

# LESSON TEN

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**OBJECTIVE 3: STAYING IN CONTROL**

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## LESSON 10: Planning Ahead for School Breaks

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### OBJECTIVE

- Students will develop a plan to help them stick to the Screen Budget during school breaks.

### LESSON OVERVIEW

- This lesson can be done out of sequence any time before a school break (after the 10-day Screen-Free Challenge).

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| <ul style="list-style-type: none"><li>• Students brainstorm ideas for what they can do during school breaks.</li><li>• Students learn to use a prompt chart.</li><li>• Students create a vacation planner.</li></ul> |
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### MATERIALS NEEDED

- *My Vacation Ideas* Worksheet 10.2: 1 per student
- *Vacation Planner* Worksheet 10.4: 1 per student (Blank Calendar)

## PROCEDURE

### Step 10.1: Students Plan Their Vacation Time

- **Ask Students:** Does anyone have special plans for this break? How many of you will be spending a lot of time at home? Allow students to respond.
- **Tell Students:** Sometimes spending a lot of time at home can tempt people to watch a lot of TV. If you don't have a plan, or some ideas for what you can do during your time, you may end up watching a lot of TV. Although there are some entertaining and educational shows, if you simply turn on the TV when you're bored, you may find yourself becoming a TV Zombie. Then you will miss out on all of the fun and productive activities you could be doing.
- **Ask Students:** By now all of you are really good at thinking of other things to do instead of using screens. In less than one minute, try and name 20 things to do instead. We're going to go for a speed record here since you've already had so much practice! Allow students to respond.

### Step 10.2: Students Prepare for Break Using Prompts

- **Tell Students:** Today you will be preparing for break. You are going to have to be very careful not to use a lot of screens, especially because you might be home all day when you are usually in school. It would be great if you discovered something new and exciting to do with your time that you could share with us after break.
- **Tell Students:** To help you come up with ideas of what to do with your time over break, I'm going to pass out Worksheet 10.2 with lots of prompts on it. I want you to write down as many ideas as you can think of in class, and then take it home with you for break.

### Step 10.3: Students Discuss Vacation Ideas

- **Ask Students:** Who has some good ideas for what they can do during break based on what you wrote on your worksheet? Allow students to respond.
- **Tell Students:** Maybe there is something you want to do during break that isn't written on the worksheet. What you can do now is make up your own prompt and ask if anyone in the class will finish your prompt, or you can finish it yourself.
- **Ask Students:** Can any of you think of your own prompts?

#### *Examples/Prompts:*

- A friend who I can ask to come over is...
- A way I can help my school is...
- A way I can exercise is...
- An indoor chore I can do is...

### Step 10.4: Students Create A Vacation Planner

- **Tell Students:** Now that you have so many great ideas for what you can do during break, you can plan for each day, just as many adults do with their daily planners. I'm going to pass out a calendar of vacation days and on the calendar write down an activity you can do for that day. You can use the prompt worksheet for ideas. If you are going to be on vacation or traveling somewhere different, you still need to write down something you can do on that day.
- **Tell Students:** You will also need to fill in the dates on your *Vacation Planner* so that it looks like a calendar. Be sure to write in the last day of school before vacation begins and the last day of vacation before school begins again.

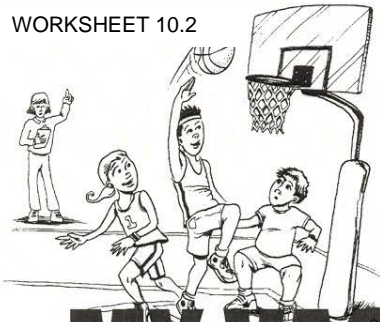
Distribute Vacation Planner Worksheet 10.4 and allow students to complete.

- **Tell Students:** Now that you have so many great ideas for what you can do during break, you need to think of some place at home where you can keep your prompt list in case you forget and are tempted to watch screens?

*Examples/Prompts:*

- I can use a magnet to stick it on the refrigerator.
- I can leave it by the TV.
- I can tape it on my bedroom door.
- I can keep it in a folder with other important papers.

- **Tell Students:** Since you will be on vacation for \_\_\_\_\_ weeks, next time we have a Budget Talk, you will have the chance to give me \_\_\_\_\_ *Budget Success Slips*.



# MY VACATION IDEAS

**FILL IN THE BLANKS TO COMPLETE THE PROMPT:**

Something I can do inside is \_\_\_\_\_.

A game I like to play is \_\_\_\_\_.

A project I can start is \_\_\_\_\_.

An artistic thing I can do is \_\_\_\_\_.

A person I can visit is \_\_\_\_\_.

A book I want to read is \_\_\_\_\_.

A helpful thing I can do for my family is \_\_\_\_\_.

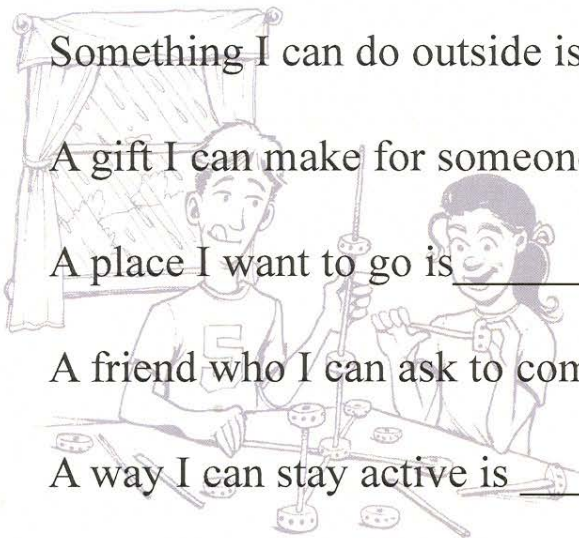
Something I can do outside is \_\_\_\_\_.

A gift I can make for someone is \_\_\_\_\_.

A place I want to go is \_\_\_\_\_.

A friend who I can ask to come over is \_\_\_\_\_.

A way I can stay active is \_\_\_\_\_.



Month: \_\_\_\_\_

**Calendar**

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday