

LESSON THREE

OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE

LESSON 3: Negative Effects of Too Much Screen Use

OBJECTIVE

- Students will discuss activities they enjoy other than screen viewing.
- Students will become aware of some of the negative effects of screen viewing.
- Students will write a paragraph.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
 - * **CCSS.2.W.3** Write narratives in which they recount a well elaborated event or short sequence of events, include details to describe actions, thoughts, and feelings, use temporal words to signal event order, and provide a sense of closure.

LESSON OVERVIEW

- Students discuss activities they enjoy.
- Students use a 4-square graphic organizer to help write a paragraph.
- Students discuss negative effects of excessive screen viewing and write a paragraph summarizing them.

MATERIALS NEEDED

- Four-square graphic organizer Worksheet 3.3 (overhead)
- Four-square graphic organizer Worksheet 3.3: 1 per student
- Optional 4-square Worksheet 3.3

Teacher's Note: In Lesson 14 you will be using a project to help inform others about what is being learned in the Take the Challenge curriculum. The project in this lesson may be used to help get the message out.

PROCEDURE

Step 3.1: Students Discuss Activities They Enjoy

- **Tell Students:** I am sure you all have many activities that you enjoy doing.



Pair-share: If desired, instead of brainstorming as a class, have students divide up into pairs to share ideas with each other. Then review student ideas as a class.

- **Ask Students:** Who wants to share something you enjoy or something you have fun doing?

Examples/Prompts:

- Where is your favorite place to go? Maybe someone's house or a vacation spot?
- What do you like to do with your best friend?
- What things do you like to do with your family during the weekend?

Step 3.2: Students Discuss Negative Effects of Screen Use

Teacher's Note: Berenstain Bears: Too Much TV is a great read prior to this lesson.

- **Tell Students:** You shared many things that all of you enjoy.
- **Ask Students:** Did you know that every time you sit down to watch TV, you take time away from doing all of these exciting activities? How do you think watching many hours of TV or playing video/computer games for hours might affect someone's mind and body?

Group students into pairs. Each pair of students should generate a list of as many negative effects as they can. Allow about 5 minutes for this discussion and listing of ideas. Then call on groups to share one thing from their list. Generate a class list on the overhead, or chart paper.

Example Responses:

- Watching TV may make a person boring, since people aren't thinking much when they are watching television.
- A person who plays a lot of video games may not be as healthy as someone who doesn't play a lot of video games because they spend less time playing outside.
- Watching a lot of TV might make someone get bad grades.
- People who watch a lot of TV might eat more snack foods.
- Kids who watch too many hours of TV at night might not get enough sleep.

- **Tell Students:** Some programs on TV are fun or educational to watch. Even though there are some fun and educational programs, people can still watch too much TV.

We're learning a lot about screen use! We've kept track of how much time we spend with screens, and also some reasons why it's not good to spend a lot of time in front of screens.

Step 3.3: Students Write A Paragraph

*CCSS.2.W.3

- **Tell Students:** Today we're going to use a four-square graphic organizer to help us write a paragraph using the list of negative effects of watching too much TV.

Teacher's Note: Use the overhead and model as you complete each step of the 4-square.

Distribute 4-square Worksheet 3.3.

- **Tell Students:** In the middle box you will write a topic sentence/main idea. Our paragraph will list negative effects of watching too much TV. As a group, let's brainstorm some possible topic sentences.

Record student ideas.

Examples:

- There are several negative effects of watching too much TV.
- Too much TV can have a negative effect on a person.

- **Tell Students:** Choose one of the examples for your topic sentence. Write it in the center box of the 4-square graphic organizer.

Allow students time to write their topic sentence.

- **Tell Students:** Now you will choose three facts from our negative effects chart.
- **Tell Students:** Write your negative effects on the graphic organizer.

Allow students time to write their negative effects.

- **Tell Students:** The remaining square is for our feeling sentence. Our feeling sentence should state how you feel about the negative effects you have chosen.

You will now transfer the sentences from your 4-square graphic organizer to a piece of paper to form a proper paragraph.

Sample Completed 4-Square

Negative Effect not healthy	Negative Effect eat snack foods
Topic Sentence There are several negative effects of watching too much TV.	
Negative Effect not enough sleep	Closing Sentence Watching too much TV is a waste!

Negative Effect not healthy People who watch too much TV may not be as healthy.	Negative Effect eat snack foods Sometimes people eat snack foods when they watch TV.
Topic Sentence There are several negative effects of watching too much TV.	
Negative Effect not enough sleep People who watch too much TV may not get enough sleep.	Closing Sentence Not being as healthy, eating snack foods, and not getting enough sleep are just some of the effects of watching too much TV.

Sample Paragraph:

There are several negative effects of watching too much TV. People who watch too much TV may not be as healthy. Sometimes people eat snack foods when they watch TV. People who watch too much TV may not get enough sleep. Not being as healthy, eating snack foods, and not getting enough sleep are just some of the effects of watching too much TV.

Optional Activities:

- Students could type the paragraph on the computer and print them.
- Students could illustrate the paragraph and hang them up for display.
- Students could make a class book.

Optional Activity: Extended 4-Square

In this activity students will add more details to their sentences.

<p>Detail Sentence</p> <p><u>First,</u> people who watch too much TV may not be as healthy.</p> <p>Example (sentence): They spend more time sitting and not enough time outside playing.</p>	<p>Detail Sentence</p> <p><u>In addition,</u> people eat snack foods when they watch TV.</p> <p>Example (sentence): Combining this with the sitting may cause a weight problem.</p>
<p>Detail Sentence</p> <p><u>Finally,</u> people who watch too much TV or play too many video games may not get enough sleep.</p> <p>Example (Sentence): I know some kids who play video games until midnight!</p>	<p>Closing Sentence</p> <p><u>As you can see,</u> not being as healthy, eating snack foods, and not getting enough sleep are just some of the effects of watching too much TV.</p> <p>Feeling Sentence: I am so happy that I don't watch a lot of TV.</p>

Topic Sentence
There are several negative effects of watching too much TV.

Sample Paragraph:

There are several negative effects of watching too much TV. First, people who watch too much TV may not be as healthy. They spend more time sitting and not enough time outside playing. In addition, combining this with the sitting may cause a weight problem. Finally, people who watch too much TV or play too many video games may not get enough sleep. I know some kids who play video games until midnight. As you can see, not being as healthy eating snack foods, and not getting enough sleep are just some of the effects of watching too much TV. I am so happy that I don't watch a lot of TV.

NAME: _____

DATE: _____

<p>Negative Effect: _____</p> <p>Detail Sentence: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Negative Effect: _____</p> <p>Detail Sentence: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Topic Sentence: _____</p> <p>_____</p> <p>_____</p>	
<p>Negative Effect: _____</p> <p>Detail Sentence: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Feeling Sentence: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

NAME: _____

DATE: _____

<p>Negative Effect: _____</p> <p>Detail Sentence: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Negative Effect: _____</p> <p>Detail Sentence: _____</p> <p>_____</p> <p>_____</p> <p>Example (Sentence): _____</p> <p>_____</p>
<p>Topic Sentence: _____</p> <p>_____</p> <p>_____</p>	
<p>Negative Effect: _____</p> <p>Detail Sentence: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: right;">Closing Sentence:</p> <p>_____</p> <p>_____</p> <p>Feeling Sentence: _____</p> <p>_____</p> <p>_____</p>