

LESSON THREE

OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE

LESSON 3: Screens Displace Fun Activities

OBJECTIVE

- Students will realize they enjoy many different types of activities.
- Students will become familiar with some of the negative effects of excessive screen use.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
 - * **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

- Students watch and discuss the DVD: *The Boring Life of Bored Children* (Length: 7 minutes)
- Students discuss activities they enjoy.
- Students discuss negative effects of excessive screen use.
- Students sing the song “*Six Little Kids*.”

MATERIALS NEEDED

- Poster Paper (titled “*Things We Enjoy*”): 1 per class
- DVD: *The Boring Life of Bored Children*
- Optional: Markers to decorate “*The Things We Enjoy*” chart for use as a class poster.



PROCEDURE

Step 3.1: Students Discuss Activities They Enjoy

*CCSS.K.W.8

Show DVD: *The Boring Life of Bored Children*



- **Tell Students:** Think about all of the things the two children did in this video. Today we are going to talk about what we like to do for fun. As we share our examples we're going to write them on a chart. We're going to save the chart to use later in the year, so let's be sure to come up with some good ideas!

Teacher's Note: If desired, place a picture depicting the activities mentioned by the children. Examples: Photos, computer generated icons, teacher drawings, magazine clippings.

- **Ask Students:** Who wants to share fun things that you like to do?

Examples/Prompts:

- Where is your favorite place to go? Maybe someone's house or a vacation spot?
- What do you like to do with your best friend?
- What things do you like to do with your family during the weekend?
- What is the neatest thing you have ever made?
- What's the nicest thing you have done for someone?
- Do you like to cook or bake with your parents?
- What is your favorite thing to play outside?
- Do you like to play games?

Write the students' ideas on the *Things We Enjoy* chart.

- **Ask Students:** What made the activities on this chart so much fun? Do they make you feel a certain way? Do they make you feel happy? (Allow students to respond.)
- **Tell Students:** As you can see on this chart, there are a lot of fun things we like to do with our time. Notice that watching TV and playing video/computer games came up very little or not at all.

Teacher's Note: Comment only if true of your class. If screens were mentioned, be sure to highlight all of the other activities that came up. From this list we can see that what we enjoy most are activities that do not involve using screens.

Step 3.2: Students List Negative Effects of Excessive Screen Use

- **Tell Students:** We talked about what we do when we are **not** using screens, so now let's talk about what happens when people **are** using screens. Did you know that the average child spends more time watching TV than going to school? The only thing that takes up more time is sleeping!
- **Ask Students:** How do you think using screens so much may affect someone's mind and body? Do you think they might miss out on lots of fun, like the things we listed on the chart earlier? (Allow students to respond.)

Examples/Prompts:

- Watching TV may make a person boring, since people aren't thinking much when they are watching television.
- A person who plays a lot of video games may not be as healthy as someone who doesn't play a lot of video games because they spend less time playing outside.
- Using a lot of screens might make someone get bad grades.
- Screen use leaves less time to spend with family and friends.
- Kids who spend a lot of time in front of screens at night might not get enough sleep.
- When people watch TV they aren't playing sports.
- People sometimes eat a lot of junk food when they are using screens.

- **Tell Students:** We're learning a lot about screen use! We've identified how much time we spend with screens and also some reasons why it's not good to spend a lot of time in front of screens.

Step 3.3: Students Discuss Why People Watch Too Much TV

- **Tell Students:** People use screens for different reasons, and for different amounts of time. Today we've learned from our class chart that screen use takes time away from doing other more fun and productive things.
- **Ask Students:** Why do you think people spend so much time using screens even though it can have so many bad effects?

Examples/Prompts:

- People watch TV because they are bored.
- Sometimes people can't think of what else to do with their time, so they sit and play video games.
- People can become "screen zombies" or "couch potatoes" without realizing it.
- Some people become addicted and they want to watch more and more.

- **Tell Students:** Often people find themselves using screens without thinking. Since we are now more aware of screen use, we should all be able to catch ourselves if we ever feel as though we are "glued to a screen" in a zombie state.

- **Ask Students:** What should someone do if they feel they are becoming a zombie who is glued to a screen?

Examples/Prompts:

- Turn off the TV!
- Log off the computer!
- Turn off the video game!

Step 3.4: Students Sing “Six Little Kids”

- **Tell Students:** Today we will learn a song reminding us that TV replaces other fun activities.

* The words to the song, “Six Little Ducks,” were changed to reflect the theme of Lesson 3, TV Displaces Fun Activities. This song could be used during the Opening Ceremony (Lesson 5).

Six Little Kids

Tune: Six Little Ducks

6 little kids that I once knew
Tall ones, short ones, skinny ones, too
But the one little kid with the clicker in his hand
He is boring, he has nothing planned.
The others play and the others run.
They turn off the TV and they go have fun.

Last line alternative:

They are smart because they go have fun.

Same tune, different words:

Turn off the TV you’ll be surprised,
Many fun things for you will arise.
You’ll have fun with your family.
Oh, how happy you will be.
Click, click, click,
No, No, No!
Run and play
And be smart all day