

LESSON NINE

OBJECTIVE 3: STAYING IN CONTROL

LESSON 9: Understanding the Screen Budget Challenge

OBJECTIVE

- Students will decide on a weekly Screen Budget.
- Students will be introduced to *Budget Success Slips*, a screen budget monitoring system.

LESSON OVERVIEW

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| <ul style="list-style-type: none">• Students decide on a Screen Budget.• Students complete the <i>Screen Budget Contract</i>.• Students learn about Budget Talk.• Students begin earning Budget Certificates. |
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MATERIALS NEEDED

- *Screen Budget Contract*: 1 per student
- *Budget Success Slips*: 1 sheet per student
- *Budget Success Chart*
- *Budget Success Certificates*

PROCEDURE

Step 9.1: Students Are Introduced to Screen Budget Idea

- **Ask Students:** Can anyone guess what a Screen Budget is?

Allow students to respond.

- **Tell Students:** A Screen Budget is a limit on the amount of screens someone can use during the week.

Step 9.2: Students Decide on a Screen Budget

- **Tell Students:** Today you are going to create a Screen Budget for the class. Everyone is individually responsible for following the Screen Budget on his or her own, yet we will be able to support each other since we will all have the same limit.
- **Tell Students:** Your goal is to stick to the Screen Budget and limit the number of hours you spend watching TV, videotapes and DVDs and playing video and computer games. This way everyone can have time to do fun and exciting things instead of using screens all day.

Teacher's Note: Write student suggestions on the board. Eliminate those that are much higher and lower than 10 hours per week. Guide discussion so that a 10-hour budget is chosen.

- **Tell Students:** I think 10 hours a week is a great Screen Budget to follow! Remember, you are completely in charge of how you spend your budgeted time for TV, videos, DVDs and video/computer games. You may choose to use screens a little each day, use them every other day, or not use any screens for a couple of days so that you can save up time for a special movie, televised sporting event or video game play-off. It's totally up to you.
- **Ask Students:** Based on a 10-hour Screen Budget...
 - If someone watched 2 hours of television today, how many hours would they have left for the rest of the week? (8 hours)
 - If someone played video games for 5 hours today, how many hours would they have left to watch television or play video games for the whole rest of the week? (5 hours)
 - If someone watched a movie for 2 hours yesterday, and played video games for 1 hour today, how many hours would they have left to watch television for the rest of the week? (7 hours)

Teacher's Note: Write number sentences to show mathematical thinking (e.g. $10-2 = 8$, $10-5 = 5$).

Step 9.3: Students Are Introduced to Screen Budget Guidelines

Show Students the Budget Success Chart.

- **Tell Students:** Now it's time to talk about what will be happening while you have a Screen Budget. It's called Budget Talk. During each Budget Talk, we'll check-in together once a week to see how the Screen Budget is working for you.
- **Tell Students:** Soon I will give each of you a sheet of *Budget Success Slips*. Every week that you stick to the Screen Budget you will need to get a parent or other adult signature on a *Budget Success Slip*. During the Screen-Free Challenge you had to turn in slips every day. Now you only need to turn in *Budget Success Slips* once a week. Remember, when you turn in a *Budget Success Slip* it means that you didn't spend more than 10 hours watching TV, videotapes or playing video games for that week.

Hold up the *Budget Success Slips* for students to see.

[Teacher Tip]: A *Budget Success Slip* page covers a period of one month. You may want to fill out the month and day portion of the slip before copying. It is also suggested you copy the signature page and the check-off page that follows back-to-back.

- **Tell Students:** Every time you watch a TV Program or play a video game, mark your *Budget Success Slip*. Try not to run out of time before the end of the week. Bring in one signed *Budget Success Slip* each week that you stick to the budget.

Teacher's Note: Choose one day a week that will be best for you and your class to have a Budget Talk. It should be the same day each week. Based on past experience, we recommend Mondays.

- **Tell Students:** It's up to you to be honest about any television or video games you may play when you are at someone else's house. The idea is to spend no more than 10 hours watching TV or playing video games a week.
- **Tell Students:** Each time you turn in a signed *Budget Success slip*, you will get a sticker to put on the *Budget Success Chart* to track your progress.
- **Tell Students:** You will receive award certificates too. There are four levels of award certificates for successfully staying within the "Weekly Screen Budget." Every five (5) Budget Success Slips will earn you an award.

5 Slips = Bronze Award
10 Slips = Silver Award
15 Slips = Gold Award
20 Slips = Platinum Award

Step 9.4: Students Receive A Screen Budget Contract

- **Tell Students:** Now we just need to make the Screen Budget official. I'm going to pass out a contract to everyone for you to read and sign, then I'm going to collect them.

Distribute a *Screen Budget Contract* to students.

Step 9.5: Budget Success Slip Record Keeping

Student's progress is recorded on a *Budget Success Chart*, on which students place a sticker for every week they remain within the Screen Budget.

- Collect signed *Budget Success Slips* from students who have stayed within the Screen Budget. For each slip collected, give students a sticker to place on *the Budget Success Chart* next to their name.
- If the *Budget Talk* is happening after a holiday, be sure to collect a *Budget Success Slip* for every week since your last *Budget Talk*.
- Students who have cumulatively stayed within their Screen Budget for 5, 10, 15 or 20 weeks will receive a certificate (bronze, silver, gold or platinum respectively) congratulating them on their accomplishment.
- Award students with public recognition and privileges for staying within the Screen Budget. Some ideas include allowing these students to:
 - Lead the Pledge of Allegiance.
 - Be first in line to go to recess, lunch and gym.
 - Choose the day's reading book.
 - Teach a class lesson or lead a Budget Talk session.
 - Collect homework from other students.

Teacher's Note: Optional items you may want to use in your classroom near the Budget Success Chart:

- Photos of the Screen-Free Challenge Opening and Awards Ceremonies.
- Quotes made by students about the benefits of watching less TV.
- Newspaper cartoons depicting America's obsession with screens.
- Articles about TV and how it affects children and families.
- Student Artwork related to the benefits of using less screens.
- Poems or stories about TV that highlight the negative effects of watching too much TV.
- The phrase, "I'd rather be _____ instead of watching TV." (You would have a different student complete the phrase each week.)

Step 9.6: Budget Talk Sessions

During weekly Budget Talk sessions, students are asked to share positive experiences they had during the week as a result of watching less TV and videos or playing fewer video games. They are recognized for staying within the Screen Budget and praised for good alternate uses of time. Students who do not stick to the Screen Budget are encouraged to continue trying in upcoming weeks.

- Invite students to share their experiences and successes with the Screen Budget. Ask students who turn in signed *Budget Success Slips* what they did instead of watching TV or playing video games. Encourage/challenge students who do not turn in slips to try to turn one in the following week.
- Invite students to *Role-play Budget Talk Situations*. Students will practice strategies to avoid screen use.

Screen Budget Contract

*I, _____, agree to budget my television, videotape,
(your name)
DVD and video/computer game use to 10 hours or less every
week.*

*I will get a parent or other adult to sign the Budget Success
Slip if I stayed within the Screen Budget.*

*I will remember to bring the signed Budget Success Slip to
class every week for our Budget Talk.*

Take the Screen Budget Challenge

Dear Parents,

Congratulations to you and your child on the successful Screen-Free Challenge that our school participated in. There were many positive comments from students and families.

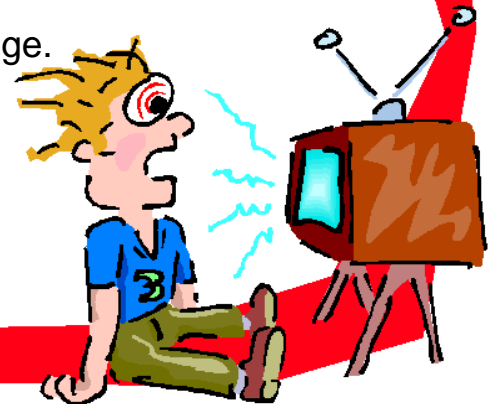
In order to experience long-lasting benefits, students need to reduce the amount of screens they use on a daily basis. During the Screen-Free Challenge, families and children found many healthy alternatives to screen use. These fun and productive activities can continue by following a weekly Screen Budget.

Our class is following a weekly Screen Budget amount of 10 hours. Screen budgeting means your child may choose to use screens a little each day, use them every other day, or not use any screens for a couple of days so that he/she can save up time for a special movie, televised sporting event or having a video game playoff. Our Screen Budget Challenge will work as follows:

1. Your child is receiving Budget Success Slips and will ask you to sign a slip every week if he or she stayed within the Screen Budget.
2. Have your child turn in their Budget Success Slip on the day assigned each week.
3. Every 5 Budget Success Slips will earn your child a special certificate.

Please join your child in this Screen Budget Challenge.

Sincerely,





Weekly Budget Success Slip

_____ met the challenge of staying within the weekly screen

Child's Name

budget for the week ending Sunday _____ .

Date

Parent Signature _____ .

Keep track of screen time Monday-Sunday of each week.
Return a Budget Success slip to school each week you stay within the budget.



Weekly Budget Success Slip

_____ met the challenge of staying within the weekly screen

Child's Name

budget for the week ending Sunday _____ .

Date

Parent Signature _____ .

Keep track of screen time Monday-Sunday of each week.
Return a Budget Success slip to school each week you stay within the budget.



Weekly Budget Success Slip

_____ met the challenge of staying within the weekly screen

Child's Name

budget for the week ending Sunday _____ .

Date

Parent Signature _____ .

Keep track of screen time Monday-Sunday of each week.
Return a Budget Success slip to school each week you stay within the budget.



Weekly Budget Success Slip

_____ met the challenge of staying within the weekly screen

Child's Name

budget for the week ending Sunday _____ .

Date

Parent Signature _____ .

Keep track of screen time Monday-Sunday of each week.
Return a Budget Success slip to school each week you stay within the budget.

In order to monitor you child's screen use, check off one box for every half hour your child uses screens this week.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

= 1/2 hour of screen time

Return this slip on Monday if your child stayed within the 10 hour budget.

✂ -----

In order to monitor you child's screen use, check off one box for every half hour your child uses screens this week.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

= 1/2 hour of screen time

Return this slip on Monday if your child stayed within the 10 hour budget.

Record Sheet for Screen Budget Challenge

5=Bronze

10=Silver

15=Gold

20=Platinum

Student Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Congratulations!

By successfully staying within your
Weekly Screen Budget for 5 weeks,
you have earned the
BRONZE
Screen Budget Award!

Principal

Teacher

Congratulations!

By successfully staying within your
Weekly Screen Budget for 10 weeks,
you have earned the
SILVER
Screen Budget Award!

Principal

Teacher

Congratulations!

By successfully staying within your
Weekly Screen Budget for 15 weeks,
you have earned the
GOLD
Screen Budget Award!

Principal

Teacher

CONGRATULATIONS!

By successfully staying within your
Weekly Screen **Budget** for 20 weeks,
you have earned the
P L A T I N U M
Screen Budget Award!

Principal

Teacher