

# LESSON SEVEN

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**OBJECTIVE 2: SCREEN-FREE CHALLENGE**

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## LESSON 7: Making *Smart* Choices

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### OBJECTIVE

- Students will develop skills to avoid TV, video, DVD and computer game use.

### LESSON OVERVIEW

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| <ul style="list-style-type: none"><li>• Students discuss strategies to reduce screen temptation.</li><li>• Students brainstorm solutions when they may be tempted to watch screens.</li><li>• Students create example situations so other students can offer solutions.</li></ul> |
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### MATERIALS NEEDED

- Scrap Paper

## PROCEDURE

### Step 7.1: Students Discuss Strategies to Prevent Screen Temptation

- **Remind Students:** Don't forget to draw/write in your Screen-Free Journal and to ask your parents or other adult to sign the Success slips for every day you don't watch TV, videos/DVDs or play video or computer games.
- **Ask Students:** Now we're on Day \_\_\_\_\_ of the Screen-Free Challenge. How's it going? (Allow students to respond)
- **Ask Students:** What are some things you can do to prevent the temptation to watch TV, videos/DVDS or play video games? What can you do to the room or the TV that will help you in your goal not to watch TV or play video games? Is there somewhere you can go in your house where it might be easier to not watch TV? What can you say to people if they tempt you to watch TV with them?

Record student suggestions on the board for students to use throughout the lesson.

#### *Examples/Prompts:*

- Avoid rooms that have a TV in them.
- Hide the TV, cover it with fabric or put a "Challenge Progress" sign over it.
- Go outside and play.
- Plan ahead – think about what you want to do when you get home from school or during the week.
- Ask someone in your house to help you think of something else to do.

### Step 7.2: Students Brainstorm Solutions for Tempting Screen Situations

- **Tell Students:** Sometimes you can't avoid being tempted by TV, videotapes, DVDs or video or computer games. So what we're going to do today is to divide into groups and discuss situations in which you were tempted to use screens during the Screen Free Challenge past or present.

Divide into groups. Allow students 5-10 minutes to discuss tempting situations.

- **Tell Students:** Choose 1 or 2 of your tempting situations. As a group come up with an idea of what you could say or do to stay screen free. Be sure to give your solutions some thought. The goal isn't to think of the funniest or silliest idea, but the idea that would work best for you or other students.

Allow students about 5-10 minutes to find solutions to their tempting situations.

### Step 7.3: Students Share Tempting Screen Situations

- **Tell Students:** Now that you have all thought of solutions to your situations, it's time to share them with the rest of the class.

Ask each group to read or describe the situation and the group's solution at the front of the class. Students can also share from their desks if they are not comfortable giving presentations. Discuss each solution with the class.

- **Ask Students:** Do you think this solution would work? Can you imagine doing or saying this? Would you do or say something differently?