

LESSON SIX

OBJECTIVE 2: SCREEN-FREE CHALLENGE

Lesson 6: Making *Smart* Choices

OBJECTIVE

- Students will develop skills to avoid TV, video, DVD and computer game use.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
 - * **CCSS.K.SL.1** Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and large groups.

LESSON OVERVIEW (All steps in this lesson can be done as a group discussion)

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| <ul style="list-style-type: none">• Students discuss strategies to reduce screen temptation.• Students brainstorm solutions when they may be tempted to use screens.• Students create example situations so other students can offer solutions. |
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MATERIALS NEEDED

- *Tempting Screen Situations*: 1 per group

PROCEDURE

Step 6.1: Students Discuss Strategies to Prevent Screen Temptation

- **Remind Students:** Don't forget to draw/write in your Screen-Free Journal and to ask your parent or other adult to sign the Screen-Free Success Slip for every day you don't watch TV, videos/DVDs or play video/computer games.
- **Ask Students:** Now we're on Day _____ of the Screen-Free Challenge. How is it going? (Allow students to respond.) You have all been in the habit of using a lot of screens. What are some things you can do to help stick to your Screen-Free contract?

Examples/Prompts:

- Avoid rooms that have a TV in them.
- Hide the TV, cover it with fabric or put a "Challenge in Progress" sign over it.
- Go outside and play.
- Plan ahead – think about what you want to do when you get home from school or during the week.
- Ask someone in your house to help you think of something else to do.
- Put your hand-held video games in your closet.

Step 6.2: Students Brainstorm Solutions for Tempting Screen Situations

*CCSS.K.SL.1

- **Tell Students:** Sometimes you can't avoid being tempted by TV, videotapes, DVDs or video or computer games. Today, we're going to brainstorm ideas about what to do and what to say when you feel tempted by TV or videogames. I will give you a situation and we will come up with ideas of what you could say or do to help you stick to your Screen-Free contract.

Tempting Situation #1

You get home from school and someone is playing a hand-held game.
What do you say to yourself and what do you do?

Tempting Situation #2

You usually watch cartoons while you eat breakfast.
The rest of your family is busy getting ready for the day.
You are about to turn on the TV.
What do you say to yourself and what do you do?