

LESSON SIX

OBJECTIVE 2: SCREEN-FREE CHALLENGE

LESSON 6: Screen Free Ideas

OBJECTIVE

- Students will generate a list of activities to replace TV, video, DVD and video and computer game use.
- Students will discuss fun and productive activities.

LESSON OVERVIEW

- | |
|--|
| <ul style="list-style-type: none">• Students will make posters of fun and productive activities. |
|--|

MATERIALS NEEDED (Materials vary according to option chosen.)

- *Things We Enjoy* charts (from Lesson 3)
- *Fun and Productive Worksheet 6.2*: 1 per student
- Poster paper or large construction paper: 1 per student

PROCEDURE

Step 6.1: Students Discuss and Record *Fun and Productive Activities*

- **Tell Students:** To help make it easier for you to keep the TV and video games turned off, today we are going to talk about things you can do instead of watching TV. It may help you to think about what people did before TV was even invented!
- **Ask Students:** Can anyone find an example of a productive activity from your *Things We Enjoy* chart?

Examples/Prompts:

- Doing homework
- Helping my family with stuff around the house
- Drawing a picture to give to someone
- Cleaning or fixing something that is dirty or broken
- **Tell Students:** A productive activity makes a positive result. It can be a thing, like a letter or project, or it can be a feeling, like feeling happy from playing soccer outside.
- **Tell Students:** Discuss good deeds. Generate a class discussion on possible ways students can promote the common good by doing good deeds or random acts of kindness in their community. Possibilities include: Bake cookies for a neighbor, help parents with household chores, help a neighbor with lawn work, etc. Students can brainstorm ideas as a class.

Teacher's Note: Write ideas on the board under the title "Fun and Productive Activities."

Step 6.2: Students Fill in the Fun and Productive Ideas Worksheet

- **Tell Students:** To make it easier to stay screen free, fill in the Fun and Productive Screen-free Worksheet 6.2 with your favorite screen free ideas under each category.

Teacher's Note: Give them about 5 minutes to work on their own before having them share their ideas with others. These worksheets need to go home with the kids to help remind them of productive screen-free activities.

Step 6.3: Students Make Fun and Productive Activity Posters

Students make a poster of a fun and productive activity.

- **Ask Students:** Raise your hand if you would like to share your favorite fun and productive activity. (Call on some students so they can share.)
- **Tell Students:** Now you need to make a poster of a fun and productive activity. Your posters will be displayed in the hallway. Do your best work.

Teacher's Note: You may need to walk around in the beginning to make sure that the students are making posters of a wide variety of fun and productive activities. These posters will be displayed in the hallways of the school.

Step 6.4: Students Are Assigned One Good Deed

- **Tell Students:** During the Screen-Free Challenge you will need to do one good deed. The good deed needs to be something that you do not normally do, and you cannot get paid for the good deed.
- **Ask Students:** Would anyone like to share an idea for a good deed from their worksheet?

Optional Activity: Students are given a cut out leaf shape. After a good deed is performed they write on their leaf what good deed was done. When the leaf is returned, it is hung on a "Good Deed Tree".



Fun and Productive Screen-free Ideas

Favorite Activities

1.

2.

3.

Productive Activities

1.

2.

3.

Possible Good Deeds (Random Acts of Kindness for the Common Good)

1.

2.

Activities I Can Do on My Own

1.

2.