LESSON ONE

OBJECTIVE

- Students will become aware of how much time they spend watching a screen.
- Students will complete an activity to see how much time the class spent watching different types of screens. (At the end of the year students will reflect upon this graph and look for reductions in screen viewing.)

LESSON OVERVIEW

- Students play charades. (anticipatory set)
- Students calculate the percent of screen time spent in each category.
- Students complete a graph.
- Students discuss graph and viewing habits.

MATERIALS NEEDED

- Cards for Charades game: Worksheet 1.1
- Screen Time Yesterday Worksheet 1.2: 1 per student and 1 teacher overhead
- Category of Screen Time Worksheet 1.3: 1 per student and 1 teacher overhead
- Screen Time Graph Worksheet 1.4: 1 per student and 1 teacher overhead
- Category Signs: Step 1.3

Teacher's Note: The graph in this lesson will be used in Lessons 4 and 9.

Family Newsletter
Distribute Issue One of the *Take the Challenge ✷ Take Charge* Family Newsletter.

Step 1.1: Students Play Word Charades Game

- **Tell Students:** We are going to play a game called charades. I will choose a student and they will pick a card. They will act out the activity listed on the card. The class will guess what fun activity they are performing.

Cut out and distribute (put in hat and pick) charade cards from Worksheet 1.1. One student acts out the activity on the card and other students guess the activity. Use some or all of the activity cards provided in this anticipatory activity.

Congratulate students on their performances and great guessing ability.

- **Tell Students:** We observed some activities that we can enjoy doing in our free time, but for the rest of this lesson, I want you to focus on the amount of time you spent in front of a screen yesterday. Screen time includes: television and movie watching, computer time, and video games.

Step 1.2: Students Complete "*Screen Time Yesterday*" Worksheet

- **Ask Students:** Who knows how much time you spend in front of screens everyday? Do you think you spend a lot of time? Do any of your parents limit the amount of time you spend in front of a screen?

Allow several students to share their responses.

- **Tell Students:** Now you need to complete the "*Screen Time Yesterday*" worksheet. Try to record all of your screen time from yesterday.

Distribute the *Screen Time Yesterday* worksheet.

Step 1.3: Students Participate in "Screen Time" Group Activity

- **Tell Students:** Now we're going complete an activity to see where each of us spent the most screen time.

Teacher's Note: Place the four category signs on the classroom walls, preferably one category per wall.

- **Tell Students:** Go stand near the category in which you spent the most screen time yesterday. Together we will determine the percentage of time our class spent in each category yesterday. (Total the number of students in each category and divide by the total number of students present that day.)

Teacher's Note: Use an overhead copy of *Category of Screen Time* worksheet 1.3. Go over the example on the worksheet.

- **Tell Students:** Now return to your seats. Take out your calculators and figure out our class percentages for each category.

Teacher's Note: You may use long division using pencil and paper if you wish.

Step 1.4: Students Discuss Activity Results

- **Ask Students:** What does this worksheet show about our screen time as a class?

Examples/Prompts:
- Which category had the highest percentage? Lowest?
- Were any of these categories surprising? If so, why?
- How many of you didn't spend any time in front of a screen yesterday?

- **Tell Students:** We are now going to put our information in a graph.

- **Tell Students:** Use the total percentage worksheet displayed on the overhead to help you complete the bar graph. Notice that each category is separated into 1st, 2nd, and 3rd for this activity. You will be filling in the 1st column only. The 2nd and 3rd columns will be used in later lessons (Lessons 4 and 9 during budgeting).

Teacher's Note: Keep this graph because you will be using it again in later lessons.

- **Ask Students:** Looking at our graph, what do you notice? Where did the majority of us spend our screen time yesterday? What do you find interesting about our screen time?

Basketball Player Shooting a Free-throw	**Hockey Goalie**	**Reading a Great Book**
Playing a Race Car Video Game	**E-mailing on the Computer**	**Playing a Board Game**
Watching T.V.	**Fishing**	**Swimming**

Hula-hooping	**Ice Skating**	**Playing Your Favorite Video Game**
Shaving Your Beard	**Playing Baseball (Swinging a Bat)**	**Reading the Newspaper**
Eating Dinner	**Riding a Horse**	**Jumping Rope**

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Yesterday

How did you spend your screen time? circle one:				How long? write in below:
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	
TV Program	Videotape or DVD	Video Game	Computer Time	

Check the box of the category where the most time was spent.

Totals
☐ TV Program _____
☐ Videotape or DVD _____
☐ Video Game _____
☐ Computers _____
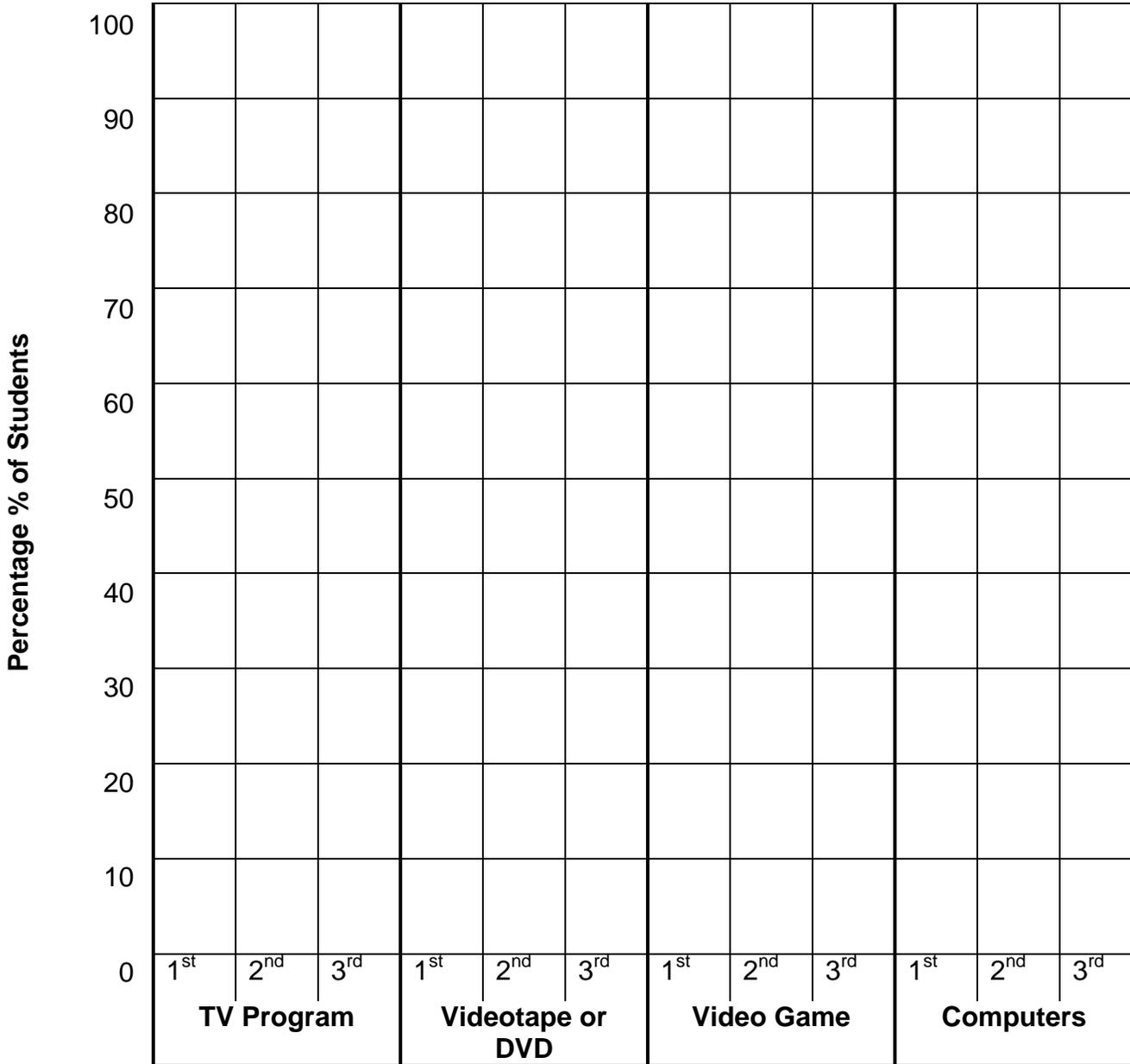
Videotape or DVD

T.V. Programs

Video Games

Computers

Category of Screen Time Worksheet

Screen Time Class Total Percentages

	Total Number of Students		Total Students Present		
TV Programs	_____	÷	_____	=	_____%
Videotape/DVD	_____	÷	_____	=	_____%
Video Games	_____	÷	_____	=	_____%
Computers	_____	÷	_____	=	_____%

As a class we spent _____ hours in front of a screen.
(estimated)

Percentage % of Students

	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
100												
90												
80												
70												
60												
50												
40												
30												
20												
10												
0	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
	TV Program			**Videotape or DVD**			**Video Game**			**Computers**		

LESSON EXTENSIONS

- Collect school-wide data (Tech class or older class for school newspaper)

- Make different kinds of graphs with the same information

- Mode, Median, Mean

- Take labels off the graph and students have to put them back in the correct place

- Story problems with data

- Look at trends

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Family Newsletter – Issue One

Welcome to the first issue of *Take the Challenge✶Take Charge* family newsletter!

Your child will be participating in the media awareness and screen turn-off program called *Take the Challenge✶Take Charge*. Originally developed by Stanford University, these lessons have been adapted by a core group of teachers to be grade level appropriate. This program includes lessons in reading, writing, social studies and mathematics that will help students understand the issues that arise from spending too much time watching TV and using screens.

The goal of these lessons is to help kids make better choices. The main objective is to reduce the amount of time children spend watching television and playing computer/video games and to replace that time with positive, healthy, family friendly alternatives.

As parents you may wonder what impact excessive screen use may have on your child. Research shows:

- Students who watch less TV are more able to pay attention and follow directions resulting in better academic performance.
- Playing violent computer/video games and watching violent television shows/movies makes children more aggressive and teaches them that violence is a way to solve problems.
- Spending too much time watching TV and playing computer/video games can make kids less fit and overweight.

Over the next few weeks your child will be participating in several *Take the Challenge ✶ Take Charge* activities. These activities will help your child become aware of his/her electronic media habits. Please join us as we take the challenge and take charge.

Scary Statistics
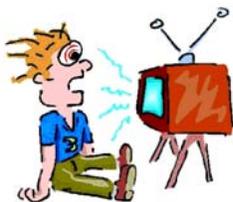
- ✓ On average, children 8 years and older spend 44.5 hours each week using screens.
- ✓ 46% of all television violence is aired in children's cartoons.
- ✓ Most of the top-selling video games (89%) contain violent content, almost half of which is of a serious nature.
- ✓ By the time the average child is 18 years old, they will have witnessed 200,000 acts of violence and 16,000 murders.