

Third Grade LESSONS AT A GLANCE



LESSON 1: Awareness of Screen Use Yesterday

- Word Scramble
- Calculate the Amount of Screen Time Yesterday
- Create Graphs
- Family Newsletter Issue 1

LESSON 2: Awareness of Screen Time All Week

- Screen Log

LESSON 3: Screens Displace Fun Activities

- Discuss Activities They Enjoy
- Discuss Negative Effects of Excessive Screen Viewing
- Four-Square Paragraph Writing Activity

LESSON 4: Preparing For The Challenge

- Collect and Discuss Screen Logs
- Discuss Screen Reduction
- Create a Class Banner of Your Name and Slogan
- Make Individual Props (optional)
- Family Newsletter Issue 2

Lesson 5: Opening Ceremony

- Worksheet: *INSTEAD OF SCREENS, I CAN...*
- School-wide Assembly
- Screen-Free Packet
 - Letter to Parent
 - Contract
 - Journal
 - Challenge in Progress Sign
 - Success Slips
- Record Sheet for Screen-Free Success Slips

LESSON 6: Alternate Activities to Use When Tempted By Screens

- Create an Activity Catcher

LESSON 7: Making SMART Choices

- Discuss Strategies to Reduce Screen Temptation
- Brainstorm Solutions When Tempted to Watch Screens
- Role Play Smart Situations

Lesson 8: Recognition Ceremony

- School-Wide Assembly
- Certificates of Completion/Participation
- Trophy
- Family Newsletter Issue 3

Lesson 9: Understanding the Screen Budget Challenge

- Students Decide on a Screen Budget
- Screen Budget Packet
 - Letter to Parent
 - Contract
 - Success Slips
- Budget Talk Sessions Begin
- Budget Success Chart
- Budget Certificates
- Smart Kids Collecting Cards (Optional Activity)

LESSON 10: Portrait of a TV Zombie

- Discuss negative effects of watching too much TV
- Complete Their Own Portrait of a TV Zombie

LESSON 11: Role Playing Solutions to Tough Situations

- Role Play Scenarios
- Discuss Application to Real-Life Situations

LESSON 12: Alternatives to Watching Screens

- Read the First Part of a Book
- Create Story Endings
- Discuss Ways to Help Others Watch Less TV
- Family Newsletter Issue 4

LESSON 13: Letter of Encouragement

- Review Lesson 4 Class Graph
- Discuss the Need to Reduce Screen Viewing
- Write Letter to Help Other Children

LESSON 14: Be Smart! Get the Message Out!

- Brainstorm screen free activities.
- Create Individual Pictures for the Quilt
- Discuss how to get the message out.

SAMPLE CALENDAR

(Month)

(Year)

Take the Challenge Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<ul style="list-style-type: none"> It is suggested a parent meeting introducing the Take the Challenge Curriculum be planned and held before Lesson 5 		Lesson 1 Graph (Staff meets to plan Opening Ceremony)	<ul style="list-style-type: none"> It is suggested that Lesson 1 not begin on a Monday so the graphing lesson can reflect a normal viewing day. 	
	Lesson 2 3-Day Screen Log			Lesson 3 Things We Enjoy chart	Collect Screen Logs	
	Lesson 4 Begin making Spirit Props		Lesson 5 Opening Ceremony Screen-Free Challenge Begins		Lessons 6 & 7 should be done during the Screen-Free Challenge.	
				Last Day of Challenge	Lesson 8 Awards Ceremony	
	Lesson 9 Screen Budget Challenge Begins		<ul style="list-style-type: none"> Remaining lessons can be scheduled anytime throughout the rest of the school year. 			