

# LESSON FIVE

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**OBJECTIVE 2: SCREEN-FREE CHALLENGE**

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## LESSON 5: Opening Ceremony

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*Note: This lesson is the same K-5. All staff involved should meet ahead of time to devise a “game plan” for the opening ceremony. The principal or other adult may agree to an amusing antic in association with a designated percent of children being screen free. Make sure banners, slogans, class names, and songs are part of the ceremony. The purpose of the opening ceremony is to fire kids up and create enthusiasm for the Screen-Free Challenge.*

### OBJECTIVE

- Students will be introduced to the Screen-Free Challenge.
- Students will be motivated to participate in the Screen-Free Challenge.

### LESSON OVERVIEW

- Students cover TV Screen with *INSTEAD OF SCREENS, I CAN...* worksheets.
- Students are welcomed to the ceremony.
- Students review the Screen-Free *Contract*.
- Students are given their *Screen-Free Packet*.

### MATERIALS NEEDED

- INSTEAD OF SCREENS, I CAN ...Worksheet 5.1: 1 quarter-page per student [**Note:** cut in quarters]
- TV Set
- Screen-Free Contract overhead
- *Screen-Free Packet*: 1 per student to be sent home, plus one complete sample for display during the ceremony. Each packet should include:
  - *Letter to Parents*
  - *Contract*
  - *Challenge in Progress sign*
  - *Journal*
  - *Success Slips*

### OPTIONAL MATERIALS

- YMCA karaoke music
- “No Screens For Me” song lyrics overhead (\**Option: Assign upper grade level to learn and perform the “No Screens For Me” song. Then the whole school assembly sings the song together as upper grade level class leads.*)
- *Screen-Free Trophy*: 1 per school

## PROCEDURE

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### Step 5.1: Classroom Activity – Students Cover TV Screen with Alternative Activity Ideas

- **Tell Students:** Now let's think of some of the neat activities you can do because you won't be watching screens. I'm going to pass out the *INSTEAD OF SCREENS, I CAN...* worksheets. Then you will draw/write one neat thing you plan on doing while the TV is turned off. It can be something from the *Things We Enjoy* activity we did together, or a new idea.

Distribute *INSTEAD OF SCREENS, I CAN* worksheet 5.1. Allow students time to draw/write their activity on the worksheet.

Invite students to the front of the room in small groups. Ask students to share their activity idea out loud with other students. Following each description, give every student a piece of tape and ask them to tape their worksheets over the television screen.

- **Tell Students:** Wow, the TV looks great covered up! You all thought of some wonderful ways to spend your time instead of watching TV, videotapes or DVDs or playing video games. All of these ideas will help out a lot during the Screen-Free Challenge.

### Step 5.2: School-wide Assembly—Students Are Welcomed to Opening Ceremony

- **Tell Students:** Welcome to the Opening Ceremony for our Screen-Free Challenge! Today is the beginning of a very exciting challenge! The challenge you all face is to go without watching any TV, videotapes or DVDs or playing any video or computer games.
- **Tell Students:** It may be difficult, but you can support one another since the class is in this together by thinking of fun things to do instead of watching television.
- **Tell Students:** We are not attacking screens today. We are not saying that all screen use is bad. What we are saying is that spending too much time in front of screens may be taking time away from other fun and productive activities. Many adults claim that kids are addicted to screens, but this challenge can prove them wrong!
- **Tell Students:** Now let's get started with today's event.

Sample Dialogue:

**Principal:** I don't think these kids can go without screens.  
**Moderator:** I think they can do it, especially since they will be supporting one another.  
**Principal:** I really don't think so because I have heard these kids talk a lot about TV and video games. I don't think they can give up screens.  
**Moderator:** Well, I think they can. How about this...If the kids are able to go without screens, will you be willing to do something crazy as a trade?  
**Principal:** What do you mean?  
**Moderator:** How about if these kids are successful with the Screen-Free Challenge, then you \_\_\_\_\_ (describe whatever has been previously agreed-upon).  
**Principal:** (At this point the principal should act enthusiastic and agree to the amusing antic.)  
**Moderator:** It's official! Not only will you feel good at the end of the Screen-Free Challenge because you were able to accomplish something extraordinary, but your principal [or other adult] will also do something silly if you all try hard to keep all your screens turned off!

**Step 5.3: Introduce Screen-Free Packet**

- **Tell Students:** Each of you will receive a *Screen-Free Packet* that will help you make it through your days without using screens.

Pull the contents of the *Screen-Free Packet* out of the envelope, reviewing each item in the packet, beginning with the *Screen-Free Contract*.

- **Tell Students:** First, you're going to find a *Screen-Free Contract*.

Use the *Screen-Free Contract* copy on the overhead and go over contract with students.

- **Tell Students:** The contract starts: "Attention children, teachers, family and friends. By this contract, (your name here) agrees to:"
- **Tell Students:** The first agreement of the contract everyone has in their packet is the most important: You agree to be totally screen free for \_\_\_\_\_ days! This includes television and movies as well as video and computer games.
- **Ask Students:** Can you do that? (Invoke a mass response.)
- **Tell Students:** Now, let's read the second agreement of the Screen-Free Contract: You agree to make a serious effort to do other fun activities such as: playing games, making projects, and having get-togethers with friends and family during this time.
- **Ask Students:** Can you do what the contract says and have some fun?
- **Tell Students:** The third agreement of the contract reads: You agree to not spend your time crying, complaining or moping about not being able to watch TV or play video games. Can you do that?

- **Tell Students:** The fourth agreement of the contract reads: You agree to: Write in your *Screen-Free Journal*. Every day during the Screen-Free Challenge you need to write or draw your feelings about life without screens. You can also write about the things you did because you weren't using screens.

Teacher's Note: Journals may be included with Screen-Free Packets or kept in the classroom to be used as a classroom activity.

- **Tell Students:** The final agreement of the contract is: You agree to get a parent's or other adult's signature, every night, confirming that no TV, videotapes or DVDs were watched, and no video or computer games were played.

Show students the Screen-Free Success slips.

- **Tell Students:** For each day you don't use screens you will turn in one Screen-Free Success slip that has been signed by a parent.
- **Ask Students:** Who would like to volunteer to place a *Challenge in Progress* sign on this screen as a symbol of our challenge?

Select a student volunteer and have them place the sign on the screen.

- **Tell Students:** There are *Challenge in Progress* signs in your packets for you to use at home. Ask your parents if you can put one on your TV to help remind you about the Screen-Free Challenge. You may decorate it any way you like, and then attach it to your TV.
- **Tell Students:** At the end of the Screen-Free Challenge we will have a recognition ceremony to congratulate everyone. If this contract is followed, you will receive a *Certificate of Completion*. Your whole class will be competing with all the other classes that are doing the Screen-Free Challenge.
- **If there will be a school trophy, Tell Students:** The classroom that has the best participation in the Screen-Free Challenge will win \_\_\_\_\_'s Screen-Free trophy! (The trophy can be rotated on a daily basis.) (name of school)

Teacher's Note: The trophy can also be used in conjunction with the Screen Budget Challenge (Lesson 9).

**Step 5.4: Evoke Student Enthusiasm**

Spotlight each grade level using the class spirit props designed in Lesson 4. Invoke enthusiastic responses from students.

- **Ask Students:** We're in this together as a team. What's your team name? (Allow students to respond as a group.) What's your team slogan? (Allow students to respond as a group.) Go Team!
- **Ask Students:**
  - Can you prove you're not addicted to screens by meeting the Screen-Free Challenge? ("Yes!")
  - Are you going to try your best to keep a journal of all the things you do instead of using screens? ("Yes!")
  - When you walk by a TV that is turned on, will you sit down to watch? ("No!")
  - Are you going to try to get a parent or adult signature every night during the Screen-Free Challenge? ("Yes!")
  - Are you ready to begin the Screen-Free Challenge? ("Yes!")
- **If you have the YMCA karaoke music and "No Screens For Me" overhead, Tell Students:** We have a special song to help us remember what to do during the Screen-Free Challenge. Will you help me sing the song? Everyone can join in together during the chorus.

Display "No Screens For Me" lyrics overhead. Sing to the tune of YMCA.

- **Tell Students:** This concludes our ceremony for today! I wish you the best of luck. The first day will be the most difficult, but it should get easier with each passing day, especially because you can help one another think of fun things to do instead of using screens.

<b>Step 5.5: Classroom Activity – Students Receive Screen-Free Packet</b>
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Children return to classrooms. Distribute a *Screen-Free Packet* to each student.

- **Tell Students:** Take out your contract and sign it now so that they can be collected. Remember when you're at home to ask your parents if you can place the *Challenge in Progress* sign on your TV to remind you not to use screens. Also, remember that in order to get your certificate you need to get your parent's signature for every night that you do not use screens.
- **Tell Students:** Each of you will be given a journal to complete during our Screen-Free Challenge.

Remind Students that they will have the opportunity to receive the traveling trophy if they have the best participation.

- **Tell Students:** Good luck! I know you all can make it through the Screen-Free Challenge!

<b>Teacher's Note:</b> Remind students of the challenge with principal or other adult if one has been made.
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**INSTEAD OF SCREENS, I CAN...**

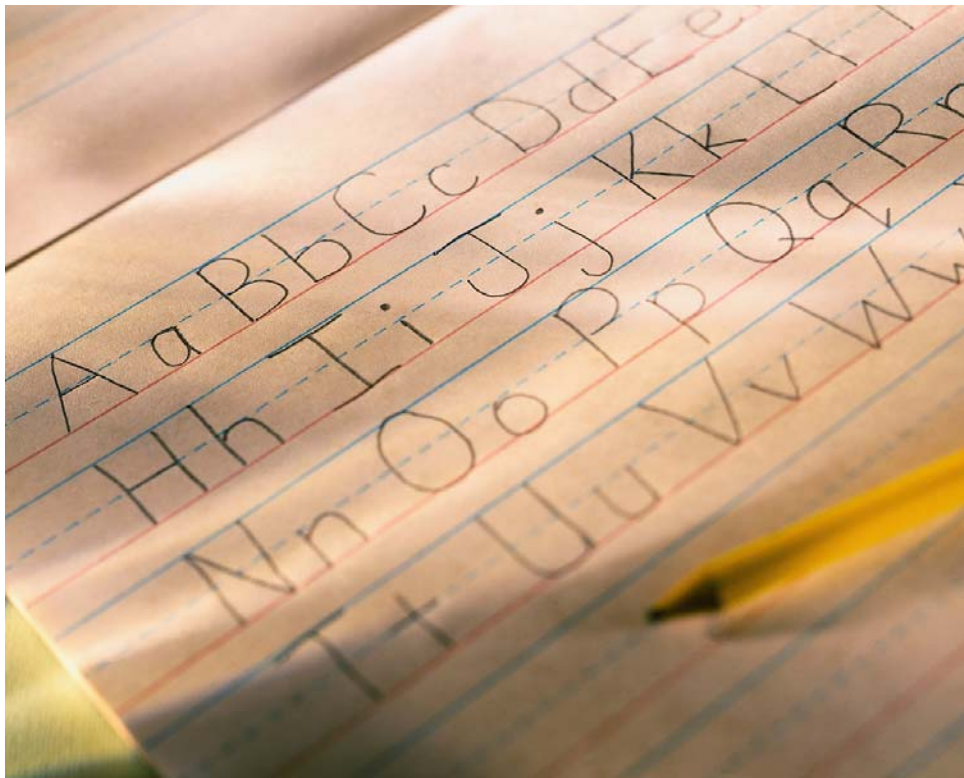
**INSTEAD OF SCREENS, I CAN...**

**INSTEAD OF SCREENS, I CAN...**

**INSTEAD OF SCREENS, I CAN...**

# My Screen-Free Journal

By: \_\_\_\_\_





# Journal Checklist

Date: \_\_\_\_\_

Place a check in each box by an activity that you did today.

- |  |  |
|--|--|
| <input type="checkbox"/> Exercise                | <input type="checkbox"/> Reading           |
| <input type="checkbox"/> Spend time with friends | <input type="checkbox"/> Family time       |
| <input type="checkbox"/> Play Games              | <input type="checkbox"/> Crafts            |
| <input type="checkbox"/> Helping someone         | <input type="checkbox"/> Homework/Research |
| <input type="checkbox"/> Sleeping                | <input type="checkbox"/> Play Games        |

Positive points of day :

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Negative points of day :

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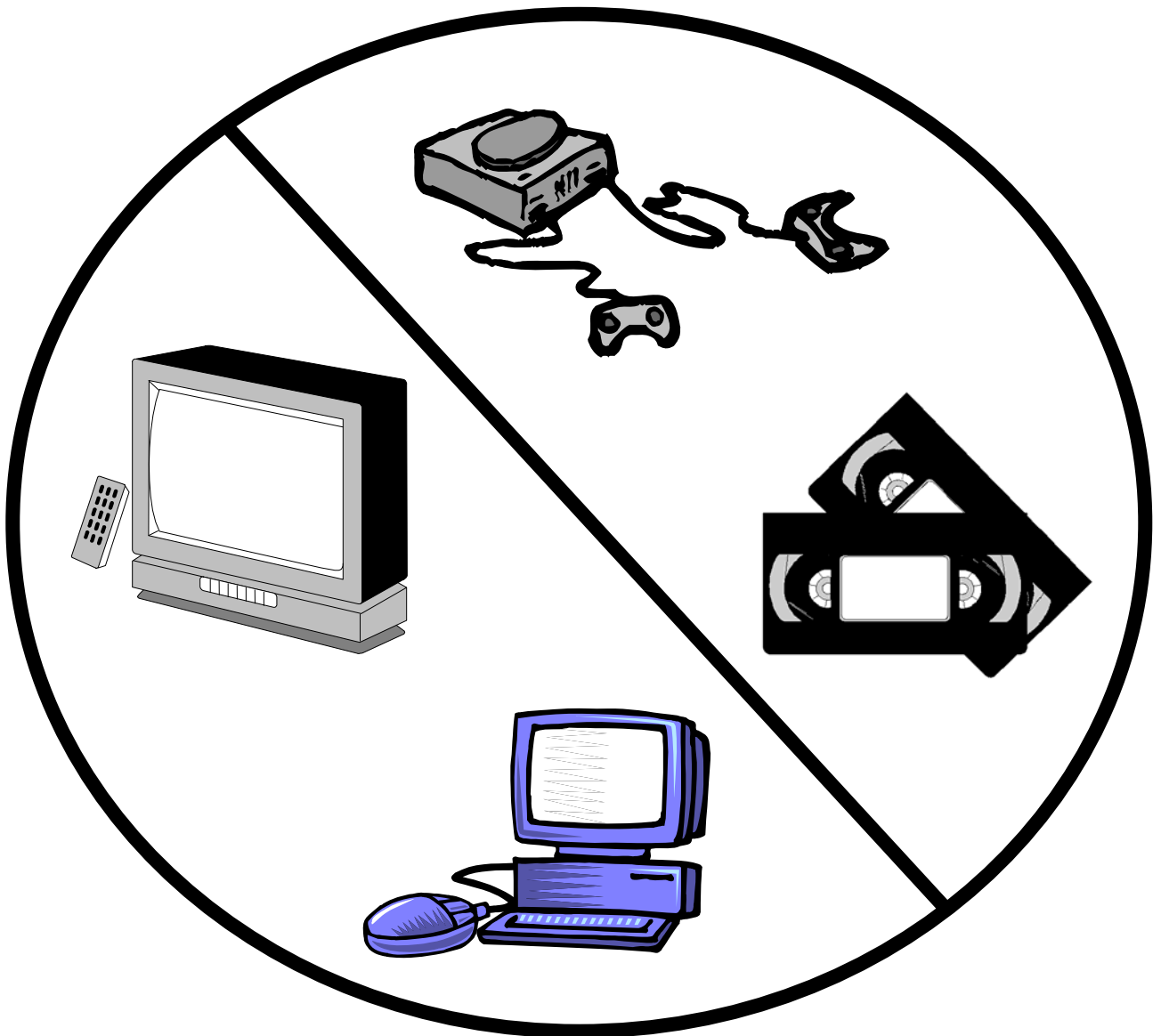


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# Screen-Free Packet



Dear Parents,

As part of our media awareness and screen turn-off program, students will be participating in a Screen-Free Challenge. During this time, students refrain from watching television, videotapes/DVDs, or playing video/computer games.

This is an invitation to you and your entire family to take part in the exciting Screen-Free Challenge. It's time to take a healthy break from screens and focus on other activities that are more rewarding. We hope you will support your child in this endeavor.

The Screen-Free Challenge officially begins on \_\_\_\_\_ and ends on \_\_\_\_\_.

### HOW THE SCREEN-FREE CHALLENGE WORKS

All family members please try to follow Rule 1. Rules 2 - 4 are specifically for your child so he/she can take part in exciting school events.

The rules of the Screen-Free Challenge are simple.

**Rule 1:** All participants pledge to stay screen free (no TV, videotapes/DVDs, or video/computer games).\*

**Rule 2:** Students keep a journal during the Screen-Free Challenge.

**Rule 3:** A parent or other adult needs to sign the Screen-Free Success Slip every day their child meets the challenge of staying screen free.

**Rule 4:** One Screen-Free Success Slip should be returned to school each day during the challenge.

\*A little "whoops" is okay, but if your child watches more than 5 minutes of a program/movie or plays a video/computer game, a Screen-Free Success slip should not be turned in for that day. Continue to turn in slips for other successful days. All students who make a serious effort in the Screen-Free Challenge, whether or not they succeed completely, are not eliminated from the fun and will be recognized with a certificate for their efforts.

Thank you for helping your child be successful with this Screen-Free Challenge.

Sincerely,



# Screen-Free Contract

Attention all children, teachers, family, and friends...

By this contract, \_\_\_\_\_ agrees to:

Be totally screen free. This includes TV and movies as well as video and computer games.

Make a serious effort to do other fun activities such as: playing games, making projects, and having get-togethers with friends and family during this time.

Not spend time whining, complaining, or moping about not being able to watch TV or play video games.

Write in the Screen-Free Journal.

Get a parent's or other adult's signature, every night, confirming that no TV, videotapes or DVDs were watched, and no video or computer games were played.

If this contract is followed, the above named person will receive a Certificate of Completion.

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# Challenge in Progress

# Screen-Free Success Slips

**Day 5** ( \_\_\_\_\_ ) \_\_\_\_\_  
Day of Week Date

\_\_\_\_\_ met the challenge of staying screen free.  
Child's Name

Parent Signature \_\_\_\_\_

✕ \_\_\_\_\_

**Day 4** ( \_\_\_\_\_ ) \_\_\_\_\_  
Day of Week Date

\_\_\_\_\_ met the challenge of staying screen free.  
Child's Name

Parent Signature \_\_\_\_\_

✕ \_\_\_\_\_

**Day 3** ( \_\_\_\_\_ ) \_\_\_\_\_  
Day of Week Date

\_\_\_\_\_ met the challenge of staying screen free.  
Child's Name

Parent Signature \_\_\_\_\_

✕ \_\_\_\_\_

**Day 2** ( \_\_\_\_\_ ) \_\_\_\_\_  
Day of Week Date

\_\_\_\_\_ met the challenge of staying screen free.  
Child's Name

Parent Signature \_\_\_\_\_

✕ \_\_\_\_\_

**Day 1** ( \_\_\_\_\_ ) \_\_\_\_\_  
Day of Week Date

\_\_\_\_\_ met the challenge of staying screen free.  
Child's Name

Parent Signature \_\_\_\_\_

# Screen-Free Success Slips

✕ .....

**Day 7** ( \_\_\_\_\_ ) \_\_\_\_\_  
Day of Week Date

\_\_\_\_\_ met the challenge of staying screen free.  
Child's Name

Parent Signature \_\_\_\_\_

✕ .....

**Day 6** ( \_\_\_\_\_ ) \_\_\_\_\_  
Day of Week Date

\_\_\_\_\_ met the challenge of staying screen free.  
Child's Name

Parent Signature \_\_\_\_\_

# Record Sheet for Screen-Free Challenge

Student Name:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
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20.							
21.							
22.							
23.							
24.							
25.							
26.							
27.							
28.							
29.							
30.							
Total Number Successful Each Day							



# No Screens For Me!

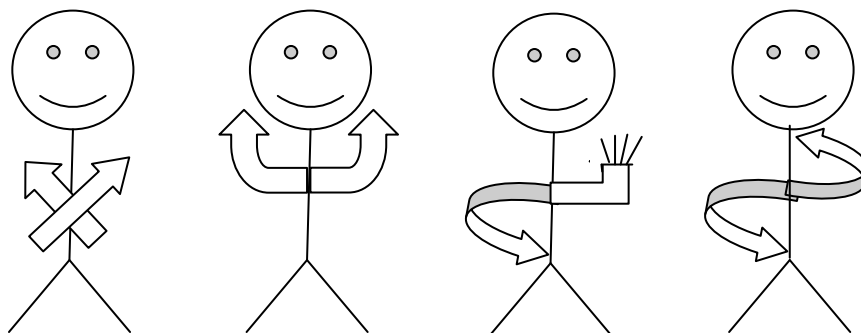
Tune: YMCA

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'.