

LESSON FOUR

OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE

LESSON 4: Preparing For The Challenge

OBJECTIVE

- Students will be introduced to the Screen-Free Challenge.
- Students will become familiar with the concept of screen reduction.

LESSON OVERVIEW

- Students will turn in and discuss their Screen Logs.
- Students will graph class percents.
- Students discuss screen reduction and the Screen-Free Challenge.
- Students create a classroom name for the Screen-Free Challenge.
- Groups create slogans/cheers/props.

MATERIALS NEEDED

- Butcher paper for Banner (approximately 5 to 7 feet long): 1 per class
- Colored markers: enough for the whole class
- Student Graphs from Lesson 1
- Category Signs from Lesson 1 will be used to determine class percents

This lesson may be expanded to include language concepts. Students can prepare a narrative paragraph about the Screen Log, explaining what they learned about themselves and their habits.

Optional: Discuss “You Be The Judge” homework Worksheet 2.3 from Lesson Two

Teacher’s Note: The graph used in Lesson 1 will be used in this lesson and again in Lesson 9.



Family Newsletter

Distribute Issue Two of the *Take the Challenge* ★ *Take Charge* Family Newsletter.

PROCEDURE

Step 4.1: Collect Screen Logs and Graph Data

- **Tell Students:** It has been about a week since the *Screen Logs* were assigned. The time has come for everyone to turn in their logs and for us to talk about what you've learned.
- **Ask Students:** What did you find out about your screen viewing habits from filling out your *Screen Logs*?

Examples/Prompts:

- I found out that I watch a lot more TV than I thought I did.
- I watch the same videos over and over again because I am bored.
- Sometimes I watch TV shows that I don't really like.
- I watch screens when I could be doing other things.
- I can play video games for hours without realizing it.

Distribute student graphs from Lesson 1 and display Category Signs, Step 1.3.

- **Tell Students:** Now let's take what we learned and graph it to show where we are spending the most screen time. Open up your logs to Day _____. (As the teacher, pick any day that would be a close comparison to the "*How Much Screen Time Did I Spend Yesterday*" graph from Lesson 1.) Go to the category card where you spent the most screen time on this day. Let's tabulate our percentages in each category. Now let's record these percentages in the 2nd column of your graph.

Step 4.2: Students Are Introduced to Screen-Free Challenge

- **Tell Students:** Today we are going to talk about something very exciting! So far we have learned that as a class we spend the most screen time _____. We have also learned that our favorite activities are not related to screens. According to our *Things We Enjoy* chart, we prefer _____. (Mention activities cited earlier by the class.)
- **Tell Students:** Many people worry about how much time children spend watching screens. Teachers, parents, doctors, members of congress and even the Vice President spend time wondering what can be done about all the time kids spend in front of screens. They think that kids are addicted to screens, and that even if they tried, kids wouldn't be able to control their viewing!
- **Ask Students:** Do you think this is true? Do you think kids are addicted to screens?

Allow students to respond. If students respond affirmatively and agree that children are addicted to screens, then challenge them to prove that they can break free of screens. If children disagree and claim that they are not addicted to screens, then suggest that they prove it to people who believe otherwise.

- **Tell Students:** We are going to be part of something very important. All of the people who worry about how watching a lot of screens affects children will be interested. We're going to be scientists and study how screens affect our lives.
- **Tell Students:** We are going to be one of the few schools in the United States that is going to try and take control of screen habits. It will be challenging, but that is why it is so important. We will feel a great sense of success when we prove to everyone that we are not addicted to screens.
- **Tell Students:** There are two parts to our experiment. The first part will be a Screen-Free Challenge to prove that we can go without screens. The second part of our experiment will involve each of us making a big effort to control our viewing habits for the rest of the year. During both parts of the experiment, we will examine how our lives are affected by TV and video games, and try various ways to document our historic experience!
- **Tell Students:** We are going to prove to others that kids **can** control the amount of time they spend viewing screens!
- **Ask Students:** To have a successful experiment we will need all of you to do your absolute best in the challenge of reducing screen viewing. Every one of you will have the chance to win awards. Do you think that this class will be successful in doing our best in the experiment? ("YES"!)
- **Tell Students:** I believe we can prove that children **can** reduce screen time if they try!

Step 4.3: Students Create a Class Banner

- **Ask Students:** As a class about to embark on an exciting experiment, we need to create a class name to remind us that we're all in this together! We will make a banner with our team name. We will display our banner at the Opening Ceremony to show our class spirit. What are some ideas we can come up with for a team name?

Examples/Prompts:

- Screen Stompers
- TV Tamers
- Great Room 8
- The No Screen Team
- TV Busters

Quietly, in your groups, take a few minutes to come up with some ideas.

Step 4.4: Students Create a Team Slogan

- **Tell Students:** Soon we will have a Kick-Off Ceremony for the Screen-Free Challenge! We will sign contracts and make an agreement to do our best not to watch any screens during the Screen-Free Challenge.
- **Ask Students:** What we're going to do now is create a class slogan. The slogan will keep us excited throughout our Screen-Free Challenge, and for the rest of the school year. It should be something simple that we can easily remember as we begin our experiment. Does anyone have any ideas?

Examples/Prompts:

- Have no fear, the TV Tamers are here!
- Great Room 8 has a reason to celebrate!
- Take the Challenge Take Charge
- Wake-up TV Zombies!
- We say No to Screens and Yes to Me!

Vote on a team slogan. Write the slogan on a poster. Display the poster, if possible. (Save this poster for the opening and awards ceremonies.)

- **Tell Students:** Get ready for the Screen-Free Challenge! It will be our opportunity to challenge ourselves. The Kick-Off Ceremony will be lots of fun and very exciting!

Teacher's Note: Let the students know on what day the Kick-Off Ceremony is scheduled to occur. During the Ceremony and throughout the Screen-Free Challenge you lead the students in a cheer using the slogan and team name to generate enthusiasm. Don't forget to practice before the ceremony.

Step 4.5: Students Create Class Cheers/Chants *Optional*

Groups may choose to create a cheer or chant relating to the theme of their banner/slogan. The class will share team name, slogan, and cheers/chants at opening ceremony.



Family Newsletter - Issue Two

As part of the *Take the Challenge* * *Take Charge* program, our Screen-Free Challenge begins soon!

The Screen-Free Challenge is simple. During the challenge, students pledge to not watch television or movies and not play any video or computer games.

Your child will need your support during this Screen-Free Challenge. Any guidance and encouragement you can offer will help your child stay screen free.

The Screen-Free Challenge can be a wonderful opportunity for your child to experience new or rarely played games or pursue a new hobby.

The whole family may want to join in the Screen-Free Challenge to see what neat things can happen when everyone has more time to think of new and exciting things to do!

To make the most of the Screen-Free Challenge try some of these fun activities:

- **Make a plan:** Think of a place the family will enjoy. Plan to go there on a Saturday morning when the kids are usually watching cartoons.
- **Play a game:** Bring out the board games and card games. Invite friends over to join in the fun.
- **Go outside:** Play ball, soccer, hockey, or basketball. Rollerblade, ride a bike, run a race, play Frisbee, jump rope, play with the dog or walk around the neighborhood.
- **Read a book:** Go to the library and pick out a new book or sit down with a magazine. Read to your child. Reading to children makes them feel good and helps them do better in school.

Your child will be bringing home information regarding how the challenge works and when it begins. Please join us as we turn screens off and turn life on!

Scary Statistics



- ✓ Children spend more time watching television than in any other activity except sleep.
- ✓ Children in households where screens are on "always" or "most of the time" are less likely to read than are children in homes where screen time is controlled.
- ✓ Screens are a part of our society. They're a source of information and entertainment, but excessive use takes away from family time, saps a child's creative thinking skills, and often means homework isn't getting done.