



LESSON 15: What Did Your Family Do Instead of TV and Other Screens?

LESSON DESCRIPTION: This lesson focuses on the relationships between screen time and physical and emotional health and well-being. The Teacher tells a story of playing as a child and sets the stage for interviewing parents about such experiences.

FOCUS QUESTIONS: How do you gather oral information? How did different people's experience compare?

OBJECTIVES: Students will:

- listen to the teacher's stories about playing as a child and benefits of play.
- formulate interview questions
- interview their parents or grandparents
- share and discuss interview results
- optional – compare their experiences with their parents' experiences

Common Core State Standards

CCSS.ELA-Literacy.SL.8.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade level topics, texts, and issues, building on others' ideas and expressing their own clearly.

PROCEDURES

Activity 15.1: Students will listen to an adult's memories of playing as a child.

1. Tell students about two or three memories you have about playing as a child. Talk about activities that were the most fun and why they were fun. Also, talk about some of the benefits. Possible benefits include getting exercise as a child, spending time with other children, being out in nature, developing creativity through imaginative play. As you prepare these stories, think about how you would like students to tell stories and what makes stories engaging. Somewhere in your story, explain some of the advantages of other kinds of play or recreation over television or playing a video game. If time allows, ask for a couple of volunteers to tell about their experiences.

Activity 15.2: Students will formulate two class interview questions and conduct an interview with their parents.

1. **Tell students:** *You are going to learn about the past by interviewing your parents, grandparents, or another adult. To gather information through an interview, you need to*

have interview questions. These will be short interviews, so there will only be two or three questions.

2. Have students brainstorm questions that will help them gather information. Remind them that this unit is about media entertainment so one of the questions should be about what they did instead of watching television. Another question should be about favorite games. Narrow all of the suggested questions to two to four.

Alternatively, you may give the students questions to use. These questions could be: What is your favorite memory of being physically active when you were a child? Tell me about what you did for fun when you were a child. What were your favorite games as a child? How did games involving physical activity compare to watching television?

3. **Explain the homework:** Students should interview an adult, preferably a parent or grandparent, by asking at least two of the questions. They should take a few notes to help them remember details when they share the stories.

Activity 15.3: Students will share and discuss their findings from the interview.

1. Hold a class discussion about life before TV. Try to connect the stories they tell with their own experiences.

Activity 15.4 (optional): Students will compare their experiences with their parents' experiences.

1. Ask students to answer the two interview questions in writing.
2. Have students make a Venn diagram on a sheet of paper. The left circle should be labeled My Parent's Experiences and the right circle should be labeled My Experiences. Use the Venn diagram to find similarities and differences.