

# LESSON SEVEN

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**OBJECTIVE 2: SCREEN-FREE CHALLENGE**

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## LESSON 7: Making Smart Choices

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### OBJECTIVE

- Students will develop a play based on information they have learned and personal experience related to a statistic.

### LESSON OVERVIEW

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| <ul style="list-style-type: none"><li>• Students discuss the surprising statistics.</li><li>• Students brainstorm ideas of how to make a play based on surprising statistics.</li><li>• Students create a play.</li></ul> |
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### MATERIALS NEEDED

- Surprising Statistic Sheets Step 7.2: 1 statistic sheet per group (3-5 students)
- Story Map Worksheet 7.3: 1 per group (3-5 students)

## PROCEDURE

### Step 7.1: Students Discuss Strategies to Prevent Temptation

- **Remind Students:** Don't forget to draw/write in your Screen-Free Journal and to ask your parents or other adult to sign the success slip for every day you stay screen free.
- **Ask Students:** Now we're on Day \_\_\_\_\_ of the Screen-Free Challenge. How is it going? (Allow students to respond)
- **Ask Students:** What are some things you can do to prevent the temptation to watch TV, videos/DVDS or play video games? What can you do to the room or the TV that will help you in your goal not to watch TV or play video games? Is there somewhere you can go in your house where it might be easier to not watch TV? What can you say to people if they tempt you to watch TV with them?

Record student suggestions on the board for students to use throughout the lesson.

#### *Examples/Prompts:*

- Avoid rooms that have a TV in them.
- Hide the TV, cover it with fabric or put a "Challenge in Progress" sign over it.
- Go outside and play.
- Plan ahead – think about what you want to do when you get home from school or during the week.
- Ask someone in your house to help you think of something else to do.

### Step 7.2: Students Discuss the Surprising Statistic

Distribute statistics from Worksheet 7.2, one statistic per group.

- **Tell Students:** We are going to divide into groups and read a surprising statistic. Each group will get a different statistic. With your group, talk about your statistic.

Give students about 5 minutes to discuss their surprising statistic.

### Step 7.3: Students Brainstorm Play Ideas

- **Tell Students:** Now that you have discussed your surprising statistic, it is time for you to brainstorm ideas of how you can turn your statistic into a play or performance.

Give each group a story map worksheet 7.3 to help them brainstorm their play ideas. Give the students about 10 minutes to discuss their play ideas.

### Step 7.4: Students Create a Play Based on the Surprising Statistic

- **Tell Students:** Now you are going to create a play based on your surprising statistic. I am going to show you an example of how dialogue is usually written in a play.

Write the following example on the board or overhead.

Sue: Where are you going?

Mary: I'm looking for my brother.

- **Tell Students:** Use the format on the board to write down your play based on the surprising statistic.

Teacher's Note: The amount of time spent on this activity is up to you. (1) These plays could just be short plays designed to just discuss the surprising statistic with the class. (2) The plays could be designed to perform for younger children in the school. (3) The plays could be performed for parents. (4) The plays could be performed for the whole school.

## Surprising Statistic

Seventy percent of childcare centers use TV during a typical day. In a year, the average child spends 900 hours in school and nearly 1,500 hours in front of a TV. (A.C. Nielsen Co.)

## Surprising Statistic

Researchers found that children who watched more than 2 hours of television per day from ages  $2\frac{1}{2}$  until  $5\frac{1}{2}$  were more likely to develop sleep, attention, and aggressive behavior problems than those who watched less TV. (Health and Parenting, 2007)

## Surprising Statistic

Children, ages 8 to 18, spend more time (44.5 hours per week - 6.5 hours daily) in front of computer, television, and game screen than any other activity in their lives except sleeping. (Kaiser Family Foundation, 2005)

## Surprising Statistic

The average American child will have watched 100,000 acts of violence, including 8,000 murders by the time he or she has finished 6<sup>th</sup> grade. (Children and Television Violence, 2006)

## Surprising Statistic

Childhood obesity is a rapidly spreading epidemic in the United States. Since 1980, the proportion of overweight children ages 6 to 11 has more than doubled, and the rate for overweight adolescents has tripled. The connection between television viewing and obesity was established almost two decades ago, yet our habits have not changed to protect our children. (Boston Globe, 2004)

## Surprising Statistic

The images children absorb can also leave them traumatized and vulnerable. According to research, children ages 2 to 7 are particularly frightened by scary-looking things like grotesque monsters. Simply telling children that those images aren't real won't console them, because they can't yet distinguish between fantasy and reality. (Nemours Foundation, 2005)

## Surprising Statistic

The results of a study on commercials showed that the number of 30-second TV commercials seen in a year by an average child is 200,000. Ninety-two percent of surveyed participants (1993) said that commercials aimed at children make them too materialistic. (A.C. Nielsen)

## Surprising Statistic

According to the A. C. Nielsen Co., the average American watches more than 4 hours of TV each day (or 28 hours/week, or 2 months of non-stop TV watching per year). In a 65 year life, that person will have spent 9 years glued to the tube.

# STORY MAP

Title: \_\_\_\_\_

Setting:

Characters:

_____	_____
_____	_____
_____	_____

Problem:

Event 1

\_\_\_\_\_

Event 2

\_\_\_\_\_

Event 3

\_\_\_\_\_

Event 4

\_\_\_\_\_

Solution: