

# LESSON SEVEN

---

---

**OBJECTIVE 2: SCREEN-FREE CHALLENGE**

---

---

## LESSON 7: Making Smart Choices

---

### OBJECTIVE

- Students will develop skills to avoid TV, video, DVD and computer game use.

### 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 (All steps in this lesson can be done as a group discussion.)

- Students brainstorm tempting screen situations.
- Students discuss strategies to reduce screen temptation.
- Class role play some of the situations and solutions

### MATERIALS NEEDED

- None

## PROCEDURE

### Step 7.1: Students Discuss Strategies to Prevent Screen Temptation

#### \*CCSS.2.SL.1

- **Tell Students:** Don't forget to draw/write in your Screen-Free Journal and to ask your parents or other adult to sign the Screen-Free Success Slip for every day you don't use screens.
- **Ask Students:** We are several days into our Screen-Free Challenge. How is it going? (Allow students to respond.) What are some things you can do to **prevent** the temptation to watch TV, videos/DVDs or play video games? What can you do to the room or the TV that will help you in your goal not to watch TV or play video games? Is there somewhere you can go in your house where it might be easier to not use screens? What can you say to people if they tempt you to watch TV with them?

Record student suggestions on the board.

#### *Examples:*

- Hide the TV, cover it with fabric or put a "Challenge in Progress" sign over it.
- Go outside to play.
- Plan ahead – think what you want to do when you get home from school or during the week.
- Ask someone in your house to help you think of something else to do.

### Step 7.2: Students Brainstorm & Role Play Tempting Screen Situations and Solutions

- **Tell Students:** Sometimes you can't avoid being tempted by screens. Today we will think of ideas about what to do and what to say when you feel tempted by TV or videogames. We're going to think of our own tough situations. Maybe you've already been tempted to watch TV since the Screen-Free Challenge has begun.
- **Ask Students:** What tough situation can you imagine happening at home, or in someone else's home? When would it be hard to say no to someone who wants you to use screens? When would it be hard to get away from the TV?

#### *Examples:*

- Our TV is on during dinner, what do I do?
- My parents like me to watch educational shows. What do I tell them?
- I want to watch the World Series/Super Bowl. It will only be on once. How can I miss it?
- My friends invited me over and I know they will be playing a video game. What should I do?

List the tough situations that students come up with on the board. Choose a couple to role play. Have volunteers role play the situation for the class.

Teacher's Note: Teacher participation in role playing will help the students be more comfortable participating.