

LESSON TEN

OBJECTIVE 3: STAYING IN CONTROL

LESSON 10: Less Screens...Now What?

OBJECTIVE

- Students will identify healthy activities.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
 - * **CCSS.K.L.5a** With guidance and support from adults, explore word relationships and nuances in word meanings.
 - a. Sort common objects into categories (e.g., shapes, foods) to gain a sense of the concepts the categories represent.
- MATHEMATICS
 - * **CCSS.K.CC.4a** Understand the relationship between numbers and quantities; connect counting to cardinality.
 - a. When counting objects, say the number names in the standard order, pairing each object with one and only one number name and each number name with one and only one object.

LESSON OVERVIEW

- | |
|---|
| <ul style="list-style-type: none">• Students categorize activity cards.• Students learn how to play the “Ready, Set, Go” game. |
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MATERIALS NEEDED

- Picture cards (Step 10.2): 1 set per student
- Game board Worksheet 10.3a or 10.3b

PROCEDURE

Step 10.1: Students List Healthy Activities

- **Tell Students:** Sometimes spending a lot of time at home can tempt people to use a lot of screens. If you don't have a plan or some ideas for what you can do during your time, you may end up watching a lot of TV or playing a lot of video games. Although screens can be entertaining, if you simply use screens when you're bored, you may find yourself becoming a screen zombie. Then you will miss out on all the fun and productive activities you could be doing.
- **Ask Students:** By now all of you are really good at thinking of other things to do instead of watching TV, videos, or DVDs or playing video or computer games. In less than one minute, try and name 20 healthy activities to do instead of watching TV and playing video games. We're going to go for a speed record here since you've already had so much practice! Allow students to respond.

Step 10.2: Students Sort Picture Cards

*CCSS.K.L.5a

Distribute Picture Cards, Step 10.2.

- **Tell Students:** We will be sorting picture cards. I would like you to sort them into two groups. One group should show healthy activities you can do. The other group should show unhealthy activities.

Teacher's Note: After the activity is completed have students compare their sorting choices.

Step 10.3: Students Play "Ready, Set, Go"

*CCSS.K.CC.4a

- **Tell Students:** We are going to learn what the rules are for a game called "Ready, Set, Go." This is a game that will give you ideas of healthy activities you can do rather than using screens. The ideas on the game board are the same activities as the cards you sorted earlier.

Distribute Game Board Worksheet 10.3a or 10.3b.

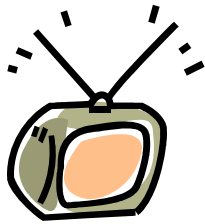
Teacher's Note: Rules for the game are on the game board. This game may be played in pairs or small groups. There are two "Ready, Set, Go" templates. One has appropriate activities for Fall/Spring and the other for Winter. It is recommended that the "Ready, Set, Go" game be enlarged to 8½ X 14 or larger.



music



crafts



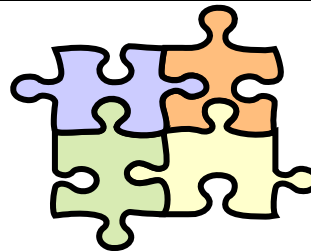
TV



draw



skateboard



puzzles



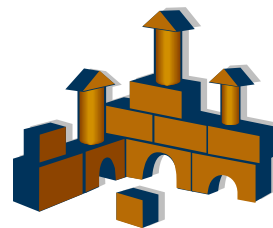
read



sports



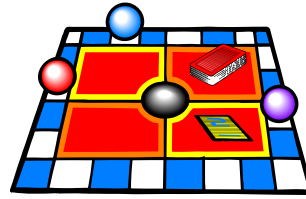
clean



build



cook



board games



bike



collect



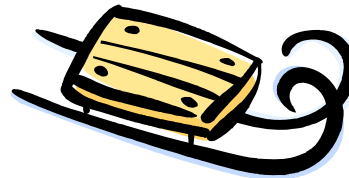
run



jump rope



write



sled



build



snowboard



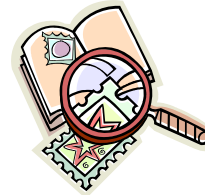
snowman



shovel



sand castle



collect



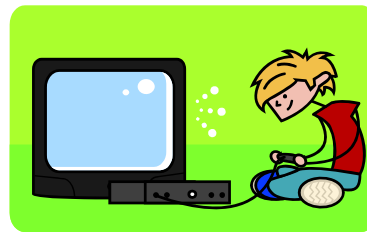
snow angel



sport



skate



video game



walk



computer

READY, SET, GO!

Start...

Game Rules

1. First player spins and moves his/her playing piece the number of places indicated on the spinner.
2. Player reads the word where he/she lands.
3. Player pantomimes (acts out) activity landed on.
4. Play continues until someone reaches the end of the path.

music

crafts

go back
2 spaces

draw

skateboard

puzzles

read

cook

build

go back
2 spaces

clean

sports

board games

How to use the Spinning Dial
Place the large end of a paperclip in the center of the spinning dial. Put the point of a pencil on the center of the dial. While holding the pencil in one hand, spin the paper clip with other hand.

bike

collect

run

go back
2 spaces

jump rope

write

READY, SET, GO!

Start...



music

Game Rules

5. First player spins and moves his/her playing piece the number of places indicated on the spinner.
6. Player reads the word where he/she lands.
7. Player pantomimes (acts out) activity landed on.
8. Play continues until someone reaches the end of the path.



crafts



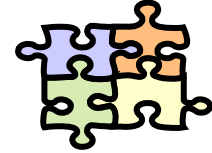
go back
2 spaces



draw



shovel



puzzles



read



cook



build



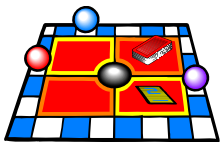
go back
2 spaces



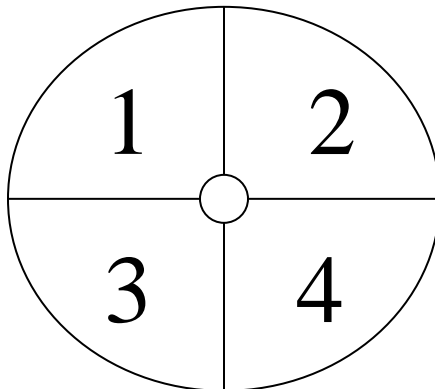
clean



sports



board games

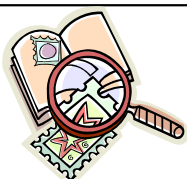


How to use the Spinning Dial

Place the large end of a paperclip in the center of the spinning dial. Put the point of a pencil on the center of the dial. While holding the pencil in one hand, spin the paper clip with other hand.



skate



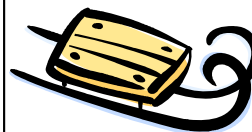
collect



walk



go back
2 spaces



sled



write

Finish