

LESSON SEVEN

OBJECTIVE 2: SCREEN-FREE CHALLENGE

LESSON 7: Alternate Activities to Use When Tempted by Screens

OBJECTIVE

- Students will review *Things We Enjoy* chart from lesson 3.
- Students will discuss fun and productive activities.
- Students will create and practice using an Activity Catcher of their favorite alternative activities to use when tempted to watch screens.

LESSON OVERVIEW

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| <ul style="list-style-type: none">• Students make their own Activity Catcher and practice using it. |
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MATERIALS NEEDED

- Directions for making an Activity Catcher: 1 per student
- White paper – 8½” x 11”: 1 per student

PROCEDURE

Step 7.1: Students Discuss *Fun and Productive Activities*

- **Remind Students:** Don't forget to ask your parent or another adult who lives with you to sign your *Success Slips* for every day that you don't watch screens.
- Display Things We Enjoy chart (saved from lesson 3)
- **Tell Students:** To help make it easier for you to keep the TV and video games turned off, today we are going to talk about things you've already shared.
- **Tell Students:** A productive activity makes a positive result. It can be a thing, like a letter project, or it can be a feeling, like feeling happy from playing soccer outside.
- **Ask Students:** Let's find an example of a productive activity from the list? Let's find an example of activities that are fun?

Examples/Prompts:

- Doing homework
- Helping my family with stuff around the house
- Drawing a picture to give to someone
- Reading a book
- Riding my bike

Step 7.2: Students Make Activity Catcher

- **Tell Students:** Sometimes we need alternative activities to use when we're tempted to watch screens. Now I'm going to pass out everything you need to make your own Activity Catcher and show you how to make it.

Distribute materials and demonstrate each step indicated on the Activity Catcher direction guide.

Teacher's Note: The Activity Catcher is simply a tool used to break the cycle of an automated response that has been ingrained for years. Even if students don't actually partake in the activities indicated, it will have served its purpose by getting students to stop and think before turning on the TV, and getting students to think about other things they might like to do.

- **Ask Students:** When should you use your Activity Catcher?

Examples/Prompts:

- When I feel bored
- When I'm feeling too tired to think of anything to do
- After I get home from school
- When there is an hour before dinner and I'm not sure what to do
- When I feel tempted to watch TV or play a video game

- **Ask Students:** Where is a good place to keep your Activity Catcher at home? Remember, it should be somewhere where it's easy for you to get to, somewhere you think you will see it and use it. That way it will help you think of things to do instead of using screens.

Example/Prompts:

- On top of the TV
- Away from my little brother or sister
- On my desk in my room

Step 7.3: Students Practice Using Their Activity Catcher

- **Tell Students:** Pretend you just got home from school. You throw down your backpack, go to the refrigerator and get a glass of water. You grab the remote and plop yourself on the couch. Just as you are about to push the “on” button, you remember you are in the middle of the Screen-Free Challenge!
- **Ask Students:** What can you do?

Examples/Prompts:

- I can use my Activity Catcher!

- **Tell Students:** Go ahead and practice using your Activity Catcher right now to see what activity choices you get!
- **Ask Students:** Does anyone want to share with the class what activities they landed on?

Allow students to respond.

- **Tell Students:** Now you have at least one tool you can use when you may be tempted to watch screens.

Activity Catcher

“Stop and think before turning on screens.”

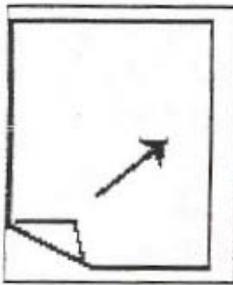
What you need:

- Scissors
- Rectangular sheet of plain paper, 8½ x 11

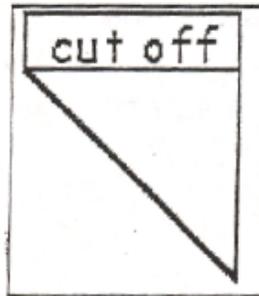
What you do:

- Follow these step by step instructions to create your very own Activity Catcher.

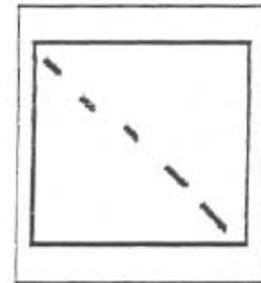
Step 1: Fold the bottom of the paper to the side of the page to make a triangle.



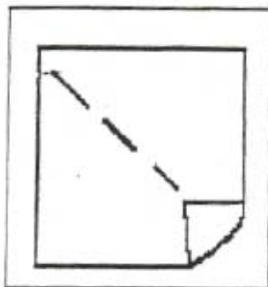
Step 2: Use scissors to cut off the flap at the top.



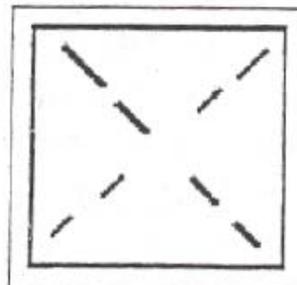
Step 3: Open the triangle and you will have a square.



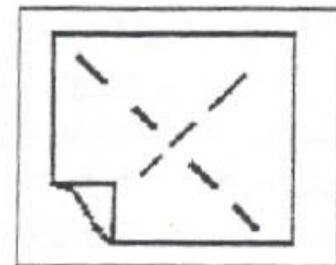
Step 4: Fold one corner of the paper diagonally to the other corner.



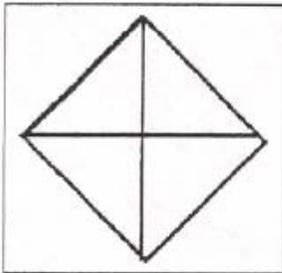
Step 5: Open your paper. You will now have a center point marked on the paper.



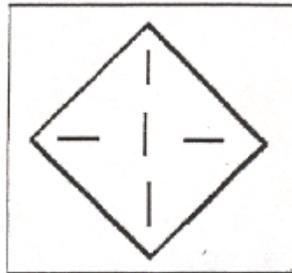
Step 6: Fold each corner of the paper to the center.



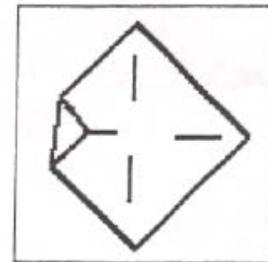
Step 7: When all four corners have been folded, your activity catcher should look like this.



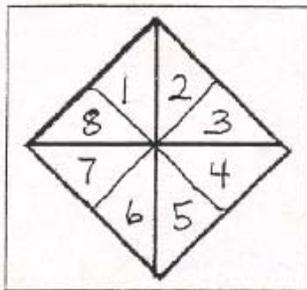
Step 8: Turn the paper over so that the folded sides are face down.



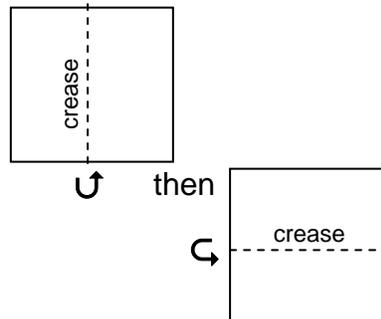
Step 9: Then fold all the corners to the center diagonally again.



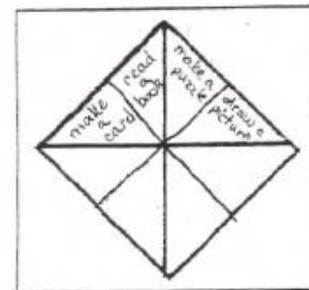
Step 10: Once you have folded in the four corners, write the numbers 1 through 8 on each of the triangles.



Step 11: Fold it into a rectangle both vertically and horizontally to make creases.



Step 12: Open the numbered triangle sections so the shape is a blank square. Write eight alternative activities to do instead of watching TV.



Step 13: Fold the flaps again and turn the paper over and write four color words on each small square.

RED	BLUE
GREEN	YELLOW

Step 14: You're ready to play! Bring your thumbs and pointer fingers together under the color words. Choose a color and spell it as you move the flaps in and out and side to side that number of times. (This step can be repeated one or more times.) After your last count, lift the flap to find your screen free activity.

