

LESSON ONE

OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE

LESSON 1: Awareness of Screen Use

OBJECTIVE

- Students will become aware of screen use (TV, movies, video games, computer).
- Students will create a graph based on types of screens used the previous day.

COMMON CORE STATE STANDARDS

- MATHEMATICS
 - * **CCSS.K.MD.2** Directly compare two objects with a measurable attribute in common, to see which object has “more of”/“less of” the attribute, and describe the difference. For example, directly compare the heights of two children and describe one child as taller/shorter.
 - * **CCSS.K.CC.6** Identify whether the number of objects in one group is greater than, less than, or equal to the number of objects in another group, e.g., by using matching and counting strategies. (Include groups with up to ten objects.)

LESSON OVERVIEW

- Students complete pictograph using a poster size media icon graph.
- Students discuss pictograph and viewing habits.

MATERIALS NEEDED

- *Class Screen-Use* pictograph
- Stickers



Family Newsletter

Distribute Issue One of the *Take the Challenge* ★ *Take Charge* Family Newsletter.

PROCEDURE

Step 1.1: Students Graph Screen Use

Teacher's Note: Before beginning this lesson, prepare a pictograph using the picture icons provided on the page labeled Step 1.1.

- **Tell Students:** Throughout the year we will be learning how TV, VCR, DVD, and video and computer game use affect our lives. First, we're going to become aware of our screen use.
- **Tell Students:** Now we're going to find out how many of you watched TV or played a video or computer game **yesterday**. When I call your name, you will tell me which of these things you did yesterday. If you watched television, I will give you a sticker to put above this big TV on the graph. If you watched a VCR tape or a DVD, I'll give you a sticker to put on the graph. If you played a video or computer game, I'll give you a sticker to put on the graph.

Example/Prompts:

- Did you watch TV before school yesterday?
- Is there a show you watch everyday?
- Did you play a video game when you got home from school?
- Did you play a game on a computer?

Step 1.2: Students Discuss *Class Screen-Use Pictograph*

***CCSS.K.MD.2 & CCSS.K.CC.6**

- **Tell Students:** We have created something called a pictograph. Let's see if we can figure out what this graph tells us. **(Teacher records students' responses.)**

Examples/Prompts:

- What did we use the most?
- What did we use the least?

- **Tell Students:** Let's see how many students in our class spent time watching screens yesterday. **(Tally each column.)**

That's a lot of screen use!

- **Written Response** – After discussion of the data from your pictograph, teacher develops and writes a conclusion sentence for the students using their responses to the pictograph.

Example:

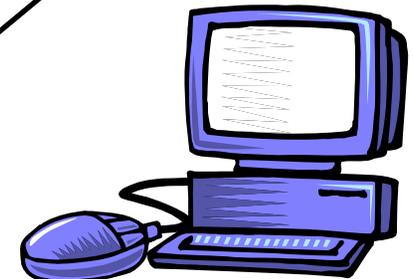
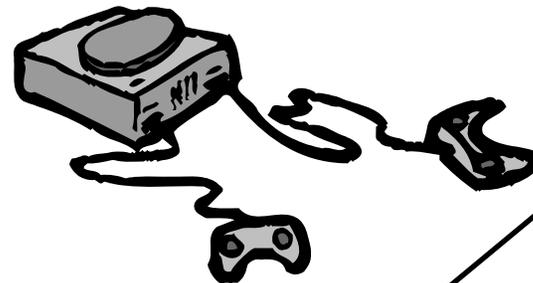
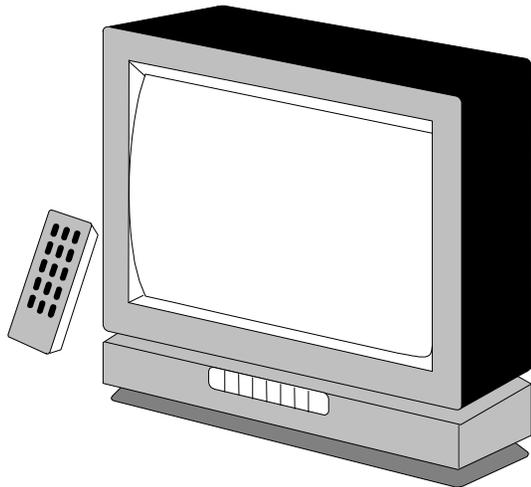
- The data tells us that more people watched TV. Only 3 people played video games. It also tells us that very few of us watched a DVD/VCR movie.

Step 1.1



Sample Pictograph

Class Screen Use		
<input type="checkbox"/>		
Stickers <input type="checkbox"/>		
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		





Family Newsletter - Issue One

Welcome to the first issue of *Take the Challenge * Take Charge* family newsletter!

Your child will be participating in the media awareness and screen turn-off program called *Take the Challenge * Take Charge*. Originally developed by Stanford University, these lessons have been adapted by a core group of teachers to be grade level appropriate. This program includes lessons in reading, writing, social studies and mathematics that will help students understand the issues that arise from spending too much time watching TV and using screens.

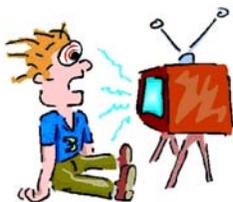
The goal of these lessons is to help kids make better choices. The main objective is to reduce the amount of time children spend watching television and playing computer/video games and to replace that time with positive, healthy, family friendly alternatives.

As parents you may wonder what impact excessive screen use may have on your child. Research shows:

- Students who watch less TV are more able to pay attention and follow directions resulting in better academic performance.
- Playing violent computer/video games and watching violent television shows/movies makes children more aggressive and teaches them that violence is a way to solve problems.
- Spending too much time watching TV and playing computer/video games can make kids less fit and overweight.

Over the next few weeks your child will be participating in several *Take the Challenge * Take Charge* activities. These activities will help your child become aware of his/her electronic media habits. Please join us as we take the challenge and take charge.

Scary Statistics



- ✓ On average, children 8 years and older spend 44.5 hours each week using screens.
- ✓ 46% of all television violence is aired in children's cartoons.
- ✓ Most of the top-selling video games (89%) contain violent content, almost half of which is of a serious nature.
- ✓ By the time the average child is 18 years old, they will have witnessed 200,000 acts of violence and 16,000 murders.