

# LESSON TWO

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

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## LESSON 2: Awareness of Screen Time All Week

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### OBJECTIVE

- Students will use a log to record how much time they spend watching screens (TV, watching videotapes, DVDs, and playing video games) during a 1-week period.

### LESSON OVERVIEW

- Students are introduced to and practice using the *Screen Log*.
- Students are assigned to record their television viewing during the next week using the *Screen Log*.

### MATERIALS NEEDED

- *Screen Log*: 1 per student
- *Screen Log* example overhead: 1 per class (use the large “Yesterday” page)

## PROCEDURE

### Step 2.1: Introduce the *Screen Log*

- **Ask Students:** Who remembers from the last time how much screen time they spent in a day? Who remembers how much time the class spent watching screens?

Allow students to respond.

- **Tell Students:** Now, what we're going to do is figure out how much time we spend watching screens over an entire week.
- **Tell Students:** Often people don't realize how much time they spend watching TV or playing video games. These people are sometimes referred to as "zombies" who are "glued to the tube." One of the ways we can prevent ourselves from becoming zombies is by writing down what we watch on TV and how long we watch it. This way we realize exactly how much time we spend doing these things.
- **Tell Students:** To help keep track of the amount of TV you watch and the amount of video games you play, each of you will be getting a *Screen Log*. Every time you watch TV, including videotapes or DVDs, or anytime you play a video game, including on a hand-held player or on your computer, you will circle it on your log. Then you will write in how long you watched or played.

### Step 2.2: Students Practice Using *the Screen Log*

- **Tell Students:** We're going to practice using the Screen Log as a class so that when you take it home you will know exactly what to do every time you watch TV or play a video game.

Distribute Screen Logs.

- **Tell Students:** Open your Screen Log to the page that says "Yesterday." This is just a practice and won't count as part of the week's log.
- **Ask Students:** Who wants to share an example with the class? You can tell us what you did yesterday, and we'll fill out the log together.

Use an overhead to complete an example with the help of the class. Depending on the example, the class will circle either "TV Program," "Videotapes or DVD," or "Video Game" on the Screen Log. [Note that "Computer" is not listed in the TV Log; Instruct students to circle "Video Game" when logging their computer use.] Fill in the amount of time spent doing whatever they circled. Students can fill in the log rounding to the nearest half hour, as in Lesson 1.

- **Tell Students:** At the end of each day, be sure and add up the amount of time you spent watching screens at the bottom of the page. If you need help adding, ask someone at home to help you.

- **Tell Students:** You may want to write down what time you begin watching TV and what time you finish watching TV to help you remember how much total time you spend in front of the TV. You can do that on the back of the log. Remember you want to write in your Screen Log every time you watch TV, including videotapes and DVDs, and every time you play a video game or computer game!

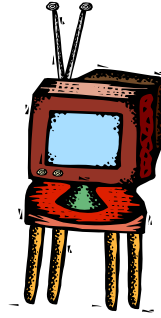
### Step 2.3: Students Are Assigned the Screen Log

- **Tell Students:** The most challenging part of keeping your Screen Log will be remembering to use it every time you watch screens. Be sure to record everything! This way you will be able to figure out exactly how much time you spend doing these things and you will be able to use that information for future class activities. Don't be worried that you watch too much or too little – there are no right or wrong amounts to have in your Screen Log.
- **Ask Students:** What are some ways you can think of that will help you remember to write everything down in your Screen Log?

#### *Examples/Prompts:*

- I can tie the Screen Log to the remote or to my doorknob with string.
  - I can leave my Screen Log near the TV at all times.
  - I can put a note on the refrigerator, bedroom door, or computer.
  - I can ask someone in my family to remind me.
- **Tell Students:** Writing in the Screen Log every time you use screens will help you become more aware of your habits. The Screen Log may even help you avoid becoming a TV Zombie. We will check in as a class over the next week to see how everyone is doing. You may be surprised by what you discover, so please remember to write in your Screen Log every time you watch TV or videotapes or play video games!

Teacher's Note: Remind your students daily to fill in the Screen Log.



Dear Parents,

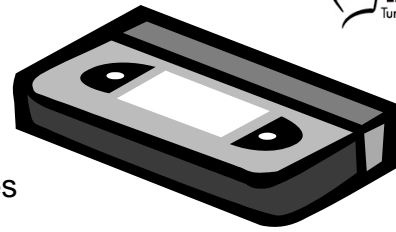
As a part of our Take the Challenge \* Take Charge program, we are asking your child to keep track of the amount of time they spend watching TV, movies, computer and video games they watch and play. Attached is your child's Screen Log.

We have practiced using this log so your child is familiar with how to circle the words/icons when viewing takes place. Please guide them as they complete the log each day. You will need to add up the total time spent on each activity and enter this figure at the bottom of each page. At the end of the 7 days, please put the total viewing time on the Screen Log cover. Send the completed Screen Log to school the following day.

Thank you for participating and supporting your child's education in this important awareness activity.

Sincerely,

# Yesterday



\*Parents: Please keep track of how long your child watches the different types of media below throughout the day and fill in the column to the right for them. Thank you.

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<p><b>Total Time Today?</b> Add hours here:</p>			



# SCREEN LOG

THIS LOG BOOK BELONGS TO:

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Total Media Viewing Time: \_\_\_\_\_

# SCREEN LOG

THIS LOG BOOK BELONGS TO:

---

Total Media Viewing Time: \_\_\_\_\_



# Yesterday

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			



# Yesterday

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			





# Day 1

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			



# Day 1

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			

# Day 2

Date (       )

What did you use the screen for? circle one:	How long? write in below:		
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			

# Day 2

Date (       )

What did you use the screen for? circle one:	How long? write in below:		
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			



# Day 3

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			



# Day 3

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			





# Day 5

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			



# Day 5

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			



# Day 6

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			



# Day 6

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			



# Day 7

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			



# Day 7

Date (       )

What did you use the screen for? circle one:			How long? write in below:
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
TV Program	Videotape or DVD	Video Game	
<b>Total Time Today?</b> Add hours here:			