

LESSON FOUR

OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE

LESSON 4: Preparing For The Challenge

OBJECTIVE

- Students will be introduced to the Screen-Free Challenge.
- Students will become familiar with the concept of screen reduction.

LESSON OVERVIEW

- Students will turn in and discuss their Screen Logs.
- Students discuss screen reduction and the Screen-Free Challenge.
- Students create a classroom name for the Screen-Free Challenge.
- Students create a team slogan.
- Students make a class banner.
- Students make individual props. (optional)

MATERIALS NEEDED

- *Time Spent Watching Screens* graph Step 4.1 (actual): 1 per class, enlarge to 11x17
- Completed Screen Logs from Lesson 2
- Butcher paper (approximately 5 to 7 feet long): 1 per class (optional)
- Prop materials will vary.

Teacher's Note: This lesson may be expanded to include language concepts. Students can prepare a narrative paragraph about the Screen Log, explaining what they learned about themselves and their habits.

Teacher's Note: The student graphs will be used again in Lesson 13.

*Optional Activity

Students create a graph of actual screen viewing time.



Family Newsletter

Distribute Issue Two of the *Take the Challenge* * *Take Charge* Family Newsletter.

As a Class We Watched _____ Hours of Screens on _____

(Actual)

(Date)

NUMBER OF STUDENTS

12											
11											
10											
9											
8											
7											
6											
5											
4											
3											
2											
1											
	0 hours	½ hours	1 hours	1 ½ hours	2 hours	2 ½ hours	3 hours	3 ½ hours	4 hours	4 ½ hours	5+ hours

TIME SPENT WATCHING SCREENS

Step 4.2: Students Are Introduced to Screen-Free Challenge

- **Tell Students:** Today we are going to talk about something very exciting! So far we have learned that as a class we watch _____ hours of screens. We have also learned that our favorite activities are not related to screens. According to our *Things We Enjoy* chart, we prefer _____. [Mention activities cited earlier by the class.]
- **Tell Students:** Children from California to Florida to Texas to New York - children everywhere in the United States - spend more time watching screens than doing anything else, except sleeping. As we know, this is the time that they could spend playing, reading, talking, creating things, or just having more fun.

Teacher's Note: You can expand this point into a quick geography review by locating example states on the map.

- **Tell Students:** Many people worry about how much time children spend watching screens. Teachers, parents, doctors, members of congress and even the Vice President and President spend time wondering what can be done about all the time kids spend in front of screens. They think that kids are addicted to TV, and that even if they tried, kids wouldn't be able to control their viewing!
- **Ask Students:** Do you think this is true? Do you think kids are addicted to screens?

Allow students to respond. If students respond affirmatively and agree that children are addicted to screens, then challenge them to prove that they can break free of screens. If children disagree and claim that they are not addicted to screens, then suggest that they prove it to people who believe otherwise.

- **Tell Students:** This year we are going to be part of something very important that all of the people who worry about how watching a lot of screens affect children will be interested in. We're going to be scientists and study how too much screen viewing affects our lives.
- **Tell Students:** We are going to be one of the few schools in the United States that is going to try and take control of viewing for the entire year. It will be challenging, but that is why it is so important. We will feel a great sense of success when we prove to everyone that we are not addicted to screens!
- **Tell Students:** There are two parts to our experiment. The first part will be a Screen-Free Challenge to prove that we can go without TV and video games. The second part of our experiment will involve each of us making a big effort to control our screen viewing for the rest of the year. During both parts of the experiment, we will examine how our lives are affected by TV and video games, and try various ways to document our historic experience!
- **Tell Students:** We are going to prove to others that kids **can** control the amount of time they spend viewing screens!

- **Ask Students:** To have a successful experiment we will need all of you to do your absolute best in the challenge of reducing screens viewing. Every one of you will have the chance to win awards. Do you think that this class will be successful in doing our best in the experiment? (“YES”!)
- **Ask Students:** What are your suggestions for some prizes that you’d like to win?
- **Tell Students:** I believe we **can** prove that children can watch less screens if they try!

Step 4.3: Students Create a Class Name

- **Tell Students:** Soon we will have an Opening Ceremony for the Screen-Free Challenge.
- **Ask Students:** As a class about to embark on an exciting experiment, we need to create a class name to remind us that we’re all in this together! What are some ideas we can come up with for a team name?

Examples/Prompts

- Screen Stompers
- TV Tamers
- Great Room 8
- The No TV Team

Write students’ suggestions on the board. If students want to name their team after TV or movie characters, remind them that the goal is to reduce the role of TV in their lives, so they should choose names that prove they are not controlled by screens.

Vote on a class name. Write the class name on the banner, or have students design the banner. Display the banner in the classroom, if possible.

Save this banner for the opening ceremony.

Step 4.4: Students Create a Team Slogan

- **Ask Students:** What we’re going to do now is create a class slogan. The slogan will keep us excited throughout our TV Turn-Off challenge, and for the rest of the school year. It should be something simple that we can easily remember as we begin our experiment. Does anyone have any ideas?

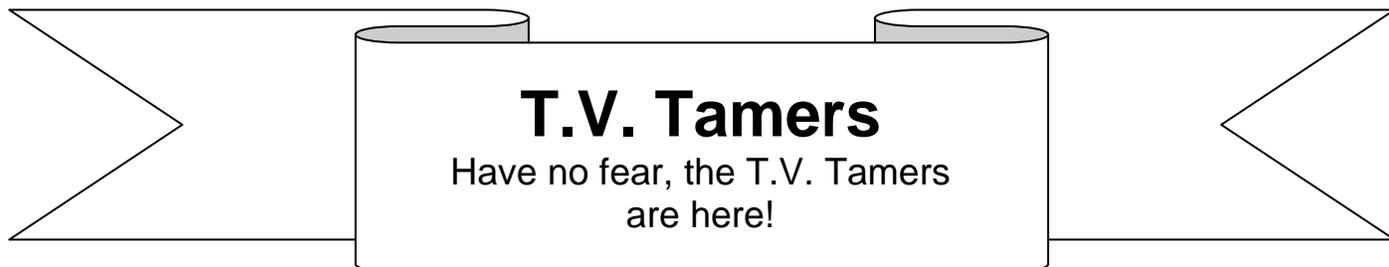
Examples/Prompts:

- Have no fear, the TV Tamers are here!
- Great Room 8 has a reason to celebrate!
- We say No to Screens and Yes to Me!
- TV Busters can succeed!

Write students’ suggestions. Vote on a team slogan.

Step 4.5: Students Create a Class Banner (optional)

The slogan can be written in the banner below the class name. Children can decorate the banner if time permits. The banner can be displayed outside the classroom or it can be saved for the opening ceremony. Example:

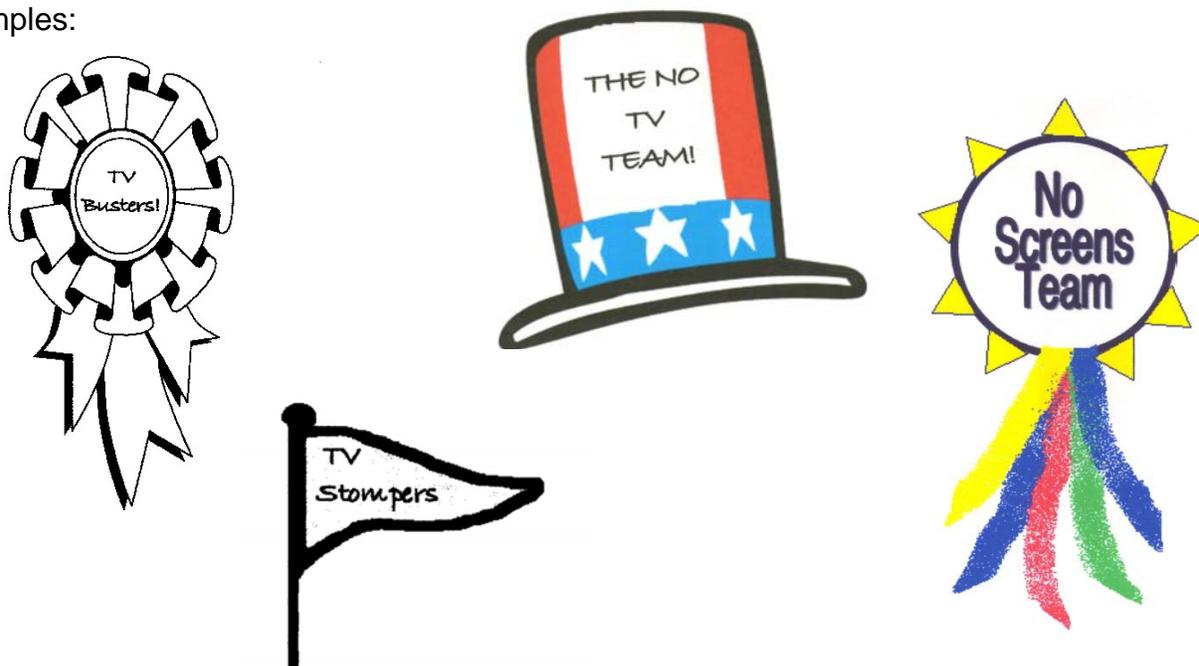


- **Tell Students:** Get ready for the challenge – the Screen-Free Challenge! It will be your opportunity to challenge yourselves and to challenge all the people who think kids are addicted to TV and video games! The Opening Ceremony will be lots of fun and very exciting!

Teacher's Note: Let the student know on what day the Opening Ceremony is scheduled to occur. During the Ceremony and throughout the Screen-Free Challenge, you can lead the students in a cheer using the slogan and team name to generate enthusiasm

Step 4.6: Student Spirit Props

Examples:





Family Newsletter - Issue Two

As part of the *Take the Challenge * Take Charge* program, our Screen-Free Challenge begins soon!

The Screen-Free Challenge is simple. During the challenge, students pledge to not watch television or movies and not play any video or computer games.

Your child will need your support during this Screen-Free Challenge. Any guidance and encouragement you can offer will help your child stay screen free.

The Screen-Free Challenge can be a wonderful opportunity for your child to experience new or rarely played games or pursue a new hobby.

The whole family may want to join in the Screen-Free Challenge to see what neat things can happen when everyone has more time to think of new and exciting things to do!

To make the most of the Screen-Free Challenge try some of these fun activities:

- **Make a plan:** Think of a place the family will enjoy. Plan to go there on a Saturday morning when the kids are usually watching cartoons.
- **Play a game:** Bring out the board games and card games. Invite friends over to join in the fun.
- **Go outside:** Play ball, soccer, hockey, or basketball. Rollerblade, ride a bike, run a race, play Frisbee, jump rope, play with the dog or walk around the neighborhood.
- **Read a book:** Go to the library and pick out a new book or sit down with a magazine. Read to your child. Reading to children makes them feel good and helps them do better in school.

Your child will be bringing home information regarding how the challenge works and when it begins. Please join us as we turn screens off and turn life on!

Scary Statistics



- ✓ Children spend more time watching television than in any other activity except sleep.
- ✓ Children in households where screens are on "always" or "most of the time" are less likely to read than are children in homes where screen time is controlled.
- ✓ Screens are a part of our society. They're a source of information and entertainment, but excessive use takes away from family time, saps a child's creative thinking skills, and often means homework isn't getting done.