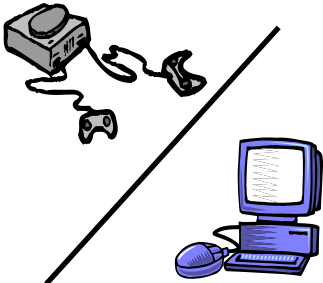
Total number of tally marks: _____

Day 2

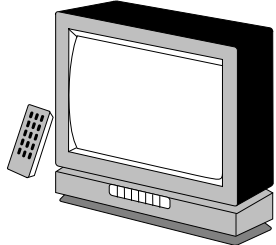

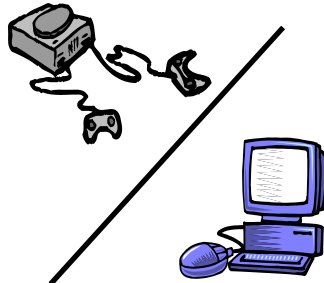
Date ()

Day 2

Date ()

Total number of tally marks: _____

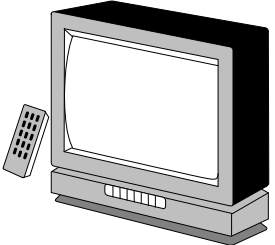

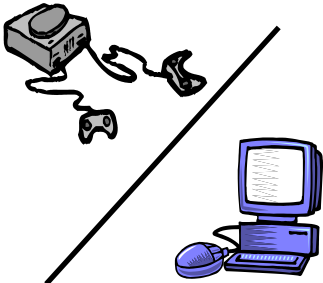
Total number of tally marks: _____

Day 3

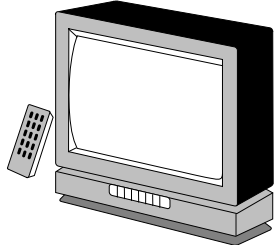

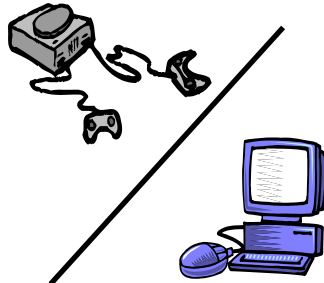
Date ()

Day 3

Date ()

Total number of tally marks: _____

Total number of tally marks: _____