

LESSON THREE

OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE

LESSON 3: Screens Displace Fun Activities

OBJECTIVE

- Students will realize they enjoy many different types of activities.
- Students will become familiar with some of the negative effects of excessive screen viewing.

LESSON OVERVIEW

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| <ul style="list-style-type: none">• Students discuss activities they enjoy.• Students list causes and negative effects of excessive screen viewing. |
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MATERIALS NEEDED

- Tag board or Poster Board (titled *“Things We Enjoy”*): 1 per class (save this chart for lesson 6)
- Colored markers
- Softball to throw from student to student
- “Cause and Effect” graphic organizer Worksheets 3.2a-c – Choose 1 graphic organizer to be used with the class: 1 copy per student

PROCEDURE

Step 3.1: Students Discuss Activities They Enjoy

- **Tell Students:** Today we are going to play a game and talk about what we like to do for fun. As we share our examples, we're going to write them on a chart. We're going to save the chart to use later in the year, so let's be sure to come up with some good ideas!

Play Game Using Ball

- Choose a person to record ideas on a chart.
 - Organize students into a circle with students all facing inward.
 - Give one student the ball and give directions for the activity.
- **Tell Students:** We are now going to play a game to get us thinking about activities we enjoy. (Student A) will pass the ball inside the circle to another student and that student will name an activity he/she enjoys doing in their free time. Our recorder, _____, will write that activity on our "Things We Enjoy" chart. We will continue the game until all students have had a turn.
 - **Tell Students:** Think of an idea now so you will be ready when the ball gets passed to you.

Examples/Prompts:

- What do you like to do with your family during the weekend?
- What do you like to do with your friends?
- Do you like to cook or bake with your parents?
- What is the neatest thing you have ever made? Do you like to do crafts?

The recorder should write students' responses on the *Things We Enjoy* chart.

- **Ask Students:** What made the activities on this chart so much fun? Do they make you feel a certain way? Do they make you feel happy? Allow students to respond.
- **Tell Students:** As you can see on this chart, there are a lot of fun things we like to do with our time. Notice that watching TV came up very little or not at all.

Teacher's Note: Comment only if true of your class. If television was mentioned, be sure to highlight all of the other activities that came up.] From this list we can see that what we enjoy most are activities that do not involve watching TV. So from this we can see that actual experiences are what bring us the greatest pleasure

Step 3.2: Students List Causes and Negative Effects of Watching TV

- **Tell Students:** We talked about what we do when we are **not** watching TV, so now let's talk about what happens when people are watching TV. Did you know that American children watch an average of 3-4 hours of television daily? (American Academy of Child and Adolescent Psychiatry, 2002)
- **Ask Students:** How do you think watching so much TV may affect someone's mind and body? Do you think they might miss out on lots of fun, like the things we listed on the chart earlier?

Distribute the "Cause and Effect" graphic organizer of your choice Worksheet 3.2 and brainstorm some causes for children watching so much television.

Teacher's Note: Choose the graphic organizer you like best.

- **Ask Students:** Why do you think children spend so much time watching television (what is the cause of this problem)?

Examples/Prompts:

- Children may be home alone and watch TV to pass the time.
- Children may be bored.
- They may not have siblings or friends close by to play with.
- Children enjoy watching television programs.

Fill in the graphic organizer together or instruct students to complete it as you discuss the issue together.

- **Ask Students:** Now that we have some ideas about why people might watch so much TV, think about the effects of spending so much time in front of a screen.

Examples/Prompts:

- Watching a lot of TV leaves less time to spend with family and friends.
- There is less time to do homework if I spend too much time in front of screens.
- When people watch screens they aren't exercising or playing outside.
- People sometimes eat a lot of junk food when they are watching TV.

Complete the "Effect" part of the graphic organizer with student ideas. Allow students to reflect on their findings and make connections.

Step 3.3: Students Discuss Results of “Cause and Effect” Graphic Organizer

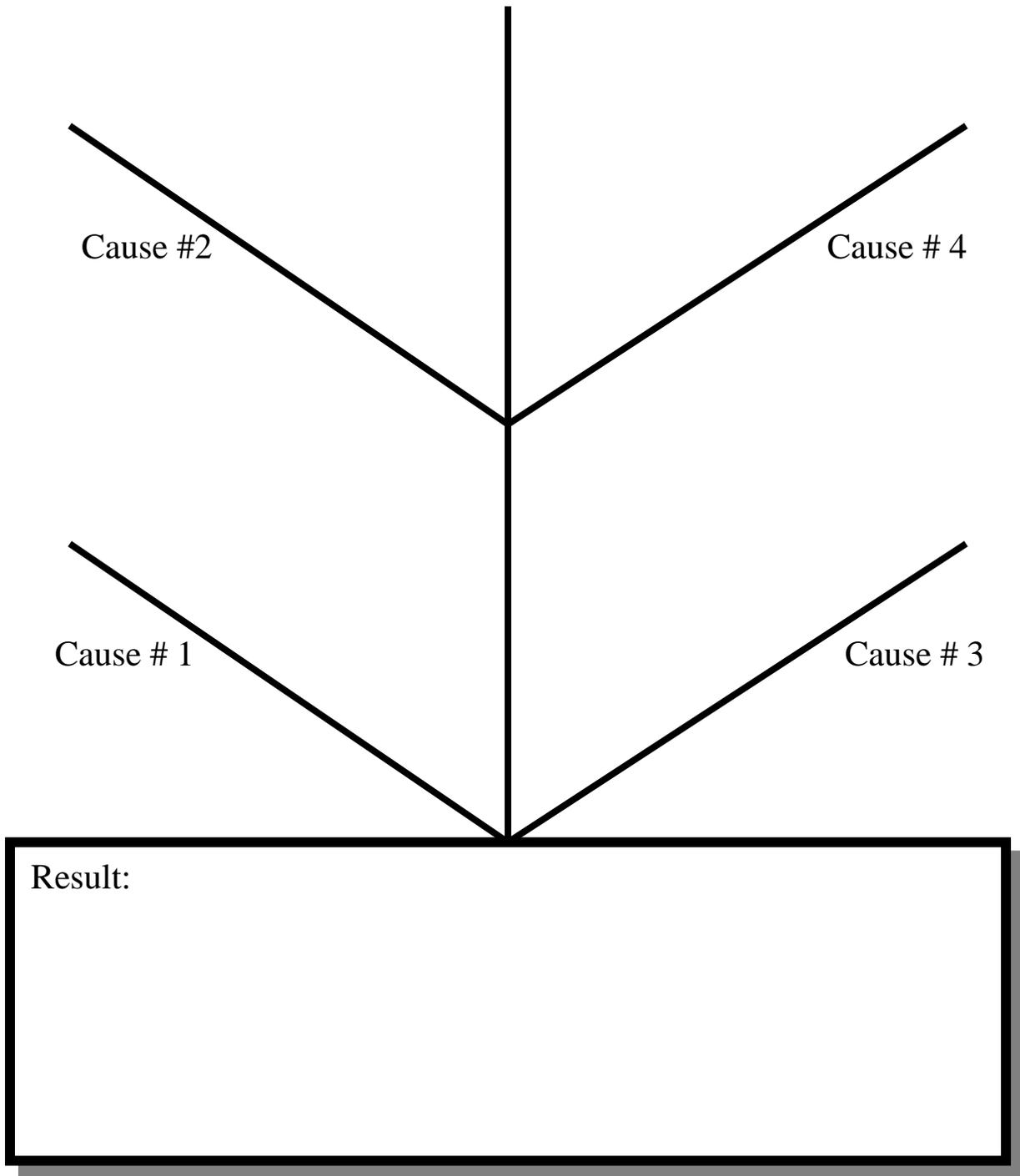
- **Tell Students:** People watch screens for different reasons, and for different amounts of time. Today we’ve learned from our class chart and “Cause and Effect” graphic organizer that watching screens takes time away from doing other more fun and productive things. Often people find themselves watching TV without thinking. Since we are now more aware about watching screens, we should all be able to catch ourselves if we ever feel as though we are “glued to the tube” in a zombie state. (Have students demonstrate/act out what a TV Zombie might look like.)
- **Ask Students:** What should someone do if they feel they are becoming a zombie who is glued to the tube?

Examples/Prompts:

- Turn off the TV!

FISHBONE MAP

Name: _____ Date: _____



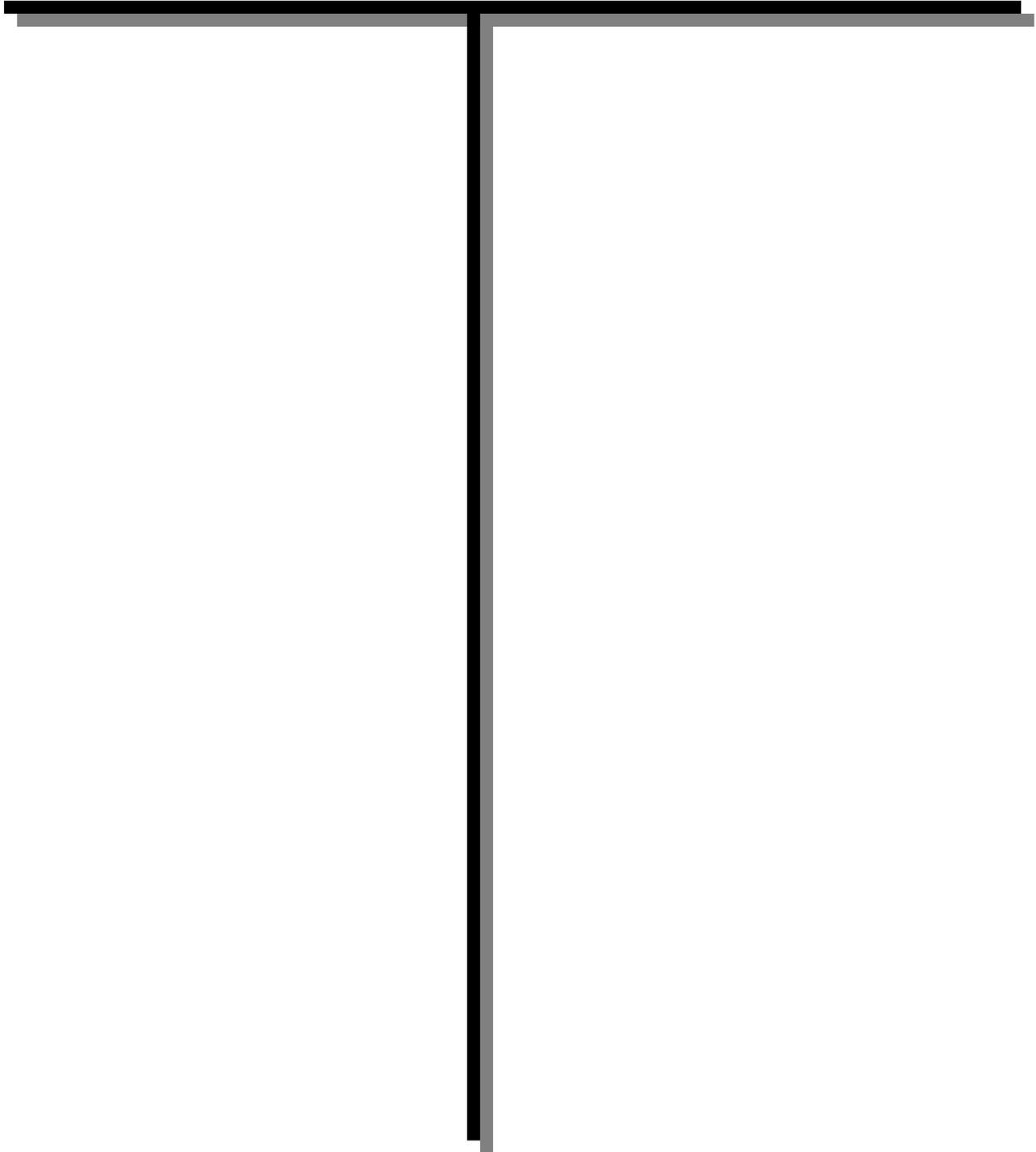
TOPIC: _____

Name: _____

Date: _____

Cause

Effect



TOPIC: _____

Name: _____ **Date:** _____

