

LESSON TWO

OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE

LESSON 2: Awareness of Screen Time All Week

OBJECTIVE

- Students will use a log to record how much time they spend in front of a screen during a 1-week period.

LESSON OVERVIEW

- Students are introduced to and practice using the *Screen Log*.
- Students are assigned to record their screen viewing during the next week using the *Screen Log*.

MATERIALS NEEDED

- *Screen Log*: 1 per student
- *Screen Log “Yesterday” overhead Worksheet*
- You Be The Judge (homework) Worksheet 2.3
- Optional: “No Screens For Me” Song: 1 per student and 1 overhead Worksheet (Students will learn this song and perform it at the Opening Ceremony.)

PROCEDURE

Step 2.1: Introduce the *Screen Log*

- **Ask Students:** Who would like to share the category where they spend the most screen time?

Allow students to respond.

- **Tell Students:** Now we are going to gather this information for a week.
- **Tell Students:** One of the ways we can prevent ourselves from becoming glued to the tube is by keeping track of the time we spend in front of screens. This way we realize exactly how much time we spend doing these things. To help keep track of the amount of TV you watch and the amount of video games you play, each of you will be getting a *Screen Log*. Every time you watch TV, including videotapes or DVDs, use the computer, or anytime you play a video game, including a hand-held player or your computer, you will circle it on your log. Then you will write in how long you watched or played.

Step 2.2: Students are Assigned *Screen Log*

- **Tell Students:** The most challenging part of keeping your *Screen Log* will be remembering to use it every time you use screens. Be sure to record everything! This way you will be able to figure out exactly how much time you spend doing these things and you will be able to use that information for future class activities. Don't be worried that you watch too much or too little – there are no right or wrong amounts to have in your *Screen Log*.
- **Ask Students:** What are some ways you can think of that will help you remember to write everything down in your *Screen Log*?

Examples/Prompts:

- I can tie the *Screen Log* to the remote or to my doorknob with string.
- I can leave my *Screen Log* near the TV at all times.
- I can put a note on the fridge, bedroom door, or TV.
- I can ask someone in my family to remind me.
- **Tell Students:** Writing in the *Screen Log* every time you watch screens will help you become more aware of your habits. The *Screen Log* may even help you avoid becoming a TV Zombie. We will check in as a class over the next week to see how everyone is doing. You may be surprised by what you discover so please remember to write in your *Screen Log* the time spent in front of a screen.

Teacher's Note: Remind your students daily to fill in the *Screen Log*.

Step 2.3: You Be The Judge Homework

- **Tell Students:** This week while you are completing your Screen Log, you will need to complete the homework activity Worksheet 2.3 titled, “You Be The Judge”. You need to watch a TV show, movie, or a video game. Then follow the directions on the page to assess the program.

Teacher’s Note: Let your students know when you expect the homework to be turned in. As the students turn in their “You Be The Judge” homework, have them share their findings with their classmates. You could even post their homework sheets in the classroom or hallway.

Optional Activity: Teach your class the “No Screens for Me” song with motions. They can perform this song at the opening ceremony to fire up the other students.

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
<p>Totals</p> <p>Check the box of the category where the most time was spent.</p>				<input type="checkbox"/> TV Program _____ <input type="checkbox"/> Videotape or DVD _____ <input type="checkbox"/> Video Game _____ <input type="checkbox"/> Computers _____



You Be The Judge

Name: _____

Directions: Choose either a TV show, movie, or video game. Assess the program based on a 5-point scale (5 being the best rating and 1 being the worst rating). Give a reason for each rating. Total the score, find the percentage and give the program a grade. Rate the program based on its appropriateness for your grade level.

TV Show/Movie/Video Game: _____

Quality of Message: 1 2 3 4 5

Reason: _____

Violent Content: 1 2 3 4 5

(1 meaning too much violence and 5 meaning no violent content.)

Reason: _____

Interest Level: 1 2 3 4 5

Reason: _____

Age Appropriate: 1 2 3 4 5

Reason: _____

Overall Score: _____/20

Quality Percentage: _____%

Final Grade: _____



SCREEN LOG

THIS LOG BOOK BELONGS TO:

Category With the Most Viewing Time: _____

SCREEN LOG

THIS LOG BOOK BELONGS TO:

Category With the Most Viewing Time: _____

Yesterday

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Yesterday

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 1

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 1

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 2

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 2

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 3

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 3

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 4

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 4

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 5

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 5

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 6

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 6

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 7

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

Day 7

Date ()

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	
TV Program	Videotape or DVD	Video Game	Computer Time	
Totals			<input type="checkbox"/> TV Program	_____
Check the box of the category where The most time was spent.			<input type="checkbox"/> Video or DVD	_____
			<input type="checkbox"/> Video Game	_____
			<input type="checkbox"/> Computers	_____

No Screens For Me!

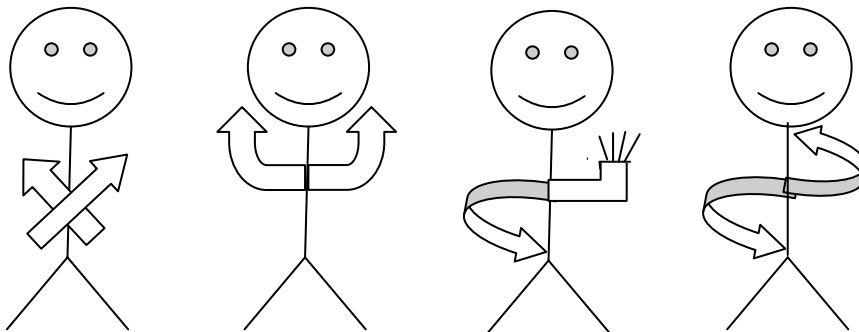
Tune: YMCA

Hey kids, here's a challenge for you
I said, hey kids, let's see what you can do
I said, hey kids, let's stop wasting our time
Turn off screens and turn your life on

Our motto now will be No Screens For Me!
Come on and say it now, No Screens For Me!
We can get out and play, make good use of our day
We just need to take the challenge

Hey kids, go and learn something new,
I said, hey kids, read a great book or two
I said, hey kids, use your brain to explore
You can make your life exciting

They have no hold on you, NO Screens For Me!
They have no hold on you, No Screens For Me!
We can get out and play, make good use of our day
We just need to take the challenge - YEAH!



Incorporate hand and arm movements to act out the words 'No Screens For Me'.