

LESSON TEN

OBJECTIVE 3: STAYING IN CONTROL

LESSON 10: Portrait of a TV Zombie

OBJECTIVE

- Students will recognize some of the negative effects of excessive TV viewing.

LESSON OVERVIEW

- Students discuss negative effects of watching too much TV.
- Students complete their own *Portrait of a TV Zombie*.
- Students share their TV Zombie portraits with their classmates.

MATERIALS NEEDED

- Example TV Zombie & Couch Potato overhead: 1 set per class
- *Portrait Frame Worksheet 10.2*: 1 per student

This lesson allows children to express their creative ideas by drawing a TV Zombie and providing a rationale for their depiction. Similar TV reduction-related projects can be included when you teach your regular art lessons. In addition, students can incorporate health concepts into their TV Zombie labels.

Alternative Option: Student may choose to create a fictional TV Zombie using materials such as clay, construction paper, accordion folded paper with eyes attached, or wiggly eyes.

Teacher's Note: The TV Zombie portraits from this lesson may be used in Lesson 14.

PROCEDURE

Step 10.1: Students Discuss Negative Effects of Watching Too Much TV

- **Ask Students:** Who can tell us what a TV Zombie is? What do you think a TV Zombie looks like?

Examples/Prompts:

- A TV Zombie is someone who stares at the TV all day.
 - TV Zombies have blank looks on their faces.
 - A TV Zombie is addicted to TV.
 - A Couch Potato is the same thing as a TV Zombie.
- **Tell Students:** To help you think more about how a TV Zombie might look, we are going to make a list on the board of some of the negative effects of watching too much TV. You may want to think of some of the ideas you came up with when you wrote your negative effects paragraph. Try to be as specific as possible when you think about how watching too much TV may affect a person's mind and body.
- **Ask Students:** What may happen to someone when they watch too much TV? (Write students ideas on the board.)

Examples/Prompts:

- A person who watches too much TV may not exercise enough so they would have weak muscles and a less healthy heart.
 - A TV Zombie might feel bored and be boring.
 - A person who watches too much TV might have tired or bloodshot eyes.
 - Sometimes a person who is watching a lot of TV may not spend enough time on their homework so their grades aren't as good as they could be.
 - A TV Zombie might eat too many unhealthy snacks while watching TV.
 - Someone who watches a lot of TV will have less time to be outside doing fun things like riding their bicycle or skating.
- **Tell Students:** Now I'm going to show you an example of a TV Zombie portrait. You don't have to draw the same things that this picture shows, but you can use the ideas that you like in your own drawing.

Show students the example portrait of the TV Zombie and explain all the parts.

Step 10.2: Students Create Portrait of a TV Zombie

- **Tell Students:** Remember, some TV is okay, even educational at times, but too much TV can be harmful.

- **Tell Students:** You are going to be creating your own portrait of a TV Zombie. The portrait, or picture, should make other people who see it think twice about how much television they watch. You want to help others understand the negative effects of too much TV. While you are drawing your portrait, use the ideas we listed on the board to help you. If you have any other ideas about what a TV Zombie may look like, you can include those ideas too.
- **Tell Students:** Be sure to label your portrait with descriptions about why the TV Zombie looks the way she or he does, just like on the example portrait. Once you finish your drawings, you will have the chance to share your art with the rest of the class.

Teacher's Note: If possible, display the portraits in the classroom or other area where students will see them.

Distribute *Portrait Frame* Worksheet 10.2 and markers to students.





