

LESSON THIRTEEN

OBJECTIVE 4: HELPING OTHER REDUCE SCREEN USE

LESSON 13: Letter of Encouragement

OBJECTIVE

- Students will remember and rehearse their experiences with reducing their screen viewing.
- Students will become advocates to encourage other students to reduce their screen viewing.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
 - * **CCSS.3.W.1** Write opinion pieces on topics or texts, supporting a point of view with reasons.
 - * **CCSS.3.W.2** Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
 - * **CCSS.3.W.4** With guidance and support from adults, produce writing in which the development and organization are appropriate to task and purpose.

LESSON OVERVIEW

- Students realize how much they have reduced their screen viewing time by reviewing the class graph created in Lesson 4.
- Students discuss the need to help others reduce their screen viewing.
- Students prepare a letter for other children.

MATERIALS NEEDED

- *How Much Screen Time Are We Spending?* graph (saved from Lesson 4): 1 per class
- Letter from Local Healthcare Provider: 1 per class
- Healthcare letter Worksheet 13.3a or 13.3b: 1 per student

OPTIONAL

This lesson requires students to write a class or individual persuasive letter. You may also want to use screen reduction as a theme for other writing instruction.

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

PROCEDURE

Step 13.1: Students Realize They Have Reduced Their TV Viewing

- **Tell Students:** Remember the first time we talked about our screen viewing habits? We made a graph as a class that showed how much time each of us spent watching screens. I think it will be interesting to compare the amount of time you spent watching screens, with the amount of time you spend watching screens now. Let's look at the graph we made earlier this year.

Review the *How Much Screen Time Did I Use Yesterday?* graph from Lesson 4 with students.

- **Tell Students:** Now that you remember how much time you spent watching screens, think about how much time you spend watching screens now.
- **Ask Students:** How many of you watch less TV now than you did at the beginning of the Screen-Free Challenge Campaign? How many of you were TV zombies? Have any of you found new hobbies or fun things to do since the beginning of the year?

Allow students to respond.

- **Tell Students:** You should all be very proud of yourselves for becoming more aware of your screen viewing habits. You should also be very proud of your success in reducing your screen viewing time.

Step 13.2: Students Discuss the Need to Help Others

- **Tell Students:** I have a letter from a local healthcare provider.
- **Ask Students:** Who knows what a healthcare provider is? (Allow students time to answer)
- **Tell Students:** A healthcare provider is a person who works in the medical field to help keep us healthy. Examples are: doctors, nurses, EMTs, and laboratory or x-ray technicians. (Read letter to students).
- **Ask Students:** Who wants to help our healthcare providers? Do you think we can help them?
- **Tell Students:** I think we can help since we've all learned that it is important to limit our viewing and not be TV zombies. Most of you can be considered experts in budgeting your TV time, so it would be great if you could educate other kids on how to reduce their screen viewing time. Many other girls and boys would like to benefit from your experiences and what you've learned.

- **Tell Students:** In order to help these patients, you can explain to them how, as a class, you managed to spend less time in front of a screen and why it is good for people to spend less time in front of screens. You can do this by writing a letter. You can tell them how spending less time in front of screens affected your lives. For example, you can tell them about the other fun and productive things they can do rather than watching screens.

Step 13.3: Students Prepare a Letter

***CCSS.3.W.1, CCSS.3.W.2 & CCSS.3.W.4**

- **Tell Students:** Today we will write a letter to a local healthcare provider and explain how spending less time in front of a screen has affected your lives.

Students write a letter or complete the healthcare provider Worksheet 13.3a or 13.3b.

- **Tell Students:** I hope you feel very proud that you are able to help others learn about why they should limit their screen use.

Dear Students,

We are a group of healthcare providers in our community that need your help. We are very concerned about the number of our patients who are addicted to TV, videotapes and DVDs, and playing video and computer games. All the time they spend watching screens is hurting their health and their school work.

Now that you have participated in the Screen-Free Challenge, we know that you are experts at spending less time watching TV and playing video games. You have proven that you are not addicted to screens. We need to know how we can help our patients watch less screens. Please help by answering the following two questions:

1. What can we tell our young patients to help them spend less time in front of screens?
2. What kinds of screen free activities do you do?

We will use your responses to create posters and books that will be displayed in doctor's offices within our community.

Thank you for helping educate our patients.

Sincerely,

Your Local Healthcare Providers

Dear Healthcare Providers,

My name is _____ and I am in _____ grade. I have some ideas to help your patients watch less screens. I think people should try to watch less TV, videotapes and DVDs and spend less time playing video and computer games because:

I like to do other things instead of watching TV and playing video games like:

Sincerely,



Dear Healthcare Providers,

My name is _____ and I am in _____ grade. I have some ideas to help your patients watch less screens. I think people should try to watch less TV, videotapes and DVDs and spend less time playing video and computer games because:

I like to do other things instead of watching TV and playing video games like:

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