

Fifth Grade LESSONS AT A GLANCE

Lesson 1: Awareness of Screen Use

- Charades
- Calculate the Percent of Screen Time Spent in Each Category
- Complete Class Graph
- Discuss Habits
- Family Newsletter Issue 1

Lesson 2: Awareness of Screen Time All Week

- Screen Logs Introduced
- You Be the Judge Homework
- Learn the NOTV Song
- Parent Note – How to Use the Screen Log

Lesson 3: Screens Displace Fun Activities

- Create *Things We Enjoy* Poster
- Discuss Negative Effects of Screens

Lesson 4: Preparing For The Challenge

- Screen Logs Turned In and Discussed
- Students Graph New Percentages
- Share and Discuss “You Be the Judge Homework”
- Introduction to Screen-Free Challenge
- Create Class Spirit Prop
- Family Newsletter Issue 2

Lesson 5: Opening Ceremony

- Worksheet: *INSTEAD OF SCREENS, I CAN...*
- School-wide Assembly
- Screen-Free Packet
 - Letter to Parent
 - Contract
 - Journal
 - Challenge in Progress Sign
 - Success Slips
- Record Sheet for Screen-Free Success Slips

Lesson 6: Screen-Free Ideas

- Create Fun and Productive Posters for Display

Lesson 7: Making Smart Choices

- Discuss Strategies to Reduce Screen Temptation
- Role Play Tempting Situations with Solutions

Lesson 8: Recognition Ceremony

- School-Wide Assembly
- Certificates of Completion/Participation
- Trophy
- Family Newsletter Issue 3

Lesson 9: Understanding the Screen Budget Challenge

- Students Decide on a Screen Budget
- Screen Budget Packet
 - Letter to Parent
 - Contract
 - Success Slips
- Budget Talk Sessions Begin
- Budget Success Chart
- Budget Certificates

Lesson 10: Planning Ahead for School Breaks

- Students Complete the Prompt Chart
- Create Screen Reduction Vacation Planner

Lesson 11: Written Response to a Scary Statistic

- Discuss Scary Statistics
- Complete Four-Square Writing Activity
- Write Two Paragraphs

Lesson 12: Rose and Too Much TV

- Read Story as a Whole Group
- Discuss Statistics as you Read
- Family Newsletter Issue 4

Lesson 13: Students Will Make Informational Pamphlets

- Research
- Create Pamphlets to Help Others Reduce Screen use

Lesson 14: Be Smart! Get the Message Out!

- Decide How and Where to Distribute Pamphlets

SAMPLE CALENDAR

(Month)

(Year)

Take the Challenge Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<ul style="list-style-type: none"> It is suggested a parent meeting introducing the Take the Challenge Curriculum be planned and held before Lesson 5 		Lesson 1 Graph (Staff meets to plan Opening Ceremony)	<ul style="list-style-type: none"> It is suggested that Lesson 1 not begin on a Monday so the graphing lesson can reflect a normal viewing day. 	
	Lesson 2 3-Day Screen Log			Lesson 3 Things We Enjoy chart	Collect Screen Logs	
	Lesson 4 Begin making Spirit Props		Lesson 5 Opening Ceremony Screen-Free Challenge Begins		Lessons 6 & 7 should be done during the Screen-Free Challenge.	
				Last Day of Challenge	Lesson 8 Awards Ceremony	
	Lesson 9 Screen Budget Challenge Begins		<ul style="list-style-type: none"> Remaining lessons can be scheduled anytime throughout the rest of the school year. 			