

LESSON TEN

OBJECTIVE 3: STAYING IN CONTROL

LESSON 10: Writing About a TV Zombie

OBJECTIVE

- Students will recognize some of the negative effects of excessive Screen viewing.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
 - * **CCSS.4.W.1** Write opinion pieces on topics or texts, supporting a point of view with reasons and information.
 - * **CCSS.4.W.4** Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

LESSON OVERVIEW

- Students discuss negative effects of too much screen use.
- Students write a paragraph about a TV Zombie.
- Students share their TV Zombie paragraphs with their classmates.

MATERIALS NEEDED

- TV Zombie portraits overhead
- 4-Square Example Worksheet 10.2: 1 per class
- 4-Square Worksheet (Graphic Organizer) Worksheet 10.2: 1 per student
- Example paragraph from the 4-square
- Lined paper to write paragraphs: 1 per student

This lesson allows children to express their creative ideas by writing a TV Zombie paragraph. Similar TV reduction-related projects can be included when you teach your regular art lessons. In addition, students can incorporate health concepts into their TV Zombie paragraphs.

Alternative Option: Student may choose to create a fictional TV Zombie using materials such as clay, construction paper, accordion folded paper with eyes attached, or wiggly eyes.

Teacher's Note: In Lesson 14 you will be using a project to help inform others about what is being learned in the Take the Challenge curriculum. The project in this lesson may be used to help get the message out!

PROCEDURE

Step 10.1: Students Discuss Negative Effects of Watching Too Much TV

- **Ask Students:** Who can tell us what a TV Zombie is? What do you think a TV Zombie looks like?

Examples/Prompts:

- A TV Zombie is someone who stares at the TV all day.
 - TV Zombies have blank looks on their faces.
 - A TV Zombie is addicted to screens.
 - A Couch Potato is the same thing as a TV Zombie.
- **Tell Students:** To help you think more about how a TV Zombie might look, we are going to make a list on the board of some of the negative effects of watching too much TV. Try to be as specific as possible when you think about how watching too much TV may affect a person's mind and body.
- **Ask Students:** What may happen to someone when they watch too much TV? (Write student ideas on the board.)

Examples/Prompts:

- A person who watches too much TV may not exercise enough so they would have weak muscles and a less healthy heart.
- A TV Zombie might feel bored and be boring.
- A person who watches too much TV might have tired or bloodshot eyes.
- Sometimes a person who is watching a lot of TV may not spend enough time on their homework so their grades aren't as good as they could be.
- A TV Zombie might eat too many unhealthy snacks while watching TV.
- Someone who watches a lot of TV will have less time to be outside doing fun things like riding their bicycle or skating.

Show students the example portrait of the TV Zombie and explain all the parts.

Step 10.2: Students Create TV Zombie Paragraphs

***CCSS.4.W.1 & CCSS.4.W.4**

- **Tell Students:** Remember, some TV is okay, even educational at times, but too much TV can be harmful.
- **Tell Students:** You are going to be creating your own TV Zombie paragraphs. Your paragraph should help others understand the negative effects of too much TV.

Distribute four-square Worksheet 10.2.

- **Tell Students:** We will use this graphic organizer called a 4-square, to help you write a paragraph. In the middle box you need to write a topic sentence/main idea. Our paragraph will be about the negative effects of being a TV Zombie. As a group, let's brainstorm some possible topic sentences. (Write possible topic sentences on the board.)

Examples/Prompts:

- This is how a TV Zombie may look.
 - The negative effects of being a TV Zombie are many.
 - There are many reasons not to become a TV Zombie.
 - I do not want to become a TV Zombie for the following reasons.
- **Tell Students:** Choose one of these examples or write your own in the center box of the 4-square graphic organizer.

Allow students time to write their topic sentence.

- **Tell Students:** Now you will choose three negative effects of being a TV Zombie that will help support your topic sentence. You may use some of the negative effect ideas we have listed on the board. Once you have chosen your three negative effects you will turn each idea into a sentence using details.

Allow students time to write.

- **Tell Students:** The remaining square is for your closing paragraph sentence. Your closing sentence should sum up your main idea. Add a feeling statement to help close out your paragraph.

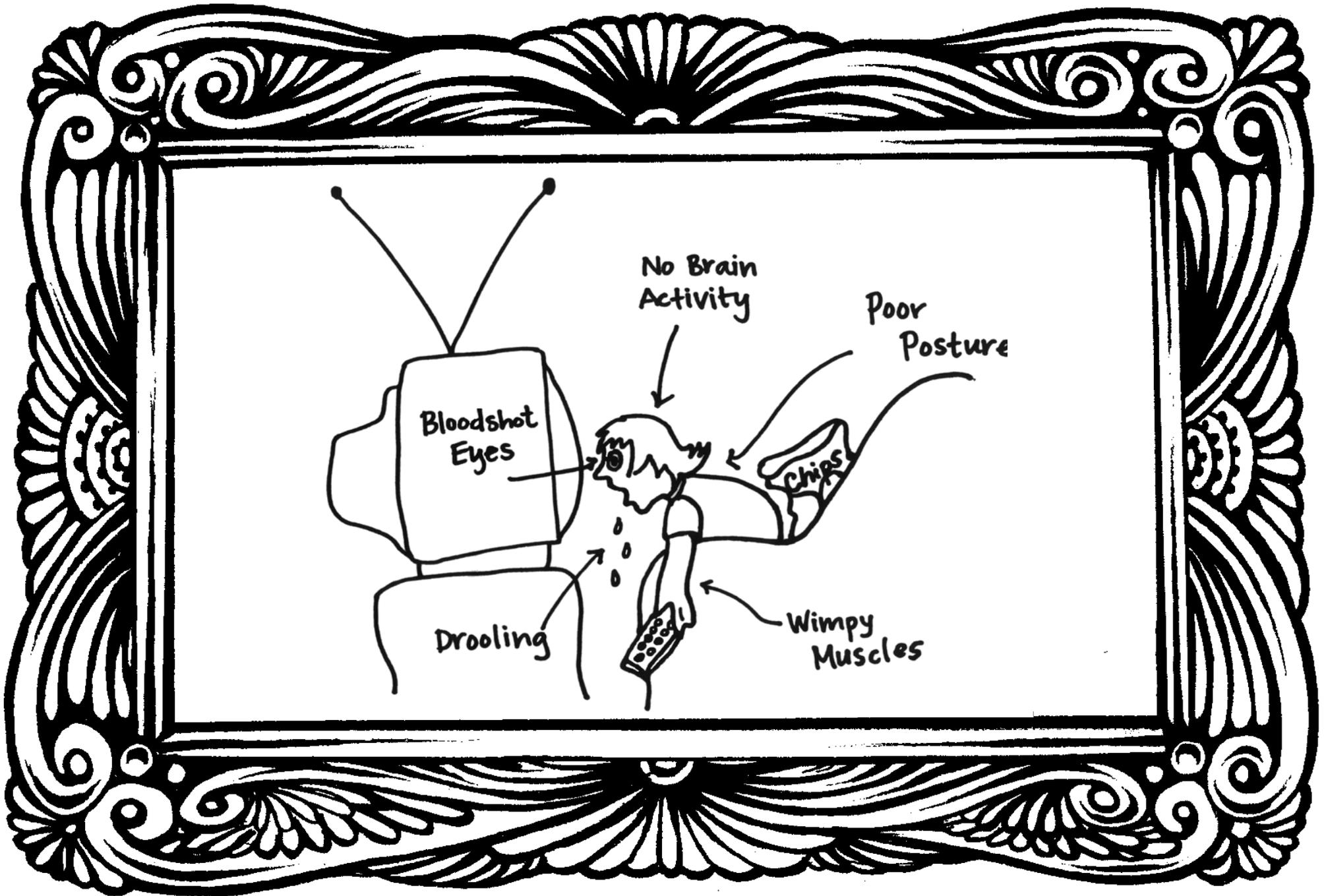
Show the paragraph example Step 10.2. Explain how the students can transfer the information from their 4-square graphic organizer to a piece of paper forming a proper paragraph.

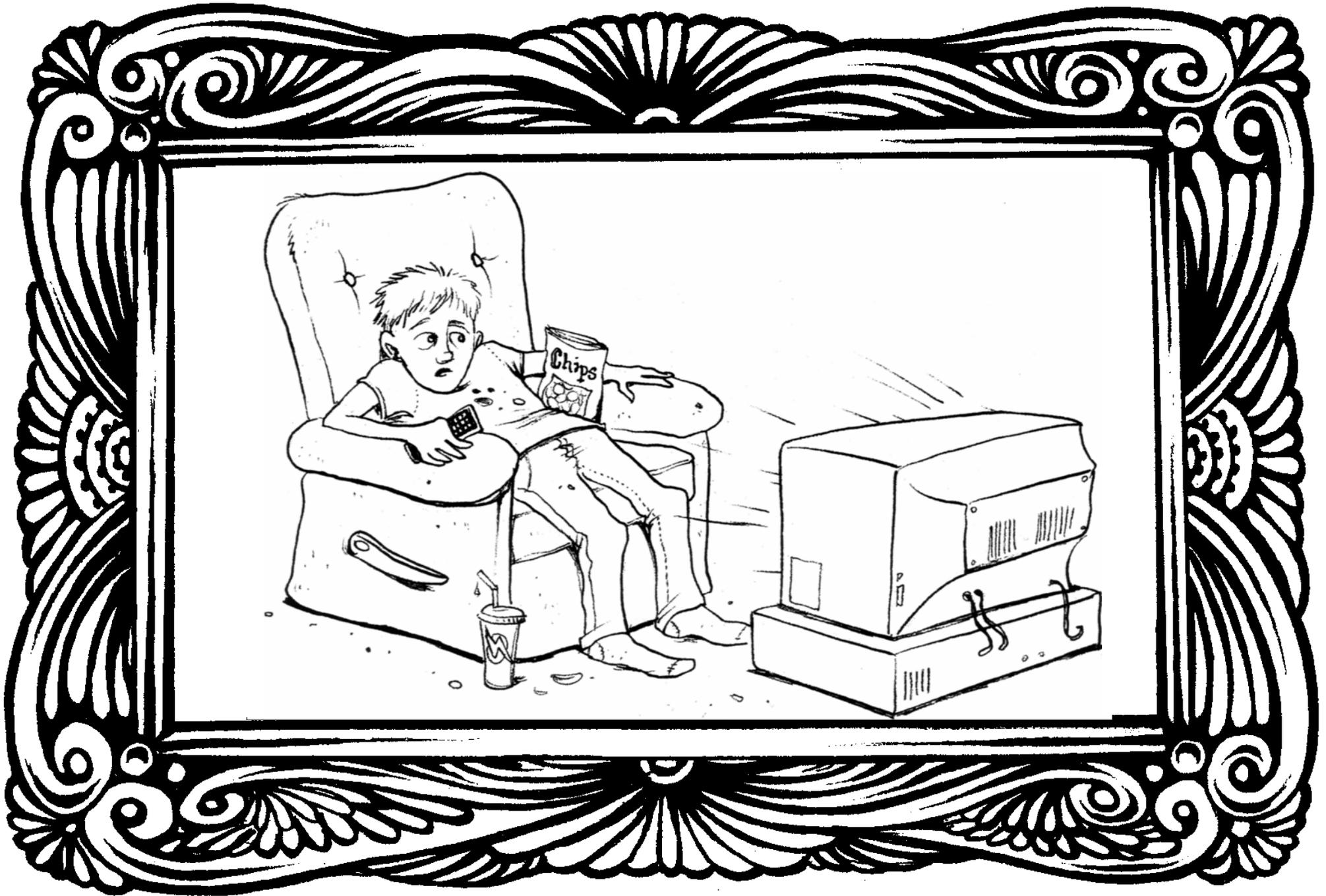
Optional Activities:

- Students could type their paragraphs on the computer and print them.
- Students could illustrate their paragraphs and hang them up for display.
- Paragraphs could be used to create a class book.

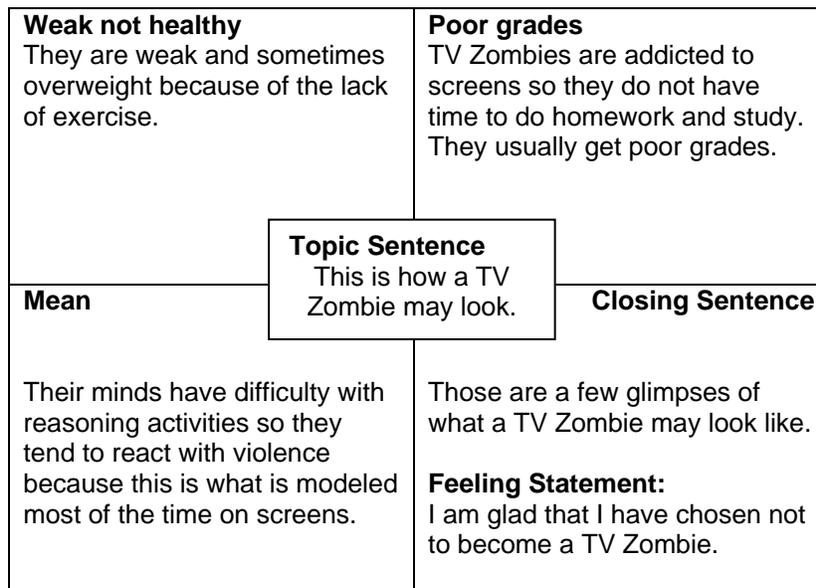
Step 10.3: Students Share Their Paragraphs with Classmates

- **Tell Students:** I would now like to invite students to share their paragraphs with the rest of the class. Use this time to discuss with students ways to prevent becoming TV Zombies themselves.





Example Four-Square



Example Paragraph

This is what a TV Zombie may look like. They are weak and sometimes overweight because of the lack of exercise. TV Zombies are addicted to screens so they do not have time to do homework and study. This causes them to get poor grades. Their minds have difficulty with reasoning activities so they tend to react with violence because this is what is modeled most of the time on screens. Those are just a few glimpses of what a TV Zombie may look like. I am glad that I have chosen not to become a TV Zombie.



NAME: _____

DATE: _____

Negative Effect: _____

Detail Sentence:

Negative Effect: _____

Detail Sentence:

Topic Sentence:

Negative Effect:

Closing Sentence:

Detail Sentence:

Feeling Statement: