

LESSON SIX

OBJECTIVE 2: SCREEN-FREE CHALLENGE

LESSON 6: Making Smart Choices

OBJECTIVE

- Students will develop skills to avoid screen use.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
 - * **CCSS.3.SL.4** Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.

LESSON OVERVIEW (All steps in this lesson can be done as a group discussion)

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| <ul style="list-style-type: none">• Students discuss strategies to reduce screen temptation.• Students brainstorm solutions when they may be tempted to watch screens.• Students create example situations so other students can offer solutions. |
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MATERIALS NEEDED

- *Smart Situations* Worksheet 7.2: 1 per group

PROCEDURE

Step 6.1: Students Discuss Strategies to Prevent Screen Temptation

- **Remind Students:** Don't forget to draw/write in your Screen-Free Journal and to ask your parents or other adult to sign the Success Slip for every day you don't use screens.
- **Ask Students:** Now we're on Day _____ of the Screen-Free Challenge. How's it going? (Allow students to respond)
- **Ask Students:** 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 screens? Is there somewhere you can go in your house where it might be easier to not watch screens? What can you say to people if they tempt you to watch TV with them?

Record student suggestions on the board for students to use throughout the lesson.

Examples/Prompts:

- Avoid rooms that have a TV in them.
- Hide the TV, cover it with fabric or put a "Screen-Free Challenge in Progress" sign over it.
- Go outside to play.
- Plan ahead - Think about 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 6.2: Students Brainstorm Solutions for Tempting Screen Situations

- **Tell Students:** Sometimes you can't avoid being tempted by screens. So what we're going to do today is to divide into groups and brainstorm ideas about what to do and what to say when you feel tempted by TV or videogames. Each group will get a situation written out on a slip of paper. As a group you will come up with an idea of what you could say or do if you found yourself in the situation described. Write your solution on the back of the slip. Then, each group will act out or describe their situation and solution.
- **Tell Students:** After you have come up with solutions in your groups, you will share them with the rest of the class so we can discuss them. Be sure to give your solutions some thought. The goal isn't to think of the funniest or silliest idea, but the idea that would work best for you and for other students.

Divide students into seven groups. Give each group a situation slip Worksheet 7.2. Allow students about 5-10 minutes to come up with their solutions.

Step 6.3: Students Discuss Tempting Screen Situations

- **Tell Students:** Now that you have all thought of solutions to your situations, it's time to share them with the rest of the class.

Ask each group to read or describe the situation and the group's solution at the front of the class. Students can also share from their desks if they are not comfortable giving presentations. Discuss each solution with the class.

- **Ask Students:** Do you think this solution would work? Can you imagine doing or saying this? Would you do or say something differently?

Step 6.4: Students Discuss Other Tempting Screen Situations

*CCSS.3.SL.4

- **Tell Students:** Now 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. Or maybe you know how convincing your older sister or brother can be, and you're worried that she or he might talk you into watching TV. Now is the time to share with the class any situations you can think of so that we can think of a solution together.
- **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 watch with them? When would it be hard to get away from the TV? Does anyone have any stories to share about a time when it was tempting to watch TV, videotapes or play video games?

Write each situation on the board before soliciting solutions.

Examples/Prompts:

- Our TV is on during dinner, what do I do?
- My best friend and I always watch TV together. What can we do instead?
- My parents like me to watch educational shows. What do I tell them?
- I want to watch the World Series, and it will only be on once. How can I miss it?

Allow at least three students to share their situations. Ask the class for their ideas and solutions.

Examples/Prompts:

- Suggest to your mom or dad that it would be nice if the family could talk together during dinner.
- Go outside and make up your own game to play.
- I can read a book.
- Listen to the game on the radio with a friend.

Situation #1

You get home from school and your sister is playing one of your favorite video games. You have to walk past the TV to get to your room. What do you say to yourself and what do you do?

Situation #2

You usually watch cartoons while you eat breakfast. The rest of your family is busy getting ready for the day. You are about to turn on the TV since there is no one to talk to. What do you say to yourself and what do you do?

Situation #3

You share a bedroom with your brother or sister and there is a TV in the room. You're reading in your room and your brother or sister comes in with a friend. They start playing a video game together and invite you to play with them. What do you say and what do you do?

Situation #4

Everyone is busy at your house. You feel a little lonely and want to turn on the computer. How do you stop yourself? What do you do?

Situation #5

An annual holiday program will be on TV soon and you don't want to miss it. You also want to stick to your Screen-Free Challenge Contract. What do you do?

Situation #6

Mom and Dad forget that you're in the middle of the Screen-Free Challenge. After dinner they invite you to sit on the couch with them to watch a movie. What do you say?

Situation #7

You are at daycare and the TV is on and most of the other kids are watching it. You want to stick to the Screen-Free Challenge Contract. What do you say and what do you do instead?