

# LESSON THREE

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**OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE**

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## LESSON 3: Screens Displace Fun Activities

### OBJECTIVE

- Students will realize that there are a lot of fun activities.
- Students will become familiar with some of the negative effects of spending too much time in front of screens.

### LESSON OVERVIEW

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| <ul style="list-style-type: none"><li>• Students chart activities they enjoy.</li></ul> |
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### MATERIALS NEEDED

- Tag Board or Poster Board (titled “*Thing We Enjoy*”): 1 per group (Save the charts for Lesson 6)
- Paper: 1 piece per group
- Colored markers: 1 pack per group

## PROCEDURE

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### Step 3.1: Students Discuss and Record Activities They Enjoy

- **Tell Students:** Today we are going to talk about what we like to do for fun. Later we are going to break into groups and make charts of the “*Things We Enjoy*”.
- **Ask Students:** Who wants to share a fun time they have had in the past?

*Examples/Prompts:*

- Where is your favorite place to go? Maybe someone’s house or a vacation spot?
- What do you like to do with your best friend?
- What things do you like to do with your family during the weekend?

Write some of the students’ ideas on the board under the title *Things We Enjoy*.

- **Ask Students:** Now let’s think about the time you spend at home. What sort of things do you do at home that are fun and productive?

Teacher’s Note: If students don’t know what “productive” means, explain that a productive activity leads to a positive result. It may be something, like a letter or project, or it may be a feeling, like feeling happy from being active outside.

*Examples/Prompts:*

- What is the neatest thing you have ever made?
- What’s the nicest thing you have done for someone?
- Do you like to cook or bake with your parents?
- What is your favorite thing to play outside?
- Do you like to play games?
- What good deeds could you do for others?

Write some of the students’ responses on the *board*, especially any activities that may be similar among students.

- **Tell Students:** Now as a group, make a chart of all of the fun activities that you can think of. As each of you share examples of fun activities, the ideas need to be written or illustrated in some way on your group’s chart. Be as creative on your chart as you wish.
- **Ask Students:** What made the activities on this chart so much fun? Do they make you feel a certain way? Do they make you feel happy?

Allow students to respond.

- **Tell Students:** As you can see on the chart, there are a lot of fun things we like to do with our time. Notice screen time activities came up very little or not at all.

Teacher's Note: Comment only if true of your class. If television was mentioned, be sure to highlight all of the other activities that came up. From this list we can see that what we enjoy most are activities that do not involve screens. So from this we can see that actual experiences are what bring us the greatest pleasure.

### **Step 3.2: Students Discuss the Negative Effects of Screens**

- **Tell Students:** We talked about what we do when we are **not** watching screens, so now let's talk about what happens when people are spending time in front of screens. Did you know that the average child spends more time watching TV than going to school? The only thing that takes up more time is sleeping!
- **Ask Students:** How do you think all this screen time may affect someone's mind and body? Do you think they might miss out on lots of fun, like the things we listed on the chart earlier?

Allow students to respond.

*Examples/Prompts:*

- Watching TV may make a person boring, since people aren't thinking much when they are watching television.
- A person who plays a lot of video games may not be as healthy as someone who doesn't because they spend less time playing outside.
- Too much screen time might make someone get bad grades.
- **Tell Students:** Some programs on TV are fun to watch. There are interesting shows that teach us facts and funny shows that make us laugh, but even a good thing can be done too much. Even though there are some educational and fun programs, people can still watch too much TV.