

# LESSON THIRTEEN

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**OBJECTIVE 4: HELPING OTHERS REDUCE SCREEN USE**

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## LESSON 13: Picture/Letter of Encouragement

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*Note: Before beginning this lesson, we encourage you to contact your area healthcare providers to see if they would be willing to work in partnership with this activity. It is also suggested that a staff meeting be held to designate a specific healthcare provider for each grade level. (Healthcare provider examples: physicians, dentists, school nurse, psychologist, dietician, social workers, health agencies, etc.)*

### OBJECTIVE

- Students will become advocates to encourage others to reduce their screen use.

### COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
  - \* **CCSS.K.SL.5** Add drawings or other visual displays to descriptions as desired to provide additional detail.
  - \* **CCSS.K.W.2** With prompting and support, retell familiar stories, including key details.
  - \* **CCSS.K.W.8** With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

### LESSON OVERVIEW

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| <ul style="list-style-type: none"><li>• Students discuss the need to help others reduce their screen use.</li><li>• Students prepare a picture/letter for healthcare providers to display.</li></ul> |
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### MATERIALS NEEDED

- Letter from Local Healthcare Provider
- *Rather Than Use Screens, I Could...* Worksheet 13.2: 1 per student

## PROCEDURE

### Step 13.1: Students Discuss the Need to Help Others

- **Tell Students:** I have a letter from one of our local healthcare providers.
- **Ask Students:** Who knows what a healthcare provider is? Let's list as many healthcare providers as we can. (Make a list on the board naming occupations that fit this category such as family physicians, pediatricians, chiropractors, surgeons, dentists, dietitians, nutritionists, etc.)
- **Tell Students:** These people need your help. (Read letter to students)
- **Tell Students:** I think we can help our local healthcare providers and their patients since we've all learned that it is important to limit our screen use and not be "Screen Zombies." Most of you can be considered experts in budgeting your screen time, so it would be great if you could educate others on how to reduce their screen time. Many other girls and boys would like to benefit from your experiences and what you've learned.
- **Tell Students:** In order to help our local healthcare providers, you can explain to their patients how, as a class, you managed to use less screens and why it is good for people to limit their screen time. You can do this by drawing/writing a letter. You can show/tell them how using less screens affected your lives. For example, you can show/tell them about the other fun and productive things they can do rather than watching television, videotapes and DVDs, and playing video and computer games.

### Step 13.2: Students Prepare A Picture

#### \*CCSS.K.SL.5, CCSS.K.W.2 & CCSS.K.W.8

- **Tell Students:** Today you will be drawing a picture to show others the things you like to do rather than use screens. I will pass out a worksheet that is titled *Rather than use screens I could...* The picture you draw will be put on a poster and displayed where others can see them. Distribute Worksheet 13.2. Have students draw their picture.
- **Tell Students:** You have all drawn wonderful pictures. I hope you feel very proud that you are able to help others learn about things they can do rather than use screens.

Teacher's Note: Have students label their picture or complete the sentence.

### Step 13.3: Posters/Class Book

After the drawings are turned in, posters or a class book can be created and distributed to area healthcare providers to display in their offices.

Dear Students,

I am a healthcare provider in our community who needs your help. I am very concerned about the number of my patients who are addicted to TV, videotapes and DVDs and playing video and computer games. The time they spend using screens is hurting their health and their schoolwork.

Now that you have learned how to budget your screen time, I know that you are experts at spending less time watching movies and playing video games. You have proven that you are not addicted to these things. I need to know how I can help my patients. Please assist me by answering the following question:

1. What kinds of activities do you do instead of watching TV, videos and DVDs, and playing video and computer games?

A display will be created using your responses and then placed in my office. Thank you for helping me to educate my patients.

Sincerely,

\_\_\_\_\_

Name

\_\_\_\_\_

School

\_\_\_\_\_

Grade

Rather than use screens I like to . . .