

LESSON SIX

OBJECTIVE 2: SCREEN-FREE CHALLENGE

LESSON 6: Screen Free Ideas

OBJECTIVE

- Students will generate a list of activities to replace screen use.
- Students will discuss fun and productive activities.
- Students will create a list of alternative activities to use when tempted to watch screens
- Students will create junk art instead of watching screens

LESSON OVERVIEW

- Students complete *Fun and Productive Activities* worksheet.
- Students create class list using *Fun and Productive Activities* worksheet ideas.
- Students complete a Junk Art project.

MATERIALS NEEDED (Materials vary according to option chosen.)

- *Fun and Productive Activities* Worksheet 6.2: 1 per student
- *Junk Art Coming Soon! Note home (a few weeks prior to lesson)*
- *Fun and Productive Ideas* worksheet (1 per student)
- Junk Art project directions Step 6.3
- *Things We Enjoy* chart (Lesson 3)

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 6.1: Students Discuss *Fun and Productive Activities*

- **Tell Students:** To help make it easier for you to keep the TV and video games turned off, today we are going to talk about things you can do instead of watching TV. It may help you to think about what people did before TV was even invented! (Brainstorm ideas together.)
- **Ask Students:** Can anyone give an example of a productive activity?

Examples/Prompts:

- Doing homework
 - Helping my family with chores around the house
 - Drawing a picture to give to someone
 - Cleaning or fixing something that is dirty or broken
- **Tell Students:** A productive activity makes a positive result. It can be a thing, like a letter or project, or it can be a feeling, like feeling happy from playing soccer outside.
 - **Discuss Good Deeds:** Generate a class discussion on possible ways students can promote the common good by doing good deeds or random acts of kindness in their community. Possibilities include: Bake cookies for a neighbor, help parents with household chores, help a neighbor with lawn work, etc. Students can brainstorm ideas as a class.

Display the “Things We Enjoy” chart from Lesson 3

Step 6.2: Students Complete *Fun and Productive Ideas Sheet*

- **Tell Students:** Now we are going to complete Worksheet 6.2 to gather ideas for activities we will do instead of watching screens. You can use ideas from our discussion or ideas from the “Things We Enjoy” chart to help you. The activities you list will help you be successful at staying away from screens.

Guide students through the completion of the worksheet. Students should take the worksheet home and display it in a location that will remind them of all the activities they can do instead of watching screens.

Step 6.3: *Junk Art Homework*

- **Tell Students:** One fun activity that students seem to enjoy is doing art projects. We will learn about an art project that you can work on during the Screen-Free Challenge to help you stay away from screens and have some fun too.

Pass out Junk Art directions, Step 6.3 and discuss activity with students. Encourage students to be creative and have fun with the project.

Suggestion: Projects can be displayed in the classroom or halls of the school or any appropriate area when returned.

- **Tell Students:** I hope you have some junk gathered because we are looking forward to seeing what creative ideas you will come up with. It is great if you want to have other family members help you with your project or you may do it all by yourself. Have fun!

Teacher's Note: *Junk Art Coming Soon!* note should be sent a few weeks prior to the lesson.



Junk Art Coming Soon!

As a part of our Take the Challenge * Take Charge Curriculum, we will be doing a project using junk. Find a box for gathering items and keep your eyes peeled for useful junk!

Jar Lids, Crafting Supplies, Old Keys, Milk Jugs, Unused Electronics, Fabric, Cans, Small Boxes, Old Toys, Anything!



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Fun and Productive Ideas

Instead of Watching Screens!

Activities for Fun

- 1.
- 2.
- 3.

Activities that are Productive

- 1.
- 2.
- 3.

Ideas for Good Deeds

- 1.
- 2.

Activities I can do by Myself

- 1.
- 2.

Get rolling and have some fun!



Junk Art

Is your family ready for a fun, creative, challenge? Do you have junk? If you answered "yes", then what are you waiting for?

Directions for homework project: Use any kind of junk (jar lids, screws, cans, sticks, pipe cleaners, sequins, fabric, old keys, etc.) and stick it together with any safe adhesive to create a masterpiece all your own. Your junk sculpture may function, may actually look like a real object, or just be really neat to gaze at. Use your imagination and have some family fun!

Please return your masterpieces for the grand revealing on:

