

# LESSON FOUR

---

---

**OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE**

---

---

## LESSON 4: Preparing For The Challenge

---

### OBJECTIVE

- Students will be introduced to the Screen-Free Challenge.
- Students will become familiar with the concept of screen reduction.

### COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
  - \* **CCSS.2.SL.2** Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.

### LESSON OVERVIEW

- Students will turn in and discuss their 3-Day Screen Logs.
- Students discuss screen reduction and Screen-Free Challenge.
- Students create a classroom name for the Screen-Free Challenge.
- Students create a team slogan.
- Students make a class banner. (optional)
- Students make individual student spirit props.

### MATERIALS NEEDED

- Butcher paper (approximately 5 to 7 feet long): 1 per class (optional)
- Other materials vary depending upon prop choice.



### Family Newsletter

Distribute Issue Two of the *Take the Challenge* \* *Take Charge* Family Newsletter.

## PROCEDURE

### Step 4.1: Collect 3-Day Screen Logs

- **Ask Students:** What did you find out about your screen viewing habits from filling out your *Screen Logs*?

*Examples:*

- I found out that I watch a lot more screens than I thought I did.
- I watch the same videos over and over again because I am bored.
- Sometimes I watch TV shows that I don't really like.
- I watch TV when I could be doing other things.
- I can play video games for hours without realizing it.

### Step 4.2: Students Are Introduced to the Screen-Free Challenge

#### \*CCSS.2.SL.2

- **Tell Students:** Children everywhere in the United States - spend more time using screens than doing anything else, except sleeping. In fact, one statistic shows that the average child spends 900 hours per year in school and 1500 hours per year watching television! This not only takes away from time that they could spend playing, reading, talking, creating things, or just having more fun, but we know it also has negative effects.

Many people worry about how much time children spend watching screens. Teachers, parents, doctors, members of congress and even the Vice President and President spend time wondering what can be done about all the time kids spend in front of screens. They think that kids are addicted to screens and wonder if kids would be able to control their use!

Teacher's Note: You may want to provide an explanation of the word *addiction* and provide some appropriate examples of addictions.

- **Ask Students:** Do you think this is true? Do you think kids are addicted to screens? Allow students to respond. If students respond affirmatively and agree that children are addicted to screens, then challenge them to prove that they can break free of screens. If children disagree and claim that they are not addicted, suggest that they prove it to people who believe otherwise.
- **Tell Students:** We're going to study how screens affect our lives and take control of our screen use. It will be challenging, but that is why it is so important. We will feel a great sense of success when we prove to everyone that we are not addicted!

There are two parts to our experiment. The first part will be a Screen-Free Challenge to prove that we can go without TV and video/computer games. The second part of our experiment will involve each of us making a big effort to control our screen use for the rest of the year. During both parts of the experiment, we will examine how our lives are affected by TV and video/computer games.

### Step 4.3: Students Create a Class Name

- **Tell Students:** Soon we will have an Opening Ceremony for the Screen-Free Challenge.
- **Ask Students:** As a class, we need to create a class name to remind us that we're all in this together! What are some ideas we can come up with for a class name?

*Examples/Prompts:*

- TV Tamers
- Screen Stompers
- The No TV Team

Write students' suggestions on the board. Vote on a class name.

### Step 4.4: Students Create a Team Slogan

- **Ask Students:** What we're going to do now is create a class slogan. The slogan will keep us excited throughout our Screen-Free Challenge, and for the rest of the school year. Does anyone have any ideas for a team slogan that will tie into our class name? Write down suggestions and vote on one.

*Examples:*

- Have no fear, the TV Tamers are here!
- The No Screen Team!
- We say No to TV and Yes to Me!

### Step 4.5: Students Create a Class Banner (optional)

The class name and slogan is written on the banner. Children can decorate the banner if time permits. This can be saved for the opening ceremony or displayed.

Example:

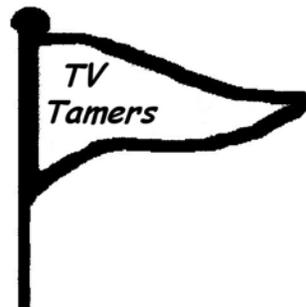


- **Tell Students:** Get ready for the Screen-Free Challenge! It will be our opportunity to challenge ourselves and to challenge all the people who think kids are addicted to screens! The Opening Ceremony will be lots of fun and very exciting!

Teacher's Note: Let the students know on what day the Opening Ceremony is scheduled to occur. During the Ceremony and throughout the Screen-Free Challenge you can lead the students in a cheer using the team name and slogan to generate enthusiasm.

### Step 4.6: Student Spirit Props

Examples:





## Family Newsletter - Issue Two

As part of the *Take the Challenge* \*  
*Take Charge* program, our Screen-Free  
Challenge begins soon!

The Screen-Free Challenge is simple.  
During the challenge, students pledge to  
not watch television or movies and not  
play any video or computer games.

Your child will need your support during  
this Screen-Free Challenge. Any  
guidance and encouragement you can  
offer will help your child stay screen  
free.

The Screen-Free Challenge can be a  
wonderful opportunity for your child to  
experience new or rarely played games or  
pursue a new hobby.

The whole family may want to join in the  
Screen-Free Challenge to see what neat  
things can happen when everyone has  
more time to think of new and exciting  
things to do!

To make the most of the Screen-Free  
Challenge try some of these fun  
activities:

- **Make a plan:** Think of a place the family will enjoy. Plan to go there on a Saturday morning when the kids are usually watching cartoons.
- **Play a game:** Bring out the board games and card games. Invite friends over to join in the fun.
- **Go outside:** Play ball, soccer, hockey, or basketball. Rollerblade, ride a bike, run a race, play Frisbee, jump rope, play with the dog or walk around the neighborhood.
- **Read a book:** Go to the library and pick out a new book or sit down with a magazine. Read to your child. Reading to children makes them feel good and helps them do better in school.

Your child will be bringing home information regarding how the challenge works and when it begins. Please join us as we turn screens off and turn life on!

## Scary Statistics



- ✓ Children spend more time watching television than in any other activity except sleep.
- ✓ Children in households where screens are on "always" or "most of the time" are less likely to read than are children in homes where screen time is controlled.
- ✓ Screens are a part of our society. They're a source of information and entertainment, but excessive use takes away from family time, saps a child's creative thinking skills, and often means homework isn't getting done.