

LESSON NINE

OBJECTIVE 3: STAYING IN CONTROL

LESSON 9: Understanding the Screen Budget Challenge

OBJECTIVE

- Students will decide on a weekly Screen Budget.
- Students will be introduced to *Budget Success Slips*, a screen budget monitoring system.

LESSON OVERVIEW

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| <ul style="list-style-type: none">• Students decide on a Screen Budget.• Students complete the <i>Screen Budget Contract</i>.• Students learn about Budget Talk.• Students begin earning Budget Certificates. |
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MATERIALS NEEDED

- *Screen Budget Contract*: 1 per student
- *Budget Success Slips*: 1 per student
- *Budget Success Chart*
- *Budget Success Certificates*

PROCEDURE

Step 9.1: Students Are Introduced to Screen Budget Idea

- **Ask Students:** Can anyone guess what a Screen Budget is?

Allow students to respond.

- **Tell Students:** A Screen Budget is a limit on the amount of screens someone can use during the week.

Step 9.2: Students Decide on a Screen Budget

- **Tell Students:** Today you are going to create a Screen Budget for the class. Everyone is individually responsible for following the Screen Budget on his or her own, yet we will be able to support each other since we will all have the same limit.
- **Tell Students:** Your goal is to stick to the Screen Budget and limit the number of hours you spend watching TV, videotapes and DVDs and playing video and computer games. This way everyone can have time to do fun and exciting things instead of using screens all day.

Teacher's Note: Write student suggestions on the board. Eliminate those that are much higher and lower than 10 hours per week. Guide discussion so that a 10-hour budget is chosen.

- **Tell Students:** I think 10 hours a week is a great Screen Budget to follow! Remember, you are completely in charge of how you spend your budgeted time for TV, videos, DVDs and video/computer games. You may choose to use screens a little each day, use them every other day, or not use any screens for a couple of days so that you can save up time for a special movie, televised sporting event or video game play-off. It's totally up to you.
- **Ask Students:** Based on a 10-hour Screen Budget...
 - If someone watched 2 hours of television today, how many hours would they have left for the rest of the week? (8 hours)
 - If someone played video games for 5 hours today, how many hours would they have left to watch television or play video games for the whole rest of the week? (5 hours)
 - If someone watched a movie for 2 hours yesterday, and played video games for 1 hour today, how many hours would they have left to watch television for the rest of the week? (7 hours)

Teacher's Note: Write number sentences to show mathematical thinking (e.g. $10-2 = 8$, $10-5 = 5$).

Step 9.3: Students Are Introduced to Screen Budget Guidelines

Show Students the Budget Success Chart.

- **Tell Students:** Now it's time to talk about what will be happening while you have a Screen Budget. It's called Budget Talk. During each Budget Talk, we'll check-in together once a week to see how the Screen Budget is working for you.
- **Tell Students:** Soon I will give each of you a sheet of *Budget Success Slips*. Every week that you stick to the Screen Budget you will need to get a parent or other adult signature on a *Budget Success Slip*. During the Screen-Free Challenge you had to turn in slips every day. Now you only need to turn in *Budget Success Slips* once a week. Remember, when you turn in a *Budget Success Slip* it means that you didn't spend more than 10 hours watching TV, videotapes or playing video games for that week.

Hold up the *Budget Success Slips* for students to see.

[Teacher Tip]: A *Budget Success Slip* page covers a period of one month. You may want to fill out the month and day portion of the slip before copying. It is also suggested you copy the signature page and the check-off page as a two sided copy.

- **Tell Students:** Every time you watch a TV Program or play a video game, mark your *Budget Success Slip*. Try not to run out of time before the end of the week. Bring in one signed *Budget Success Slip* each week that you stick to the budget.

Teacher's Note: Choose one day a week that will be best for you and your class to have a Budget Talk. It should be the same day each week. Based on past experience, we recommend Mondays.

- **Tell Students:** It's up to you to be honest about any television or video games you may play when you are at someone else's house. The idea is to spend no more than 10 hours watching TV or playing video games a week.
- **Tell Students:** Each time you turn in a signed *Budget Success slip*, you will get a sticker to put on the *Budget Success Chart* to track your progress.
- **Tell Students:** You will receive award certificates too. There are four levels of award certificates for successfully staying within the "Weekly Screen Budget." Every five (5) Budget Success Slips will earn you an award.

5 Slips = Bronze Award
10 Slips = Silver Award
15 Slips = Gold Award
20 Slips = Platinum Award

Step 9.4: Students Receive A Screen Budget Contract

- **Tell Students:** Now we just need to make the Screen Budget official. I'm going to pass out a contract to everyone for you to read and sign, then I'm going to collect them.

Distribute a *Screen Budget Contract* to students.

Step 9.5: Budget Success Slip Record Keeping

Student's progress is recorded on a *Budget Success Chart*, on which students place a sticker for every week they remain within the Screen Budget.

- Collect signed *Budget Success Slips* from students who have stayed within the Screen Budget. For each slip collected, give students a sticker to place on *the Budget Success Chart* next to their name.
- If the *Budget Talk* is happening after a holiday, be sure to collect a *Budget Success Slip* for every week since your last *Budget Talk*.
- Students who have cumulatively stayed within their Screen Budget for 5, 10, 15 or 20 weeks will receive a certificate (bronze, silver, gold or platinum respectively) congratulating them on their accomplishment.
- Award students with public recognition and privileges for staying within the Screen Budget. Some ideas include allowing these students to:
 - Lead the Pledge of Allegiance.
 - Be first in line to go to recess, lunch and gym.
 - Choose the day's reading book.
 - Teach a class lesson or lead a Budget Talk session.
 - Collect homework from other students.

Teacher's Note:

Optional items you may want to use in your classroom near the Budget Success Chart:

- Photos of the Screen-Free Challenge Opening and Awards Ceremonies.
- Quotes made by students about the benefits of watching less TV.
- Newspaper cartoons depicting America's obsession with screens.
- Articles about TV and how it affects children and families.
- Student Artwork related to the benefits of using less screens.
- Poems or stories about TV that highlight the negative effects of watching too much TV.
- The phrase, "I'd rather be _____ instead of watching TV." (You would have a different student complete the phrase each week.)

Step 9.6: Budget Talk Sessions

During weekly Budget Talk sessions, students are asked to share positive experiences they had during the week as a result of watching less TV and videos or playing fewer video games. They are recognized for staying within the Screen Budget and praised for good alternate uses of time. Students who do not stick to the Screen Budget are encouraged to continue trying in upcoming weeks.

- Invite students to share their experiences and successes with the Screen Budget. Ask students who turn in signed *Budget Success Slips* what they did instead of watching TV or playing video games. Encourage/challenge students who do not turn in slips to try to turn one in the following week.
- Invite students to *Role-play Budget Talk Situations*. Students will practice strategies to avoid screen use.

Screen Budget Contract

*I, _____, agree to budget my television, videotape,
(your name)
DVD and video/computer game use to 10 hours or less every
week.*

*I will get a parent or other adult to sign the Budget Success
Slip if I stayed within the Screen Budget.*

*I will remember to bring the signed Budget Success Slip to
class every week for our Budget Talk.*

Take the Screen Budget Challenge

Dear Parents,

Congratulations to you and your child on the successful Screen-Free Challenge that our school participated in. There were many positive comments from students and families.

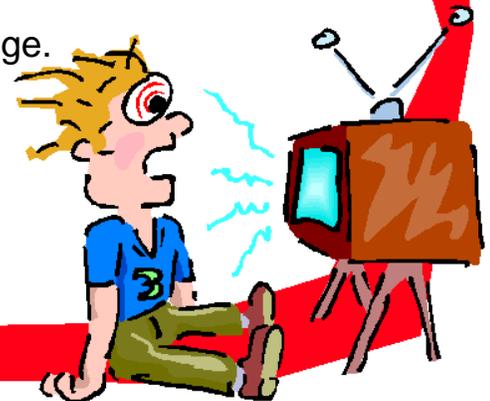
In order to experience long-lasting benefits, students need to reduce the amount of screens they use on a daily basis. During the Screen-Free Challenge, families and children found many healthy alternatives to screen use. These fun and productive activities can continue by following a weekly Screen Budget.

Our class is following a weekly Screen Budget in the amount of 10 hours. Screen budgeting means your child may choose to use screens a little each day, use them every other day, or not use any screens for a couple of days so that he/she can save up time for a special movie, televised sporting event or having a video game playoff. Our Screen Budget Challenge will work as follows:

1. Your child is receiving Budget Success Slips and will ask you to sign a slip every week if he or she stayed within the Screen Budget.
2. Have your child turn in their Budget Success Slip on the day assigned each week.
3. Every 5 Budget Success Slips will earn your child a special certificate.

Please join your child in this Screen Budget Challenge.

Sincerely,





Weekly Budget Success Slip

_____ met the challenge of staying within the weekly screen

Child's Name

budget for the week ending Sunday _____ .

Date

Parent Signature _____ .

Keep track of screen time Monday-Sunday of each week.
Return a Budget Success slip to school each week you stay within the budget.



Weekly Budget Success Slip

_____ met the challenge of staying within the weekly screen

Child's Name

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Parent Signature _____ .

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Date

Parent Signature _____ .

Keep track of screen time Monday-Sunday of each week.
Return a Budget Success slip to school each week you stay within the budget.

In order to monitor you child's screen use, check off one box for every half hour your child uses screens this week.

<input type="checkbox"/>									
<input type="checkbox"/>									

= 1/2 hour of screen time

Return this slip on Monday if your child stayed within the 10 hour budget.

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Return this slip on Monday if your child stayed within the 10 hour budget.

Congratulations!

By successfully staying within your
Weekly Screen Budget for 5 weeks,
you have earned the
BRONZE
Screen Budget Award!

Principal

Teacher

Congratulations!

By successfully staying within your
Weekly Screen Budget for 10 weeks,
you have earned the
SILVER
Screen Budget Award!

Principal

Teacher

Congratulations!

By successfully staying within your
Weekly Screen Budget for 15 weeks,
you have earned the
GOLD
Screen Budget Award!

Principal

Teacher

CONGRATULATIONS!

By successfully staying within your
Weekly Screen Budget for 20 weeks,
you have earned the
P L A T I N U M
Screen Budget Award!

Principal

Teacher

Smart Kids Collecting Cards

Materials Needed:

Smart Kids Cards Master (Teachers Copy)

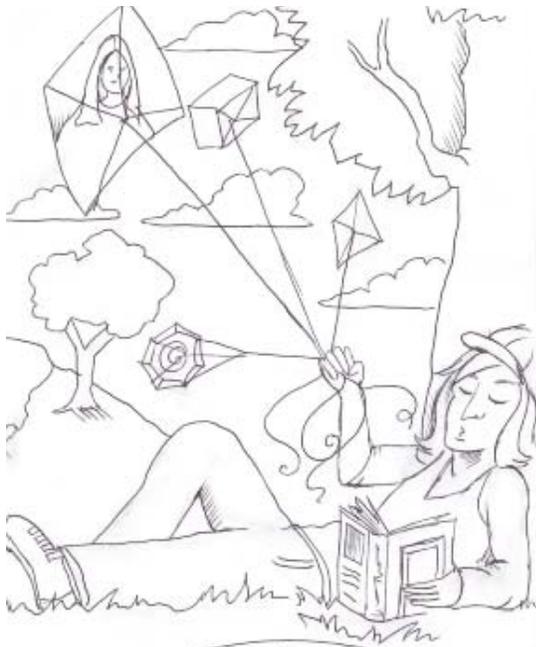
Procedure:

Photocopy the cards back to back (picture and story) to distribute to children as they experience success budgeting each week. If they return their budget slip, they earn a collecting card.

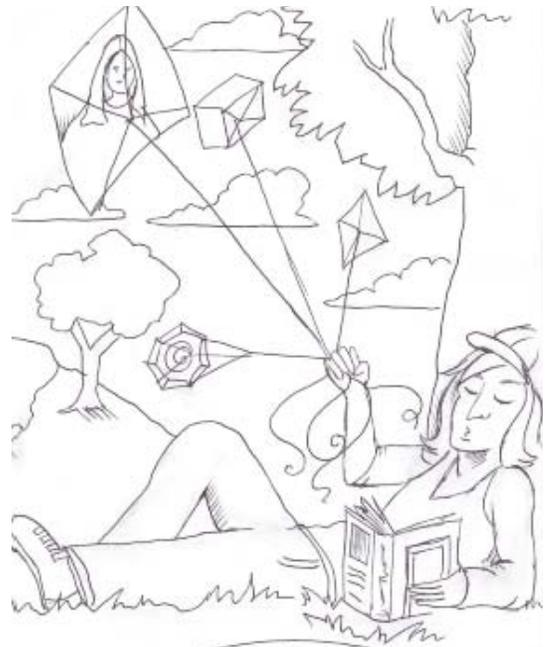
Teacher's Note: There are 20 collecting cards. The first letter of each name eventually will spell out "Wow! Less TV is easy for me."



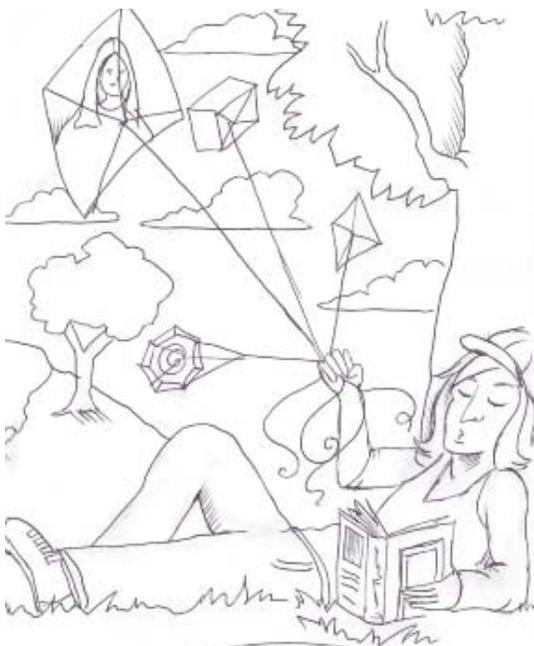




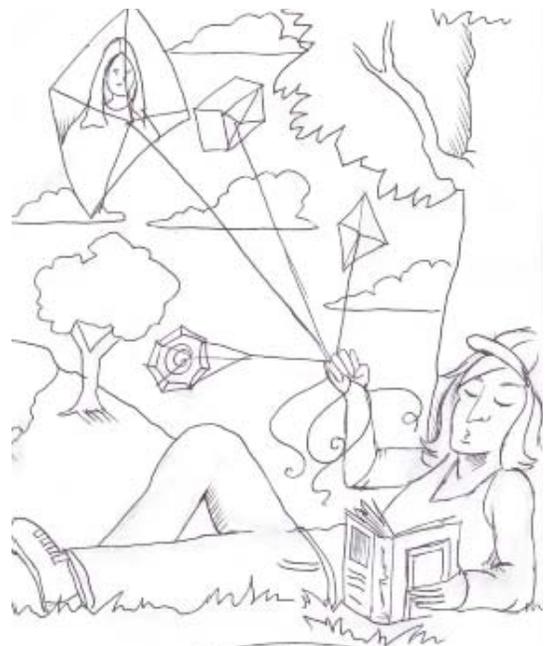
WAY UP WANDA



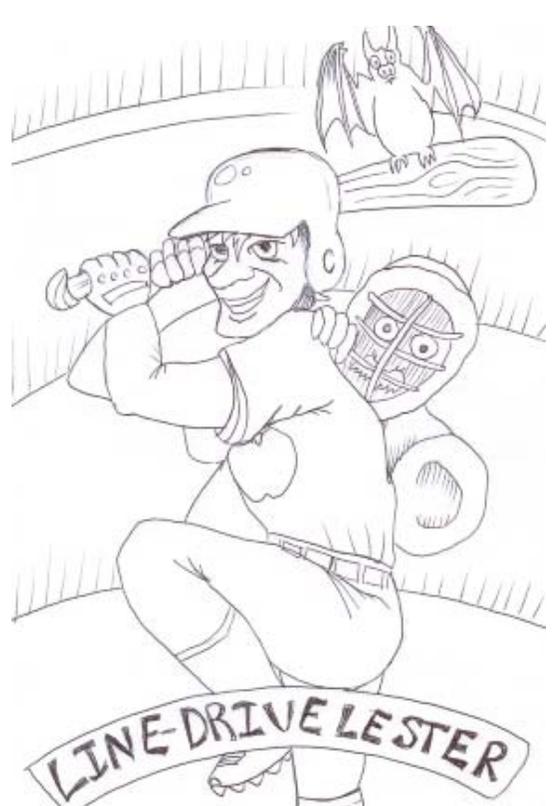
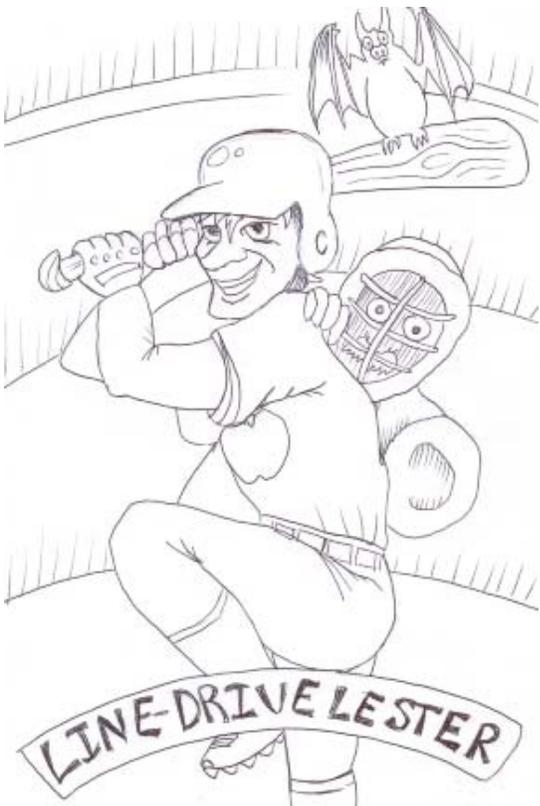
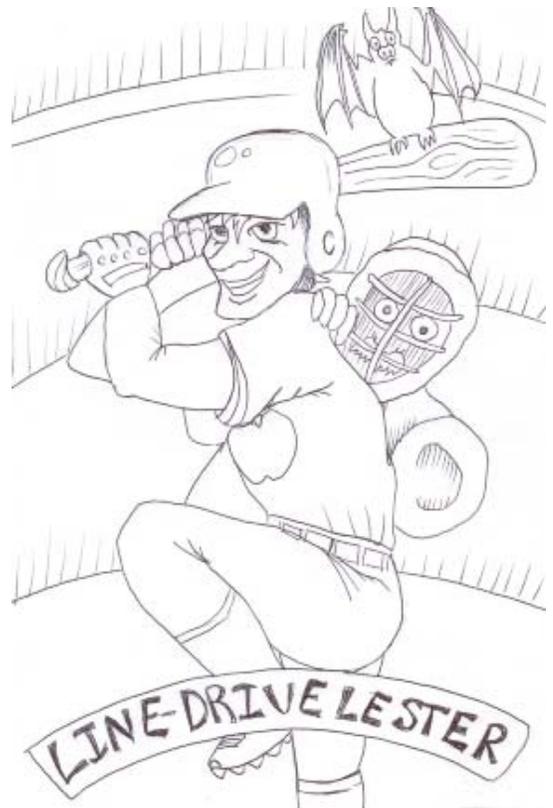
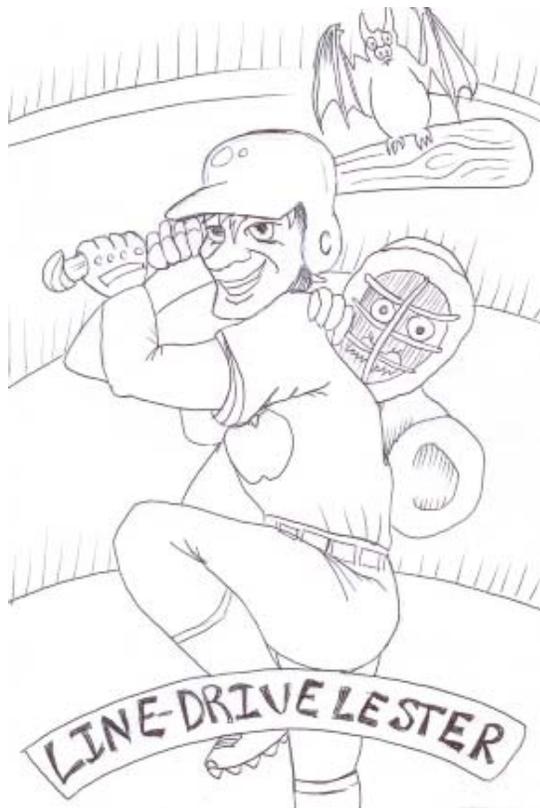
WAY UP WANDA



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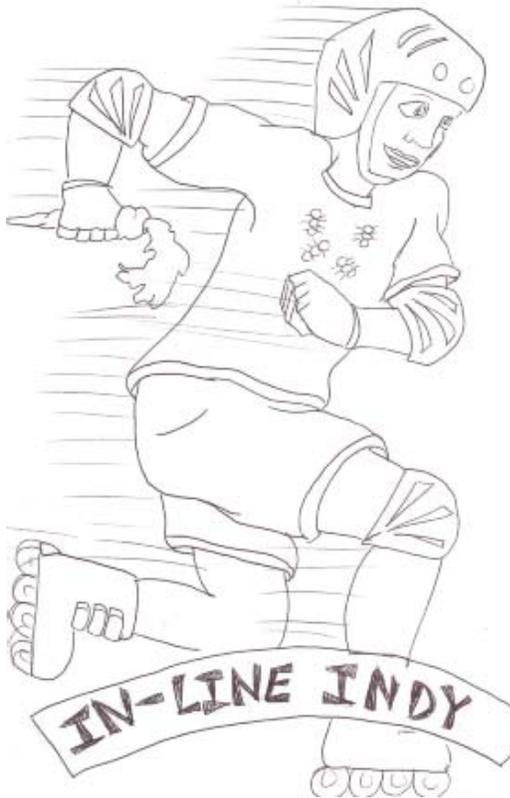
































Wacky Wendel, a Wizard on Wheels

Wendel can pretty much do anything on two wheels. He can zig zag maneuver his way around any course; he can pop 5 consecutive wheelies in less than 5 seconds and he holds the kid world record for balancing on a bike. People call him Wacky because all of his biking outfits are out of this world. He decorates his helmet with funky colors and funny objects. He often rides around with a propeller glued to his helmet. He's also wacky because even when he is not riding his bike, his style of walking looks like he's peddling a bike. His favorite color is psychedelic-because that's what things look like when he's whizzing around on his bike. His favorite animals are monkeys because they act pretty wacky. When he grows up he wants to design wacky outfits and helmets for bicyclists.

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Optimistic Opal–Olympic Hopeful

Opal is exceptionally optimistic. She's certain she will be in the Olympics one of these days. She swims, she runs and jumps, she plays tennis, basketball, baseball, soccer, does gymnastics, and skates. She's not sure which sport will get her to the Olympics, so she keeps practicing all of them. She has her own method of cross training-sometimes she'll use a soccer ball to play basketball-dribbling and shooting baskets with her feet. Her favorite color is Olympic Gold-all of the clothes she wears are gold. Her favorite animal is a cheetah. Her favorite food is tofu because it has protein that keeps her strong. When she grows up, she wants to be a gold medal winner and a PE teacher.

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Way Up Wanda

Wanda began flying kites when she was 3 yrs old. Her parents were amazed to see how easy it was for her to make a kite out of anything. Her first kite was made out of a paper bag and twigs. She is most famous for her acrobatic kite tricks. She is so talented that she can make her kite do a triple swirl and a double dip while relaxing on the grass reading a book. Her kites are also famous for the fabulous artwork she creates on their fronts. One of her kites has a replica of the Mona Lisa on it. Her favorite color is sky blue. Her favorite animal is an eagle. Her favorite food is popcorn—because it reminds her of the puffy white clouds in the sky. When she grows up, she wants to be an astronaut and run a hot air balloon business.

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Line-Drive Lester

Line-Drive Lester sleeps with his bat by his side. The people in all his dreams have baseball mitts and caps. Even his 70-year-old grandma appears in a Giants uniform, with cap and glove. Lester can hit any pitch. Even if the ball is way above his head or down below his knees, you can count on Line Drive Lester to solidly connect with the ball. Once Lester jumped 2 feet in the air to reach a pitch. He still managed to hit a line drive. Since he can't keep his bat at his desk in school, his pencils are bats and his sharpener is a plastic baseball. His favorite color is baseball white. His favorite animal is a flying bat. When he grows up, he wants to be a professional baseball player.

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Energized Ellie

Energized Ellie started going and going before she was even 1 year old. Her parents were surprised that once she started walking, she never seemed to stop. By the time Ellie was 4, she had worn through 40 pairs of shoes. Once her mom and dad didn't keep up and forgot to buy her new shoes—her little feet poked through the soles of her shoes. Now Ellie is 9 and she jogs everywhere she goes (unless there is a “no running” rule). She runs to and from school, to the corner store for errands and all around the yard at her house. If you ask her to come over to play, she'll be there by the time you blink. Her favorite animal is a road runner. Her favorite food is bananas because they give her energy. When she grows up, she wants to design light and durable running shoes and own an athletic shoe store.

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Sock-It-To-Em Sammy

Even before Sammy was born he was a kicker. By the time he was 1, he could kick a ball from one end of his yard to the other. At first, Sammy wanted to kick everything in sight. His parents thought that this was a bad idea so they bought him a soccer ball, and he's been kicking it ever since. His aim is so good he can kick a soccer ball into a trash can on the opposite side of a soccer field. His favorite color is soccer field green. His favorite animal is a zebra. His favorite food is grapefruit. When he grows up he wants to play soccer and hold the world record for distance kicking.

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Slam-Dunk Sally

At first Sally didn't like being tall but something spectacular happened when she was 6. She accidentally lost her balance while playing foursquare on the playground. To avoid crashing into the kids playing basketball nearby, she jumped high over one kid and found herself inches from the basket. She was afraid she was going to hit the backboard, and she reached for the goal rim to stop herself. As she reached for the rim, the foursquare ball slipped from her hands and miraculously went in the basket. From then on, kids called her Slam Dunk. She now holds the "under 12" kid record for the most slam dunks in 10 minutes. Her favorite color is orange. Her favorite food is a cantaloupe. When she grows up, she wants to coach college basketball.

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Trail-Trekking Tyler

Every weekend for the past 8 years, Tyler and his mom have gone hiking. While most kids wear tennis shoes to school, Tyler wears hiking boots. Instead of a book bag, Tyler has an overnight backpack including a sleeping bag. He's always ready to go trekking on a trail with his mom or dad. He goes up and down trails as if they were flat as a sidewalk. His parents have a hard time keeping up with him. Rumor has it that when Tyler and his parents go trekking, he carries his parents on his back when no one is looking. His favorite animal is a mountain goat. His favorite food is dried fruit trail mix. When he grows up he wants to be a US forestry Service ranger.

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Very Volcanic Vera

Vera is a born inventor. Her creativity borders on genius level. She is always looking for better, a faster or a different way to do things. People call her Very Volcanic Vera because of her 1st grade science project. With a little help from her parents, she designed a fully functioning volcano complete with steam and lava. It was a great science project except for the fact that it erupted and spewed lava all over the cafeteria during the principal's welcome at the school science fair. Her favorite color is lava red. Her favorite creatures are zoo plankton-they can only be seen with a microscope. Her favorite food is H2O melon. When she grows up she wants to be a geologist, a physicist or a microbiologist.

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In-line Indy

In-line Indy got his name at age three. Even before he got his first pair of in-line skates, Indy would walk in perfectly straight lines. His preschool teachers were amazed at how neatly he would line up building blocks. Instead of building block houses, or towers, he lined up the blocks to see how far they would stretch. Because of this, they called him In-line Indy. After he got in-line skates, he never wanted to take them off. Indy is more comfortable in his skates than he is in shoes. He still travels in straight lines. Even if he has to go around a circular bush, he skates in a square shape around it. His favorite color is straight arrow red. His favorite food is carrot sticks. His favorite animal is an insect—a marching ant because it marches in formation. When he grows up he wants to be an architect.

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Shuffling Shelly

Shuffling Shelly can handle three decks of cards at once. She can shuffle behind her back and over her head. She shuffles so fast, it's impossible to see a deck of cards move from her left hand to her right. She can build card houses four stories high. Her specialty is doing amazing card tricks. She learned her first magic trick with cards in kindergarten. If you think of a card, she can make it appear at the top of the deck. She loves to perform card tricks for her class and for her parents' friends. Her favorite color is stage curtain purple. Her favorite fruit is star fruit because it has star quality. Her favorite animal is a rabbit because it looks good inside a top hat. When she grows up she wants to be a magician.

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**Electric Enid-Engineer
of Everlasting Energy**

Electric Enid is the most active kid around. She has energy to do everything, and she never seems to get tired. She has so much energy, she usually does at least two things at once. Sometimes she will be sweeping, singing, and rollerblading all at once. When she plays basketball, she dribbles, reads and skips at the same time. If she plays volleyball, she does jumping jacks and sit-ups while the ball is on the other side of the net. Her favorite color is lightning rod yellow. Her favorite food combination is broccoli/mango because it is highly nutritious, and she can get a lot of vitamins in one bite. Her favorite animal is an octopus because it has so many tentacles. Electric Enid wishes she had more arms like an octopus so she could do even more things at once. She doesn't know what she wants to be when she grows up; she wants to do it all.

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**Active Abe the Phenomenal
Abdominal Kid**

Anytime you see Active Abe he's doing some kind of abdominal exercise. His favorite exercise is sit-ups. While he waits in line at the roller rink, he does sit-ups. While he waits in the team dugout for his turn at bat, he does sit ups. He even learned to do his multiplication tables by doing sit-ups. He learned that if he did 3 sets of 5 reps he ended up with 15sit-ups. It was really tough when he learned his 12 times tables. Especially 12x12, he never forgot that. He had to do 12 sets of 12 reps to complete 144 sit-ups. His favorite food is grapes because he can hang them from a string and eat one grape after each sit-up. His favorite animal is a woodpecker because they look like they're doing sit-ups when they peck. When he grows up he wants to be an engineer and run a personal training business.

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**Stomping Stanley
the Dancing Sensation**

Stanley learned to stomp before he could walk. At his first birthday his parents noticed something very interesting. They were playing music at his birthday celebration, and Stanley went nuts...in a good way. He started stomping and jumping. He had a special sense of the rhythm of the music and just at the right time, he'd stomp. Ever since then Stanley has had a passion for music and stomping. That's why they call him Stomping Stanley. If there is music, he's stomping. His favorite colors are ebony and ivory like the keys on a piano. His favorite food is mashed potatoes. His favorite animal is a rhinoceros. When he grows up he wants to be a choreographer.

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Yodeling Yolanda

Yodeling Yolanda learned to yodel because she seemed to always get lost. She got lost at toy stores, grocery stores and parks. This worried her mom tremendously. After reading a book about a little girl in the Swiss Alps, Yolanda decided to learn to yodel. Whenever she gets lost, she beings to yodel. Now it's easy for her family to find her. Her favorite thing to do is to play with her yo-yo and yodel—she yodels so loud, people can hear her across town. She wears her hair in braids, and her shoes are clogs. Her favorite food is yogurt because it is yummy. Her favorite animal is a yak. Her favorite color is yellow. When she grows up she wants to be either a country or an opera singer.

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Free Flying Fran the Frisbee Fanatic

Fran's first experience with anything "Frisbee-like" was at a family picnic. At age 2, her older brother asked her to hand him a paper plate. Since she still wobbled a bit when she tried to walk, she decided to toss him the paper plate instead. Even though he was 10 feet away, her aim was perfect. The paper plate landed directly in his hands. Her family saw her special talent and immediately handed her a Frisbee. Fran's now working on being able to simultaneously spin one on each foot, one on each hand, and one on her nose. She thinks she'll master this trick by age 10. Her favorite color is neon Frisbee green. Her favorite food is pancakes because they look like Frisbees. Her favorite animal is a flying squirrel because she likes almost anything that flies. When she grows up she wants to be an airline pilot.

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Oggie-Bendoggie

Oggie-Bendoggie's birth name is Ogden Benjamin. After his family and friends discovered his special ability to connect with dogs, people started to call him Oggie-Bendoggie. Unlike other children whose first words are mama or dad, Oggie-Bendoggie's first word was dog. Oggie loves to spend time with his Irish Setter, Duke. He eats, sleeps and plays with Duke by his side. When Oggie goes to visit other families; he enjoys spending time with their pets more than with the other kids in the house. When it comes to giving a dog a bath, all the neighbors know who to call-Oggie. His neighbors want to pay him for bathing their dogs, but Oggie says it's so much fun he doesn't need to be paid. If they insist, he donates the money to the local humane society. His favorite animal is a mutt because it combines many breeds of dogs in one. He wants to be a veterinarian when he grows up.

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Radical Raking Riley

Riley can rake more leaves in one day than 10 kids combined. Some kids rake leaves and leave a few leaves here and there. Radical Raking Riley never misses a leaf. One time he built a pile of leaves so high, it was taller than the tree that dropped the leaves. He can rake with his left hand and his right hand at the same time. After he rakes a yard clear, he walks around it the rest of the day to watch leaves fall. He runs to catch the leaves before they land on his freshly raked yard. His greatest claim to fame was when he managed to rake clear all the yards on the block before any new leaves fell. His favorite color is autumn gold. His favorite food is lettuce because it's leafy. His favorite animal is a bug, a roly-poly. He likes seeing them curl up whenever his rake whizzes by. When he grows up he wants his own tree farm.

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Music Making Mandy

Mandy makes music all day long. She can play any tune on the piano after hearing it only once. She can also make music with just about anything. Have you ever heard music from an acorn shell? Well, Music Making Mandy can play Yankee Doodle Dandy with one. She has even played the Star Spangled Banner with a comb Kazoo. When it comes to percussion or drums, Music Making Mandy can make a drum with anything...her sand pail, her books, even her empty bottles of water. Her favorite color is treble clef black. Her favorite food is crispy rice cereal, because they make music when she pours on the milk. Her favorite animal is a canary. When she grows up she wants to be a composer.

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**Eager Edgar
the Enlightened Earthling**

Eager Edgar wants to learn around the clock. His favorite thing to do is learn and understand things. He's eager to try anything. People call him Eager Edgar the Enlightened Earthling because he knows so much about everything. Even if he doesn't know something, he tries to learn about it as soon as he can. He is so insightful that he figured out that if he read each first letter of each SMART Kid Card name they spell: "Wow! Less TV is easy for me!" His favorite color is clear because it allows him to see everything. His favorite food is an apple because it reminds him of when gravity was discovered. His favorite animal is an owl because it symbolized wisdom. When he grows up he wants to be a philosopher because he wants to understand things.

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