

Fourth Grade

LESSONS AT A GLANCE

Lesson 1: Awareness of Screen Use

- Play Charades
- Calculate Screen Time Yesterday
- Use Data to Figure Out Range, Median, Mean and Mode
- Family Newsletter Issue 1

Lesson 2: Awareness of Screen Time All Week

- Introduce Screen Log
- Assign Homework
- Learn the NOTV Song

Lesson 3: Screens Displace Fun Activities

- Discuss Things They Enjoy During a Ball Toss Activity
- Complete a Cause and Effect Chart

Lesson 4: Preparing For The Challenge

- Discuss Screen Logs and Homework
- Calculate Screen Time and Find the Class Median
- Create Class Spirit Prop (Cheer Optional)
- Family Newsletter Issue 2

Lesson 5: Opening Ceremony

- Worksheet: *INSTEAD OF SCREENS, I CAN...*
- School-Wide Assembly
- Screen-Free Packet
 - Letter to Parent
 - Contract
 - Journal
 - Challenge in Progress Sign
 - Success Slips
- Record Sheet for Screen-Free Success Slips

Lesson 6: Screen-Free Ideas

- Fun and Productive Activities Worksheet
- Create a Class List of Fun and Productive Activities
- Junk Art Home Project

Lesson 7: Making Smart Choices

- Surprising Statistics Worksheet

- Discuss Surprising Statistics
- Create a Play or Role-Play

Lesson 8: Recognition Ceremony

- School-Wide Assembly
- Certificates of Completion/Participation
- Trophy
- Family Newsletter Issue 3

Lesson 9: Understanding the Screen Budget Challenge

- Students Decide on a Screen Budget
- Screen Budget Packet
 - Letter to Parent
 - Contract
 - Success Slips
- Budget Talk Sessions Begin
- Budget Success Chart
- Budget Certificates

Lesson 10: Writing About a TV Zombie

- Discuss the Negative Effects of Too Much Screen Use
- Write a Four-Square TV Zombie Paragraph

Lesson 11: Spread the News Using Song Lyrics

- Decide on a Song to Remake
- Remake Song Using Knowledge Learned From Take the Challenge Lessons

Lesson 12: Reading to Get the Message

- Listen to a Story Related to the Theme of Screen Reduction
- Develop Questions to ask Character from the Story During an Interview
- Conduct Mock TV Interviews for the Class (Optional)
- Family Newsletter Issue 4

Lesson 13: Friendly Letter to Parents

- Read the *Song of the Oompa-Loompas*
- Brainstorm What has been Learned While Doing the Take the Challenge Lessons
- Write Friendly Letter to Parents Telling Them What Was Learned

Lesson 14: Be Smart! Get the Message Out!

- Discuss Projects From Past Lessons
- Discuss How to Get the Message Out

SAMPLE CALENDAR

(Month)

(Year)

Take the Challenge Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<ul style="list-style-type: none"> It is suggested a parent meeting introducing the Take the Challenge Curriculum be planned and held before Lesson 5 		Lesson 1 Graph (Staff meets to plan Opening Ceremony)	<ul style="list-style-type: none"> It is suggested that Lesson 1 not begin on a Monday so the graphing lesson can reflect a normal viewing day. 	
	Lesson 2 3-Day Screen Log			Lesson 3 Things We Enjoy chart	Collect Screen Logs	
	Lesson 4 Begin making Spirit Props		Lesson 5 Opening Ceremony Screen-Free Challenge Begins		Lessons 6 & 7 should be done during the Screen-Free Challenge.	
				Last Day of Challenge	Lesson 8 Awards Ceremony	
	Lesson 9 Screen Budget Challenge Begins		<ul style="list-style-type: none"> Remaining lessons can be scheduled anytime throughout the rest of the school year. 			