

# LESSON EIGHT

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**OBJECTIVE 2: SCREEN-FREE CHALLENGE**

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## LESSON 8: Recognition Ceremony

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### OBJECTIVE

- Students will celebrate their effort and success in completing the Screen-Free Challenge.
- Students will exchange positive recognition with their peers.

### LESSON OVERVIEW

- Students are welcomed to the recognition ceremony.
- Students receive awards.
- One class is awarded the *Screen-Free Trophy*, if applicable.

### MATERIALS NEEDED

- *Certificates of Participation*
- *Certificates of Completion*

### OPTIONAL MATERIALS

- Camera
- Ceremonial Music
- *Screen-Free Trophy*: 1 per school



### Family Newsletter

Distribute Issue Three of the *Take the Challenge* \* *Take Charge* Family Newsletter.

## PROCEDURE

### Step 8.1: School-wide Assembly: Students are Welcomed to Ceremony

Teacher's Note: This lesson should fall the day after the end of the Screen-Free Challenge or as close as possible to that day. Prior to the lesson, you can calculate the participation rate for your class by dividing the number of slips turned in by the total number of slips possible and multiplying by 100 to get the percentage. You can calculate the total number of slips possible by multiplying number of days in the Screen-Free Challenge by the number of students in your class. Compare the participation rates of the classrooms to determine which classroom will receive the *Screen-Free Trophy*.

$$\text{Classroom participation rate (Percentage)} = \frac{\text{Number of slips turned in}}{\# \text{ of Screen-Free days} \times \# \text{ of students in classroom}} \times 100$$

- **Tell Students:** All students should feel very proud of themselves, just as we, the adults at this school, are all very proud of you for completing the Screen-Free Challenge. This was a very “grown up” task for all of you to try, and we hope that the skills you learned during the Screen-Free Challenge will be useful to you for the rest of your lives.
- **Tell Students:** We hope that you learned a lot about yourselves and about why you watch TV, videotapes, and DVDs and play video/computer games. You have definitely learned that you can survive without them! Hopefully you have discovered many other fun ways to spend your time.
- **Tell Students:** Now, all students who participated will receive awards and certificates. Also, everyone will learn which class earned the Screen-Free Trophy (**if trophy was purchased for school**).

### Step 8.2: Students Receive Awards

- **Tell Students:** It's time to begin handing out awards. First, *Certificates of Participation* will be given to those students who turned in at least one success slip during the Screen-Free Challenge.

Distribute *Certificates of Participation*

- **Tell Students:** Next, we will recognize those students who successfully completed the entire Screen-Free Challenge. These students will receive a special certificate and a ribbon! [**Note:** the ribbon is optional, but is nice for those students who made the extra effort.]

Distribute *Certificates of Completion*.

- **Tell Students:** Congratulations everyone! You have done an excellent job proving you are not addicted to screens!

### Step 8.3: Class Receives Screen-Free Trophy

- **Tell Students:** Each day of the Screen-Free Challenge your teacher turned in your class's participation rate. Earlier today those rates were compared. The class with the highest rate of participation out of all of the other classes is \_\_\_\_\_'s class with \_\_\_\_\_%. This means your class earned the *Screen-Free Trophy*! Congratulations!

Ceremoniously present the trophy to the class and keep it visible in the classroom.

### Step 8.4: Conclude Recognition Ceremony

- **Tell Students:** I want to thank all of you for participating in the Screen-Free Challenge. You have done an excellent job showing what you're capable of when you put your mind to it!
- **Tell Students:** We have completed the first goal of the challenge. Now it's time to begin the second goal. Your new goal will be to create and stick to a Screen Budget. This means that you will choose how long to watch TV and play video games each week so that you don't become a "screen zombie". After being so successful in the Screen-Free Challenge, staying within a weekly Screen Budget should be easy for all of you!

If desired, snap a photo of students.

Teacher's Note: If the principal or another adult made an agreement during the Opening Ceremony to do something special in return for the students' participation in the Screen-Free Challenge, tell the students when the adult will be doing the special activity. It is important for this to occur as soon as possible, as incentives are most effective when received immediately after a goal is accomplished.

The background of the certificate is decorated with a pattern of grey, yellow, and light blue balloons and streamers. The text is centered and reads:

# Certificate of Completion

# Congratulations!

This Certificate is awarded to

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for meeting the goal of the

***Screen-Free Challenge.***

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School

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Teacher



# Certificate of Participation

This Certificate is awarded to

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for making a sincere effort in the

***Screen-Free Challenge***

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School

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Teacher



## Family Newsletter - Issue Three

Our Screen-Free Challenge was a great success! Many students were able to stay completely screen-free. All students who participated received a certificate during the recognition ceremony. Congratulations to all participants who rose to the challenge!

Thanks to all families who encouraged and supported their children in this endeavor. We hope children and families enjoyed their time away from screens. The long lasting benefits of reducing screen time are in realizing there are many healthy choices we can make in our lives.

We have completed the first part of our challenge which was to become aware of our screen use and replace screens with other fun activities. As we continue with our *Take the Challenge \*Take Charge* program our focus will be on reducing the amount of time spent on screens.

Your child's class will soon be choosing a Screen Budget. The goal of a Screen Budget is to help children plan their screen time instead of using screens just because they are there. When children have a Screen

Budget they are less likely to use screens out of habit. It may take a few weeks for your child to get used to a new routine. Remind him/her that less screen time means more time for fun and productive activities.

Less Screens...Now what?

- **Special Spot:** Choose a table for crafts or set up a mini library where your child can go to spend his/her time.
- **Bedroom Blowout:** Take time to clean out and rearrange a cluttered bedroom. Have your child donate clothes and toys he/she has outgrown.
- **Kitchen Kapers:** Have your child help you: plan a meal, cook, set the table, and clean up.
- **Great Games:** Exercise your brain: learn a new game like checkers or chess. Exercise your body: keep your body fit by jumping rope, shooting hoops, or playing catch.

Your child will be bringing home information regarding how the Screen Budget Challenge works. Please join us and encourage your child to do alternative activities to help reduce screen use.

## Noteworthy News



- ✓ Children often behave differently after they've been watching violent programs on television. Children who watch violent shows are more likely to strike out at playmates, argue, disobey authority and are less willing to wait for things.
- ✓ Reducing TV and video game consumption to less than 1 hour per day decreases verbal aggression by 50% and physical aggression by 40% among 3<sup>rd</sup> and 4<sup>th</sup> graders.