

# LESSON TWO

## LESSON 2: Screen Time

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### OBJECTIVE

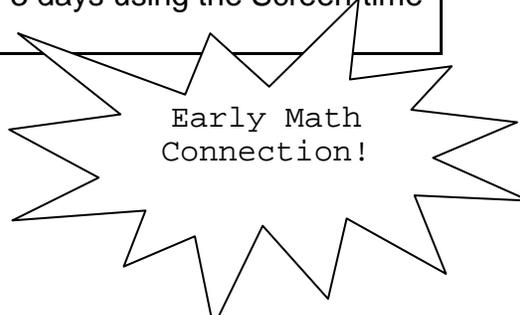
- Children will use a Screen-time log to record how much time they spend watching TV/Videos/DVD's and playing video/computer/cell games during a 3-day period.

### LESSON OVERVIEW

- Children are introduced to and practice using the Screen-time Log.
- Children, with the help of a parent, record their screen use for 3 days using the Screen-time Log.

### MATERIALS NEEDED

- *Screen-time Log*: copy 1 per student (HO 1.1)
- *Screen-time Log* classroom visual
- Parent Letter – How to Use the Screen-time Log



Early Math  
Connection!

### KEY TERMS

Log  
Screen-time Log  
Screening  
Total

## PROCEDURE

### Step 2.1: Children Are Introduced to the Screen-time Log

- **Tell Children:** This is called a Screen-time Log. It's different than a log from a cut down tree. This kind of log is something that helps us keep track of what we do throughout a day, a week, or even longer. We are going to use this log to help us keep track of how much time we are spending in front of the screen at our houses. That includes watching T.V, playing videotapes or DVD's, playing video games or playing on the computer.

Hold up the Screen-time Log classroom visual.

- **Tell Children:** We are only going to use our log for *three* days. These are the days here.

Point out the 3 days.

- **Tell Children:** And these are the types of screens we are looking for.

Point out the 3 types. (TV Shows/Videos/DVD's, Video games, computer games)

- **Tell Children:** This column is for the number of hours we spend screening, or sitting in front of a screen each day. At the end of the three days we will add them up and get a total number of hours.

Point to the column as well as the equation at the bottom.  $\_ + \_ + \_ = \_$

- **Tell Children:** I will attach a letter to your log so your parents will understand what we are going to be doing. They can help you figure out how much time you spent screening and what numbers to put on your sheet, okay? Are there any questions?

### Step 2.2: Students Practice Using the Screen-time Log

- **Tell Children:** Let's practice using our screen-time Log as a class so that when you take it home you will know exactly what to do every time you watch TV or play a video game.

Show the Screen-time Log classroom visual.

- **Tell Children:** Let's pretend that I just watched the movie "Cars". I would circle the TV picture and then I would write a 2 in this box to show that I sat in front of the TV for 2 hours watching it. Then after dinner, I played my DS (hand-held game) for 1 hour and a computer game for another hour. At the end of the night, I would add them up and I would put a 4 in the total spot. ( $2+1+1=4$ ) I spent 4 hours in front of the screen today.

- **Ask Children:** Would anyone else like to try one?

Choose a volunteer and walk him/her through the process, recording on a sample log or using a wipe-off marker on the classroom visual. At this age, you will guide children in rounding to the nearest hour.

### Step 2.3: Children get a Screen-time Log

- **Tell Children:** The most challenging part of keeping your Screen-time Log will be remembering to use it **every time** you watch TV, videos or DVDs or play video & computer games. Be sure to record everything! This way you will be able to figure out exactly how much time you spend doing these things and we can use that information to make a classroom chart. Don't be worried that you're watching too much or too little, just watch and play the same way you would any other day.
- **Ask Children:** Can anyone think of any tricks to help you remember to write in your Screen-time Log every time you watch a show or play a game? (take responses)
- **Tell Children:** Let me share with you some of the tricks I found that might help.
  - You can keep your Screen-time Log right next to the TV.
  - You can put a reminder note on the fridge, bedroom door, or TV.
  - You can ask someone in your family to help you remember.
- **Tell Children:** I have here, a Screen-time Log and a parent letter for each one of you to take home today. Start your log as soon as you get home and if you watched TV this morning, you can add that to your log for today.

Hand them out for children to put with their take home things or put them into the cubbies.

**[Note to Teacher]:** A parent letter is included. You may sign this letter or develop your own. Remind and encourage the children daily to keep their Screen-time Logs filled in. Ask them each morning about it and prompt them each afternoon before leaving for home. A quick reminder to parents who drop off and/or pick up their children is also helpful.

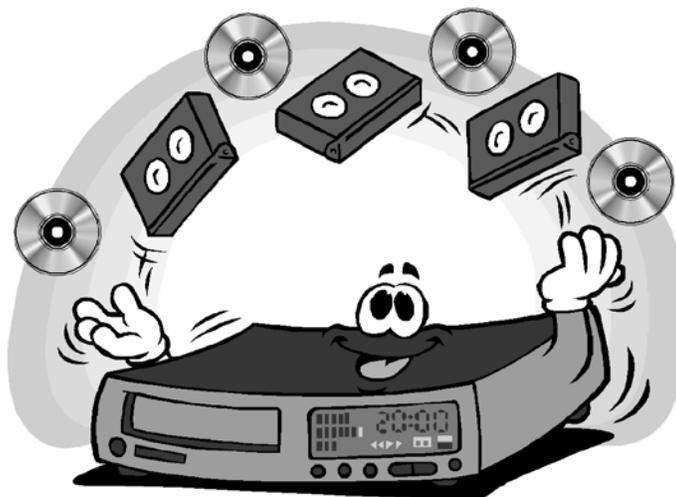
Dear Parents,

As a part of our **Take the Challenge \* Take Charge** initiative, we are asking your child to keep track of the amount of time they spend watching TV/videos/DVD's and playing computer/video/cell/mp3 games for 3 days. Your child's Screen-time Log is attached. Allow your child to watch or play as they normally would for the 3 day period starting today. If your child had screen time this morning, add that in as well.

We have practiced using this log so your child is familiar with how to circle the icons when viewing/gaming takes place. Please guide them as they complete the log each day. You may round to the nearest hour to keep it simple for your child to understand. At the end of each day, help your child add up the total time spent on each activity and enter this figure in the total column. When the 3 days are filled in, copy your day totals into the math problem at the bottom and help your child to add them up, giving them their total viewing/gaming time. Write that number in the bottom corner. Send the Screen-time Log back to school the next day as we will be making a class chart with our data.

Thank you for participating and supporting your child's education in this important awareness activity.

Sincerely,





Which types of media are you using?	How Many Hours
<b>Sample:</b> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>T.v. Show Video/DVD</p> <p><u>2</u> hrs.</p> </div> <div style="text-align: center;"> <p>Video games</p> <p><u>1</u> hrs.</p> </div> <div style="text-align: center;"> <p>Cell/MP3 games</p> <p>___ hrs.</p> </div> </div>	<p>3</p>
<b>Day 1:</b> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>T.v. Shows Video/DVD</p> <p>___ hrs.</p> </div> <div style="text-align: center;"> <p>Video games</p> <p>___ hrs.</p> </div> <div style="text-align: center;"> <p>Cell/MP3 games</p> <p>___ hrs.</p> </div> </div>	
<b>Day 2:</b> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>T.v. Shows Video/DVD</p> <p>___ hrs.</p> </div> <div style="text-align: center;"> <p>Video games</p> <p>___ hrs.</p> </div> <div style="text-align: center;"> <p>Cell/MP3 games</p> <p>___ hrs.</p> </div> </div>	
<b>Day 3:</b> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>T.v. Shows Video/DVD</p> <p>___ hrs.</p> </div> <div style="text-align: center;"> <p>Video games</p> <p>___ hrs.</p> </div> <div style="text-align: center;"> <p>Cell/MP3 games</p> <p>___ hrs.</p> </div> </div>	
<p style="text-align: center;"><b>Total Screen-time over the 3 days?</b></p> <p style="text-align: center;">       _____ + _____ + _____ =        Day 1                      Day 2                      Day 3     </p>	