

LESSON TWO

OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE

LESSON 2: Awareness of Screen Time All Week

OBJECTIVE

- Students will use a log to record how much time they spend watching TV, watching videotapes and playing video games during a 1-week period.

LESSON OVERVIEW

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| <ul style="list-style-type: none">• Students are introduced to and practice using the <i>Screen Log</i>.• Students are assigned to record their screen use during the next week using the <i>Screen Log</i>.• Students complete homework |
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MATERIALS NEEDED

- *Screen Log*: 1 per student
- *Screen Log* “Yesterday” overhead
- Homework Worksheet 2.4: 1 per student

PROCEDURE

Step 2.1: Introduce the Screen Log

- **Ask Students:** Who remembers from Lesson 1 how much screen time they watched in a day? Who remembers the average time the class spent watching screens?

Allow students to respond.

- **Tell Students:** Now what we're going to do is figure out how much time we spend watching TV, videotapes and playing video games over an entire week.
- **Tell Students:** Often people don't realize how much time they spend watching TV or playing video games. These people are referred to as "zombies" who are "glued to the tube." One of the ways we can prevent ourselves from becoming zombies is by writing down what we watch on TV and how long we watch it. This way we realize exactly how much time we spend doing these things.
- **Tell Students:** To help keep track of the amount of TV you watch and the amount of video games you play, each of you will be getting a *Screen Log*. Every time you watch TV, including videotapes or DVDs, or anytime you play a video game, including on a hand-held player or on your computer, you will circle it on your log. Then you will write in how long you watched or played.

Step 2.2: Students Practice Using Screen Log

- **Tell Students:** We're going to practice using the Screen Log as a class so that when you take it home you will know exactly what to do every time you watch TV or play a video game.

Distribute Screen Logs.

- **Tell Students:** Open your Screen Log to the second page that says "Yesterday." This is just a practice and won't count as part of the week's log.
- **Ask Students:** Who wants to share an example with the class? You can tell us what you did yesterday, and we'll fill out the log together.

Teacher's Note: Use an overhead to complete an example with the help of the class. Depending on the example, the class will circle either "TV Program," "Videotapes or DVD," "Video Game" or "Computer Time" on the Screen Log. Fill in the amount of time spent doing whatever they circled. Students can fill in the log rounding to the nearest half hour, as in Lesson 1.

- **Tell Students:** At the end of each day, be sure and add up the amount of time you spent watching television and videos or DVDs and playing video games at the bottom of the page. If you need help adding, ask someone at home to help you.
- **Tell Students:** You may want to write down your beginning time and ending time to help you remember how much total time you spend in front of the TV. You can do that on the back of the log. Remember you want to write in your *Screen Log* every time you use screens.

Step 2.3: Students are Assigned Screen Log

- **Tell Students:** The most challenging part of keeping your *Screen Log* will be remembering to use it every time you watch TV, DVDs or videotapes or play video or computer games. Be sure to record everything! This way you will be able to figure out exactly how much time you spend doing these things and you will be able to use that information for future class activities. Don't be worried that you watch too much or too little – there are no right or wrong amounts to have in your *Screen Log*.
- **Ask Students:** What are some ways you can think of that will help you remember to use your *Screen Log*?

Examples/Prompts:

- I can tie the *Screen Log* to the remote or to my doorknob with string.
- I can leave my *Screen Log* near the TV at all times.
- I can put a note on the fridge, bedroom door, or TV.
- I can ask someone in my family to remind me.
- **Tell Students:** Writing in the *Screen Log* every time you watch screens will help you become more aware of your habits. The *Screen Log* may even help you avoid becoming a TV Zombie. We will check in as a class over the next week to see how everyone is doing. You may be surprised by what you discover, so please remember to write in your *Screen Log* every time you watch use screens.

[Teacher's Note: Remind your students daily to fill in the *Screen Log*.

Step 2.4: Students Complete Smart Homework

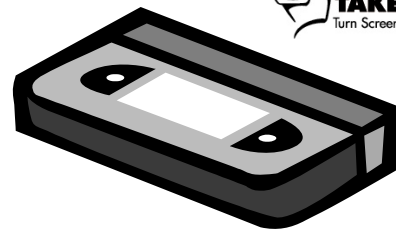
- **Ask Students:** Do you feel that the time you spend in front of a screen is time well spent? Have you ever witnessed something on TV or in a video game that you feel is inappropriate? Would you be punished if you acted the way some characters act on TV or in video games?
- **Tell Students:** I want you to be detectives and look carefully at the TV shows, movies, and games you play while you are keeping your screen logs.

Distribute and discuss “Smart Homework” Worksheet 2.4.

Teacher’s Note: “Smart Homework” will be due with the *Screen Log*.

Teacher’s Note: Start learning the “No Screens for Me” song for Lesson 5-Opening Ceremony!!

Yesterday



What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
<p align="center">Total Time Today?</p> Add hours here:				



SCREEN LOG

THIS LOG BOOK BELONGS TO:

Total Media Viewing Time: _____

SCREEN LOG

THIS LOG BOOK BELONGS TO:

Total Media Viewing Time: _____

Yesterday

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Yesterday

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 1

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 1

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 2

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
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TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 2

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
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TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 3

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 3

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 4

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
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TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 4

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
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TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 5

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
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Total Time Today? Add hours here:				

Day 5

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
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TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 6

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
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TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 6

Date ()

What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
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TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 7

Date ()

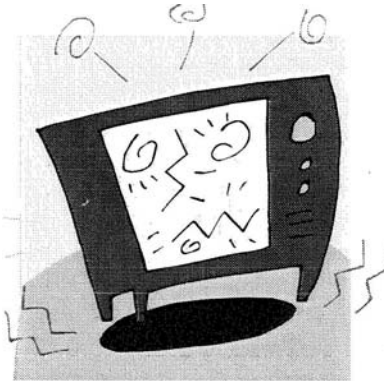
What did you use the screen for? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
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TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Day 7

Date ()

What did you use the screen for? circle one:				How long? write in below:
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TV Program	Videotape or DVD	Video Game	Computer Time	
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TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
Total Time Today? Add hours here:				

Smart Homework



While you are monitoring your screen time and keeping your Screen Log, please take notice of things that happen on TV shows or in video games that you think are inappropriate (not good behavior). Record at least three acts of inappropriate behavior (hitting, name calling, lying, etc.) to receive 15 minutes of extra recess time! The purpose of this assignment is to increase your awareness of what you are viewing.

Name of Show or Game	Inappropriate Behavior
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

No Screens For Me!

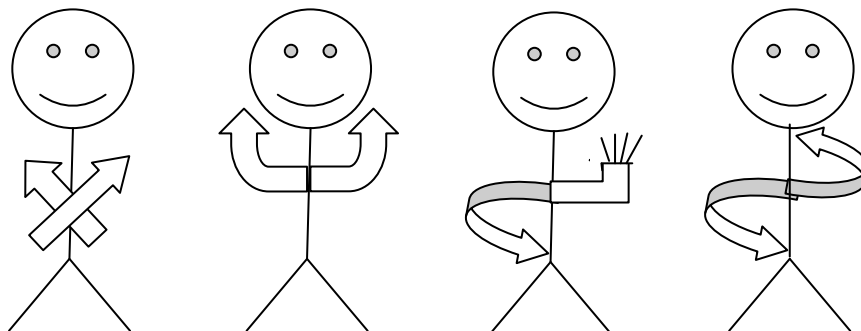
Tune: YMCA

Hey kids, here's a challenge for you
I said, hey kids, let's see what you can do
I said, hey kids, let's stop wasting our time
Turn off screens and turn your life on

Our motto now will be No Screens For Me!
Come on and say it now, No Screens For Me!
We can get out and play, make good use of our day
We just need to take the challenge

Hey kids, go and learn something new,
I said, hey kids, read a great book or two
I said, hey kids, use your brain to explore
You can make your life exciting

They have no hold on you, NO Screens For Me!
They have no hold on you, No Screens For Me!
We can get out and play, make good use of our day
We just need to take the challenge - YEAH!



Incorporate hand and arm movements to act out the words 'No Screens For Me'.