



LESSON 14: Opening Ceremony

Lesson Description: In this lesson, students participate in an opening ceremony.

Teacher's Note: Staff involved should meet ahead of time to devise a 'game plan' for the opening ceremony. The purpose of the opening ceremony is to create enthusiasm for the Screen-Free Challenge. Make sure you involve students in planning and helping with the assembly. This could include student council members, class officers, cheerleaders, basketball players, band members, etc. The principal or other adult may agree to an amusing challenge if a designated percent of students go screen-free.

You can also have older students focus on helping younger children *Take the Challenge* as an alternate strategy. Having high school students take part in one of the elementary school opening ceremonies can work well.

Focus Question: Can you stay screen-free throughout the challenge?

Objectives: Students will:

- be introduced to the Screen-Free Challenge.
- be motivated to participate in the Screen-Free Challenge.

Length of Lesson: This lesson will take approximately forty-five to sixty minutes

Materials Needed:

- Screen-Free Packet: 1 per student to be sent home, plus one complete sample for display during the ceremony. Each packet should include:
 - Letter to Parents
 - Contract
 - Success Slips
 - You can also use the self-monitoring form from Lesson 12 that may work better for older students.
- Classroom Record Sheet
- Power Point Slides of students doing other activities than watching screens. The school year book or newspaper may have photos you can use. This can also be an assignment in an art or computer class.

- Have the Power Point slides accompanied by a sound track of songs that are associated with success: e.g., “We are the Champions” (Queen), “Roar” (Katy Perry), “Firework,” “Theme from 2001: A Space Odyssey,” “Eye of the Tiger” Rocky Balboa, “Getting Strong Now,” Aladdin – “A Whole New World,” “We will Rock You,” (Queen), “Cup of Life” (Ricky Martin), etc.
- Student Journals – If used, journals can either be sent home or used in class. Explain to the students they will write down their thoughts or feelings about life without screens every day during the Screen-Free Challenge. They can also write about the things they do while staying screen-free.

Procedure

Activity 14.1: Students participate in a school-wide opening assembly. (For older students this could be organized within a class rather than a school-wide assembly. They could also be involved in motivating students at an elementary school.)

1. Students share campaign products they have created.
 - This can include videos, or Power Point Presentations but limit to 60 seconds per video or take clips from different student products. (Lessons 9 and 11)
 - If your students made radio ads have groups of students come to the front and read the radio ad. (Let students know these will be playing on the radio.)
 - T-shirts with designs created by students can be tied into a knot and thrown into the crowd.
 - Scenes from plays that were written by students can be performed. (Lesson 16)
 - Posters the students created can also be included in the Power Point by either taking a photo of the poster or scanning it. Artwork looks great when it's projected on a large screen. (Lesson 10)
2. Spotlight each class using the products they have created.

Activity 14.2: Students are introduced to the Screen-Free packet. A group of students (representatives from classes or student clubs) lead this activity to generate enthusiasm for the program.

1. They tell students they will be receiving a Screen-Free packet designed to help them stay screen-free throughout the challenge.
2. Show students the Screen-Free Contract. (Students should be involved in creating the pledge. A transparency of the contract can be shown on an overhead projector.) Read the beginning part of the contract.
3. Show students the Screen-Free Success slips. Explain to the students, each day they don't use screens they will turn in one Screen-Free Success slip that has been signed by a parent or adult.
4. (Optional) Remind students they are in this together. Generate enthusiasm by asking the following questions and invoking mass responses.
 - Are all students addicted to screens? (NO)
 - Can you prove you're not addicted to screens by meeting the Screen-Free Challenge? (YES)
 - When you walk by a TV that is turned on, will you sit down to watch? (NO)
 - Are you going to whine about not texting to your friends? (NO)

- Will you get a parent or adult signature every night during the challenge? (YES)
- Are you ready to begin the Screen-Free Challenge? (YES)

4. Conclude the ceremony by wishing them the best of luck. Explain to them the first three days will be the most difficult, but it should get easier with each passing day, especially if they support each other by thinking of fun and productive activities to do instead of using screens.

5. Optional: Hang a large piece of butcher paper, have students share fun and productive activities they can do during the challenge and have a recorder write down their ideas on the butcher paper (or you could have students record their own ideas as they leave the assembly).

Activity 14.3: Students sign contracts and receive Screen-Free packets.

1. Students return to their own classrooms. Distribute a Screen-Free packet to each student.
2. Have students sign their contracts. Review the Screen-Free Success slips and remind the students they need to get a parent's signature for every night they remain screen-free.
3. If a challenge with the principal or other adult has been made, remind students of the challenge. Tell the students you know they can remain screen-free throughout the challenge.
4. If you are using the journal, explain the journal to the students. Options for the journal include sending it at home for a nightly homework assignment or as a classroom writing activity. If you send it home, don't forget to have students return it at the end of the Screen-Free Challenge.

Activity 14.4: Students use the Record Sheet from Lesson 12 or create their own Screen-Free Success Slips Record Sheet

1. Students identify different types of entertainment media and create their own point system, eg. eliminating television – 10 points, eliminating video games – 10 points, exercising – 10 points, etc.

Activity 14.5: Screen-Free Challenge Record Sheet (If you want to collect class or school data).

1. Post and explain Record Sheet for the Screen-Free Challenge.
2. When students return their slips have them mark it on the Record Sheet.

Dear Parents,

As part of our media awareness and screen turn-off program, students will be participating in a Screen-Free Challenge. During this time, students refrain from watching television/ videotapes/DVDs, playing video/computer games, and cell phone texting and gaming.

This is an invitation to you and your entire family to take part in the exciting Screen-Free Challenge. It's time to take a healthy break from screens and focus on other activities that are more rewarding. We hope you will support your son/daughter in this endeavor.

The Screen-Free Challenge officially begins on _____ and ends on _____.

HOW THE SCREEN-FREE CHALLENGE WORKS

All family members please try to follow Rule 1. Rules 2 and 3 are specifically for your child so he/she can take part in exciting school events.

The rules of the Screen-Free Challenge are simple.

Rule 1: All participants pledge to stay screen free (no TV, videotapes/DVDs, video/computer games, cell phone texting and gaming).

Rule 2: A parent or other adult needs to sign a Screen-Free Success Slip every day their son or daughter meets the challenge of staying screen free.

Thank you for helping your son/daughter be successful with the Screen-Free Challenge.

Sincerely,

Screen-Free Success Slips

Day 5 (_____) _____

Day

Date

_____ met the challenge of staying screen free.

Student's Name

Parent Signature _____

✂

Day 4 (_____) _____

Day

Date

_____ met the challenge of staying screen free.

Student's Name

Parent Signature _____

✂

Day 3 (_____) _____

Day

Date

_____ met the challenge of staying screen free.

Student's Name

Parent Signature _____

✂

Day 2 (_____) _____

Day

Date

_____ met the challenge of staying screen free.

Student's Name

Parent Signature _____

✂

Day 1 (_____) _____

Day

Date

_____ met the challenge of staying screen free.

Student's Name

Parent Signature _____

Screen-Free Success Slips

✂ -----

Day 7 (_____) _____
Day Date

_____ met the challenge of staying screen free.
Student's Name

Parent Signature _____

✂ -----

Day 6 (_____) _____
Day Date

_____ met the challenge of staying screen free.
Student's Name

Parent Signature _____

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Screen Free (__pts.)							
Exercise (__ pts.) > 20 min.							
Homework (__ pts.) > 20 min.							
Reading (__ pts.) > 20 min.							
Enlisted others to go screen free. (__ pts.)							
Helping others: at home, school, community (__ pts.)							
TOTAL							
Signature							