

LESSON SIX

OBJECTIVE 2: SCREEN-FREE CHALLENGE

LESSON 6: Setting Goals for Productive Activities

OBJECTIVE

- Students will discuss fun and productive activities.
- Students will set goals of productive activities they want to do while the screens are off.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
 - * **CCSS.2.SL.1** Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups.

LESSON OVERVIEW

- Students set productive activity goals.

MATERIALS NEEDED

- Productive Activities Worksheet 6.2: 1 per student

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 maybe used to help get the message out.

PROCEDURE

Step 6.1: Students Discuss Fun and Productive Activities

*CCSS.2.SL.2

Remind Students: Don't forget to ask your parent or another adult who lives with you to sign your *Screen-Free Success Slips* for every day that you don't use screens.

- **Tell Students:** Today we are going to talk about activities you can do while the screens are off. Some activities we do are productive. A productive activity has a positive result. It can be a thing, like writing a letter, or it can be a feeling, like feeling happy from playing soccer outside. We will generate a list of productive activities today.
- **Ask Students:** Does anyone have an example of a productive activity that you do?

Record student responses.

Examples:

- Doing homework
- Helping around the house
- Drawing a picture to give to someone
- Reading a book.
- Riding my bike
- Exercising

Step 6.2: Setting Goals

- **Tell Students:** Sometimes we need alternative activities to use when we're tempted to use screens. You will choose three activities from our list of productive activities that you would like to do during the Screen-Free Challenge.

Use the Goal Worksheet 6.2 to write your goals.

Options: You may send the goal sheet home to share with parents, or you may keep them at school. With either option, you will want students to keep track of the productive activities they accomplish and if they meet the goal of accomplishing the three they chose. A small award for those who achieve their goals may be given. This could be a pencil, a sticker, or a small piece of candy. Just keep it simple.

Screen-Free Challenge Goal Statement

Name: _____

During the Screen-Free Challenge, it is my goal to accomplish three productive activities. They are:

1. _____

2. _____

3. _____

Date accomplished _____

How did you feel when you accomplished your goal?
