

Kindergarten

LESSONS AT A GLANCE

Lesson 1: Awareness of Screen Use

- Create *Class Screen-Use* Pictograph
- Family Newsletter Issue 1

Lesson 2: 3-Day Screen Awareness

- 3-Day Screen Log
- Parent Note – How to Use the 3-Day Screen Log

Lesson 3: Screens Displace Fun Activities

- DVD Movie
- Create *Things We Enjoy* Chart
- Sing “Six Little Kids” Song

Lesson 4: Preparing For The Challenge

- Screen Logs Turned In and Discussed
- Introduction to Screen-Free Challenge
- Create Class Spirit Prop
- Family Newsletter Issue 2

Lesson 5: Opening Ceremony

- Worksheet: *INSTEAD OF SCREENS, I CAN...*
- School-wide Assembly
- Screen-Free Packet
 - Letter to Parent
 - Contract
 - Journal
 - Challenge in Progress Sign
 - Success Slips
- Record Sheet for Screen-Free Success Slips

Lesson 6: Making Smart Choices

- Strategies to Reduce Screen Temptation

Lesson 7: Time For Fun!

- Guided Reading – *Time For Fun!*
- Writing Activity – Class Book

Lesson 8: Recognition Ceremony

- School-Wide Assembly
- Certificates of Completion/Participation
- Trophy
- Family Newsletter Issue 3

Lesson 9: Understanding the Screen Budget Challenge

- Students Decide on a Screen Budget
- Screen Budget Packet
 - Letter to Parent
 - Contract
 - Success Slips
- Budget Talk Sessions Begin
- Budget Success Chart
- Budget Certificates

Lesson 10: Less Screens...Now What?

- Activity Cards
- Play “Ready, Set, Go” Game

Lesson 11: Budgeting Screen Time Equals Fun Time

- Four-Square Worksheets

Lesson 12: Word Building to Reinforce Smart Choices

- Word Building Activity Using Letter Cards
- Family Newsletter Issue 4

Lesson 13: Picture/Letter of Encouragement

- Draw a Picture for a Healthcare Provider

Lesson 14: Be Smart! Get the Message Out!


- Use Smart Poem to Make a Display

SAMPLE CALENDAR

(Month)

(Year)

Take the Challenge Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<ul style="list-style-type: none"> It is suggested a parent meeting introducing the Take the Challenge Curriculum be planned and held before Lesson 5 		Lesson 1 Graph (Staff meets to plan Opening Ceremony)	<ul style="list-style-type: none"> It is suggested that Lesson 1 not begin on a Monday so the graphing lesson can reflect a normal viewing day 	
	Lesson 2 3-Day Screen Log			Lesson 3 Things We Enjoy chart	Collect Screen Logs	
	Lesson 4 Begin making Spirit Props		Lesson 5 Opening Ceremony Screen-Free Challenge Begins			
				Last Day of Challenge	Lesson 8 Awards Ceremony	
	Lesson 9 Screen Budget Challenge Begins	<ul style="list-style-type: none"> Remaining lessons can be scheduled anytime throughout the rest of the school year. 				