

LESSON THREE

LESSON 3: Let's Have FUN?

OBJECTIVE

- Children will realize there are many FUN activities to do when you're not screening all day.
- Children will become familiar with some of the negative effects of too much screen time.

LESSON OVERVIEW

- Children discuss activities they enjoy.
- Children discuss some negative effects of too much screen time.
- Children sing "The TV Song."
- Parents receive a newsletter.

MATERIALS NEEDED

- FUN Chart: 1 per class (pg. 21)
- 2 "Happy" Cards for fun chart columns (pg. 21)
- FUN Activity Cards (bag, bowl or "go fish" pile)
- The TV Song lyrics sheet (Handout 3A)
- The TV Song Signs and Motions sheet (Handout 3B)
- Media Log Parent Reminder (pg. 25)
- 3 posters set (smart, healthy, friendly) (Handouts 3D-3F)
- Types of Media posters (Handouts 1A-1B)
- Use Them or Lose Them poster (Handout 3G)
- Is This Friendly? poster (Handout 3H)
- Is This Healthy? Poster (Handout 3I)
- Smart Kids (brain) poster (Handout 3J)
- Parent Newsletter, issue 2
- Writing Prompts PSW 3a, 3b & 3c

Early Writing,
 Social-Emotional
 & Music
 Connections!

KEY TERMS

Discover
 Healthy
 Smart
 Friendly

Lesson 3 can be broken up into two sessions. Parts I and II are indicated.

Parent Newsletter



Distribute Issue Two of the *Take the Challenge Family Newsletter, EC Edition* this week.

PROCEDURE

Lesson 3- Part I

Step 3.1: Students Chart FUN Activities

- **Tell Children:** Today we're going to discover all kinds of ways to have fun! When we discover something, it means we'll see it for the first time. I have a (bag/box/bowl or "go fish" pile) here with lots of FUN activity cards in it. We are going to take turns choosing a card and attaching it to our "FUN Chart". We'll see how full we can make it.

Show students the cards and the "FUN Chart".

Optional:

When finished with the cards & depending on the age of your kids, you may choose to ask children to think of other FUN things that we don't have pictures for. You could write these ideas on the bottom of the chart with a dry erase marker. You might even choose to find pictures online or in magazines for these activities and add them later. The children could help out with this adventure in exploration. Prompting questions on other FUN activities include:

- Where is your favorite place to go?
- What do you like to do with your best friend?
- What things do you like to do with your family?
- What is something you enjoy making?
- What is your favorite thing to play outside?
- What is your favorite game?

- **Ask Children:** How does it make you feel when you do these fun things? (Allow children to respond, hopefully with a "Happy!")

Attach the "happy ☺" cards over the top of the words FUN chart or choose children to come up and attach them.

- **Tell Children:** There are lots of FUN things to do on our chart and watching TV or playing video games is not even up there!

Writing Prompts 3a-c can be used any time during lesson 3 but may fit best after part II.

Step 3.2: Children Learn Some Negative Effects of Too Much Screen Time

- **Tell Children:** We're going to talk for just a minute about what might happen if you watch too much TV or play too many video games, and what we want instead. (Show each visual)



A person who watches a lot of TV may not be as healthy. Playing outside gives you good exercise, Sitting in front of a screen does not. We want to be healthy! (Ask children to repeat: "**We want to be healthy!**")



A person who spends too much time screening may not be as smart because they aren't using all the parts of their brain. We want to be smart! (Ask children to repeat: "**We want to be smart!**")



A person who screens all the time may not be as friendly. Doing fun things with your family and playing with your friends are much better ways to spend your time. We want to be friendly! (Ask children to repeat: **“We want to be friendly!”**)

- **Tell Children:** We’re learning a lot about screening! Remember, Screening is all of those things that we do in front of the screen like watching TV, playing video games, or sitting at the computer or playing games on the phone or i-pod. We found out how much time we spend watching TV and playing video games with our Screen-time Log and now we know of three great reasons to spend a little less time in front of the screen. (Point to the healthy, smart and friendly posters)

Lesson 3- Part II

Step 3.3: Children Discuss Healthy, Friendly & Smart

- **Tell Children:** I have four more pictures to show you. Take a look at this one. (Show Handout 3G- Use Them or Lose Them) What do you see here? (*Yellow guy, guy with muscles; sad face*) Why do you think he is sad? (*His muscles are droopy, his arm is broken*) Those are good guesses. That droopy spot on his arm is his muscle. Can you feel the muscle in your arm? (Show children how to make a hard muscle in their arm) Your muscles look healthy! It says down here: *Use them or lose them*. That means if you sit around all day screening and don’t get good exercise, your muscles will get weak and you won’t have the strength you need to do FUN things. So we all need to get out and get moving so our muscles will stay strong and healthy. A lot of the activities on our FUN chart are good for our muscles.

How about this one? (Show Handout 3H- Is This Friendly?) What do you see here? (*girl playing video game, girl is happy but boy is sad*) Does this look like a friendly thing to do? (*No*) Do you think this boy would have more fun if they went outside and did one of the FUN things from our chart? (*Yes*) I do too! Say it with me, **“We want to be friendly!”**

Here is another one. (Show Handout 3I- Is this healthy?) What do you see here? (*Boys sitting on couch, watching a show about a super hero, eating chips and drinking pop*) Does this look healthy? (*No*) Why not? (*They are just sitting, they are not getting exercise, they are eating unhealthy snacks and drinking pop*) What would be some healthier choices? (*Go outside, get out and get moving, exercise, eat healthy snacks, drink water*)

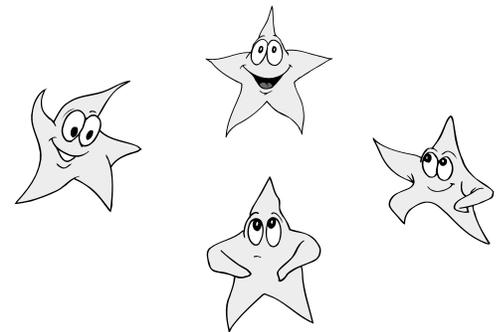
Take a look at our last picture. (Show Handout 3J- Smart kids do FUN things!) What do you see? (*A brain, a head*) This is a picture of a brain. Every one of you has a brain that is shaped like this inside your head. We learned that when you sit in front of the TV or play video games all day, your brain isn’t working like it should. Your brain needs exercise too and when you sit in front of a screen all day, only a few parts of your brain are being used. That means if you spend all your time screening, you’re not going to be as smart as you could be. It says here at the bottom, Smart Kids do FUN things. The things on our FUN chart are going to be much better for your brain than sitting in front of the screen all day and we want to be smart, don’t we? (Prompt a “YES!”) Say it with me, **“We want to be smart!”**

Step 3.4: Children Learn “The TV Song”

- **Tell Children:** To finish up our lesson today, I am going to teach you a song about being healthy, friendly and smart. (See Handout 3A and 3B)



The words to “The TV Song,” were written to compliment the content in Lesson 3, Let’s Have Fun! This song could be practiced and performed during the Opening Ceremony in lesson 5 or for a parent night event. Use the visuals on pages 22-24. Call in the news media! Stars are being born!



The TV Song

Tune: Where is Thumbkin or Fere Jacques

Verse 1

If you watch your TV
 “watch”
 All day long, all day long
 You won’t be as HEALTHY
 You won’t be as FRIENDLY
 Or as SMART, or as SMART

V fingers to eyes
 arm across/arm up, arm on arm “day”
 make muscle man arms “healthy”
 fingers wiggle past cheeks “friendly”
 hand to forehead--outward “smart”

Verse 2

If you play video games
 All day long all day long
 You won’t be as HEALTHY
 You won’t be as FRIENDLY
 Or as SMART, or as SMART

tap thumbs as if playing a video game
 arm across/arm up, arm on arm “day”
 make muscle man arms “healthy”
 fingers wiggle past cheeks “friendly”
 hand to forehead--outward “smart”

Verse 3

If you want to be HEALTHY
FRIENDLY and SMART
FRIENDLY and SMART
Run and play, Run and play
Every day, EVERY DAY!

make muscle man arms “healthy”
 “friendly” fingers & “smart” hand
 “friendly” fingers & “smart” hand
 jog arms x2 “run” & Y x2 twists “play”
 1st time “day”, 2nd time-arms up & yell!

Signs & Motions for The TV Song

Watch

“V” fingers move forward from the corners of the eyes. In this sign, the V fingers represent the eyes and the movement of the hands draws attention to something being watched.

Friendly

The fingers wiggle past the cheeks to indicate a generous smile.

Smart

The hand is held to the forehead with the palm facing to the side of the body. The index finger touches the forehead and moves forward to represent that a person is thinking straight.

Day

The horizontal arm represents the surface of the earth. The vertical moving hand represents the movement of the sun across the sky during the day. With hands flat and elbows bent, arms meet at horizon

Healthy

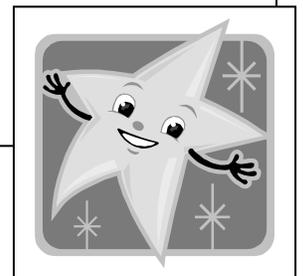
The hands arms and fists move into muscle man position, showing that the body is strong.

Run

Arms move as if jogging in place.

Play

The Y hand-shapes are twisted back and forth at the wrist.
Y hand-shape: thumbs and pinkies up/others down



To simplify the song, you may choose to use only a few of the motions



Happy

FUN



Happy

FUN

PSW 3a

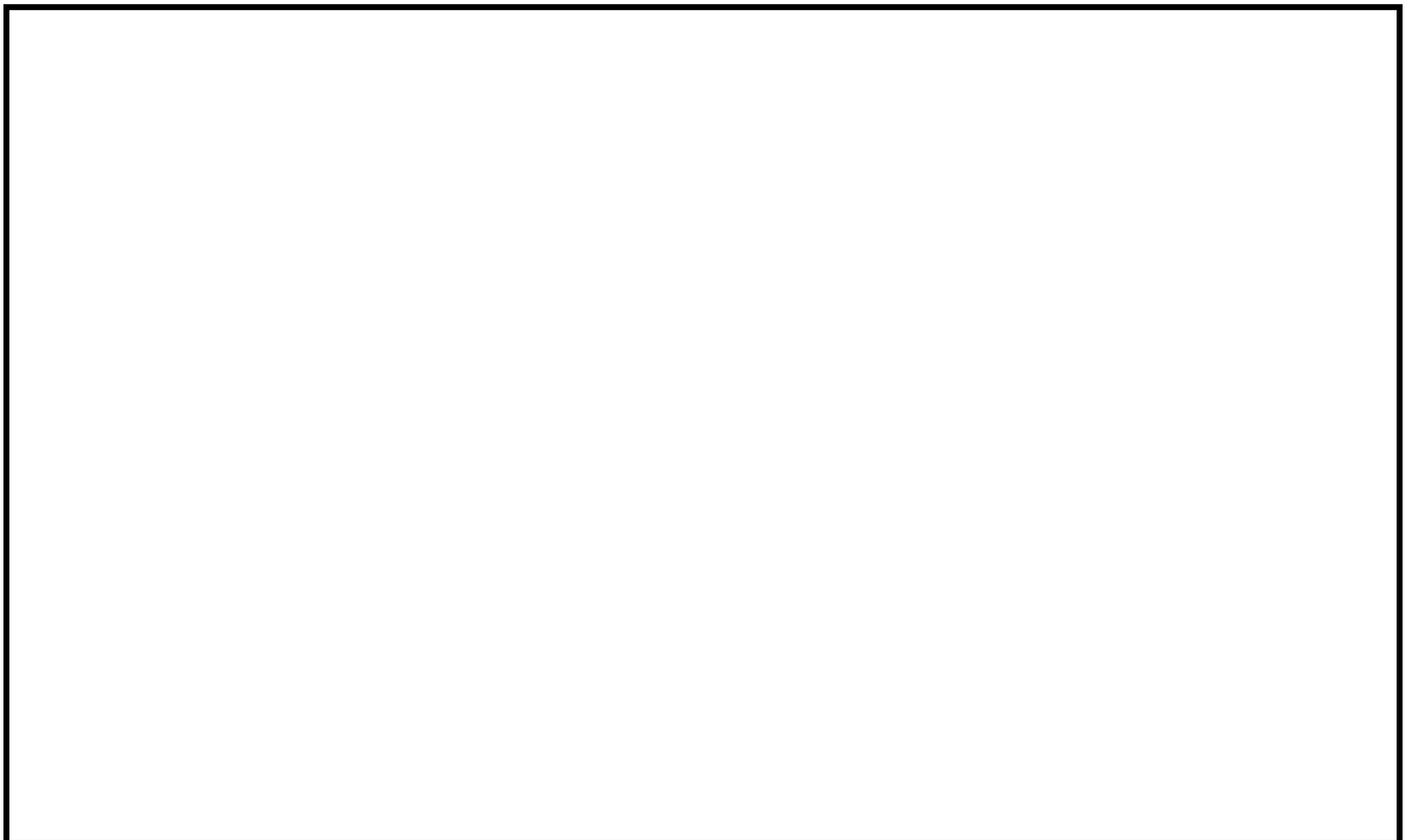
I know that if I watch TV all day, I won't be as friendly.

Instead of TV, I can _____

_____ with a friend.

I really want to be friendly.

Here is a picture of me and my friend.



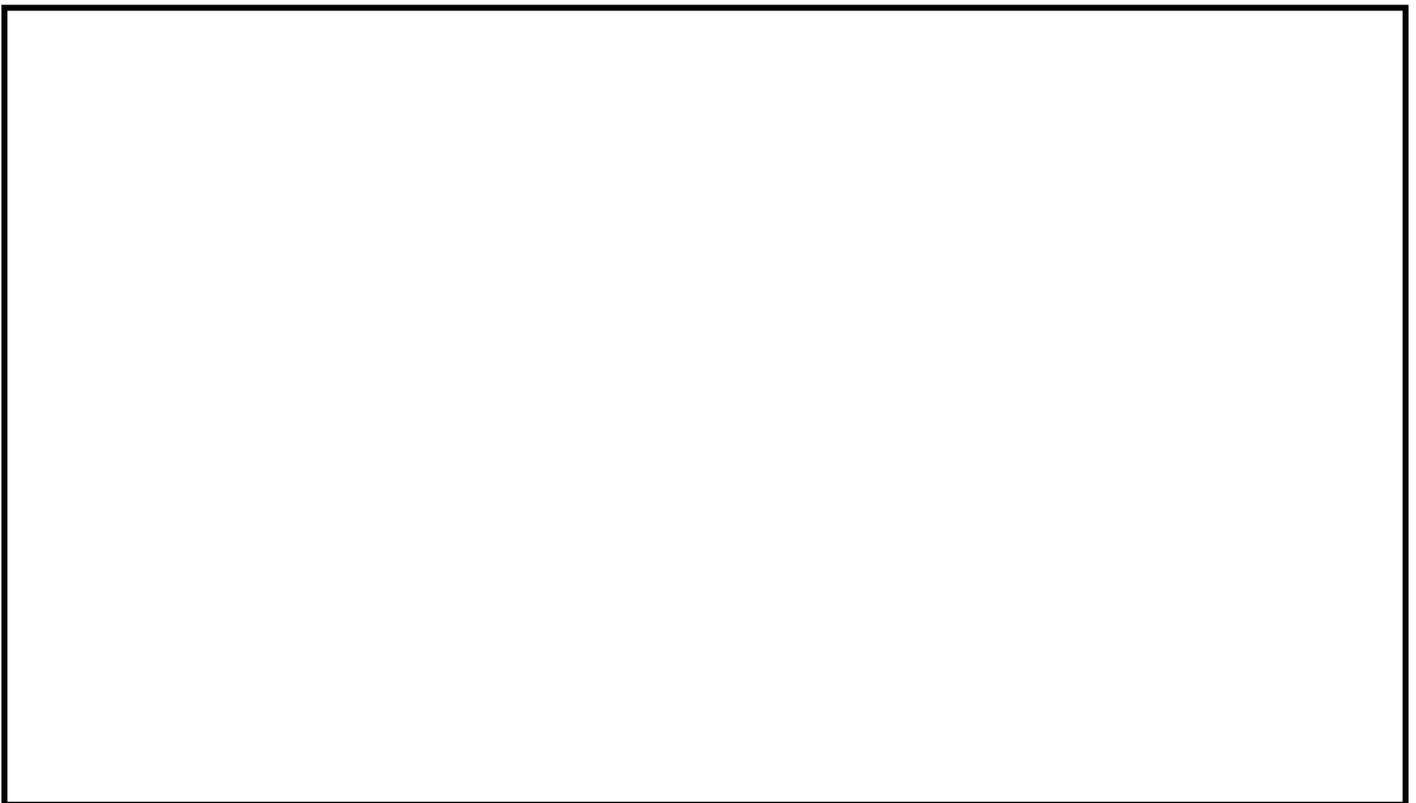
PSW 3b

I know that if I play video games all day, I won't be as smart.

Instead of video games, I can _____

I really want to be smart.

Here is a picture of me looking smart.



PSW 3c

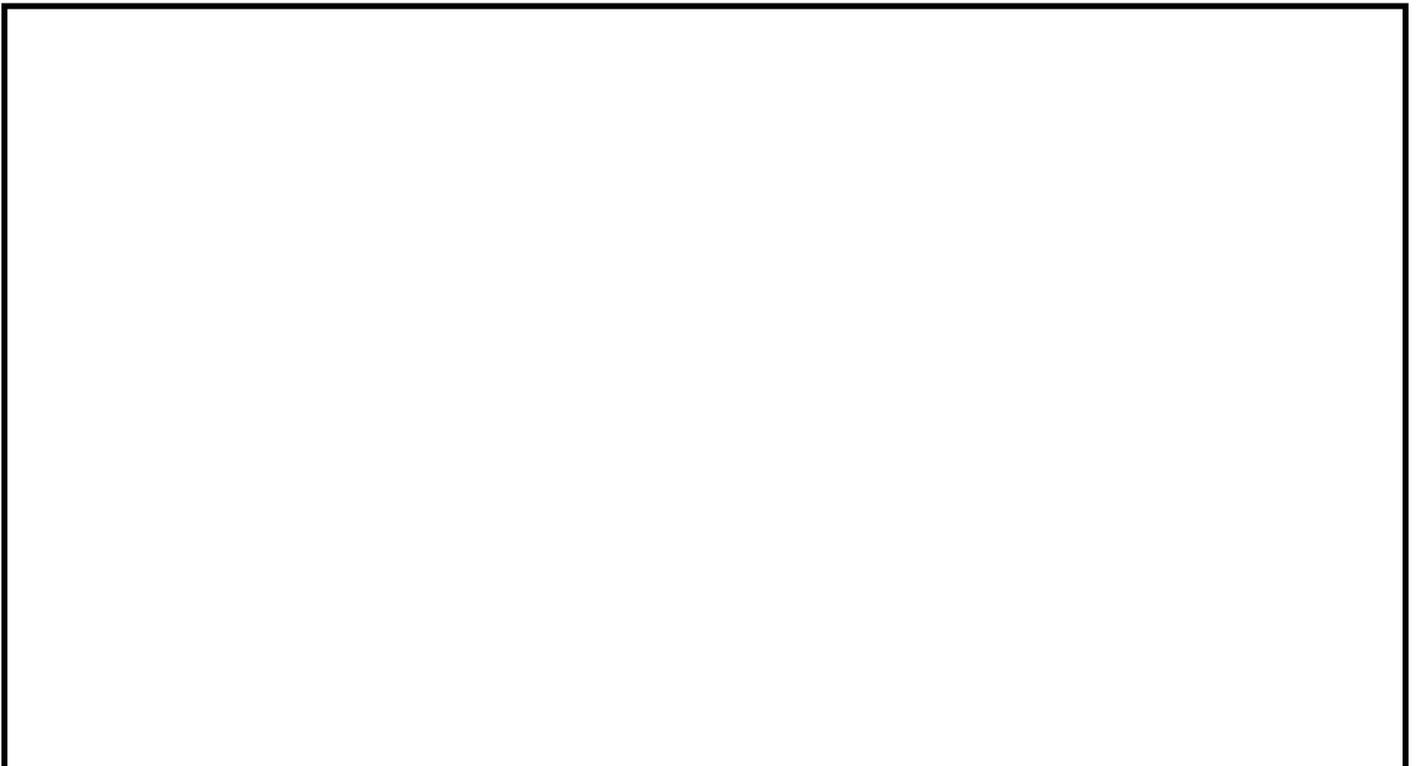
I know that if I sit in front of a screen all day, I won't be as healthy.

Instead of sitting there all day, I can _____

_____ to get moving.

I really want to be healthy.

Here is a picture of me staying healthy.



ATTENTION!

Media Logs are due tomorrow.

Please remember to help your child count and put the “total” number of hours in the bottom corner.

Thank you for helping your child complete this activity.

Take the Challenge

Family Newsletter

Early Childhood Edition

Issue Two

Screen-Free Challenge Coming Soon!

The Screen-Free Challenge is coming soon to your child's daycare or preschool.

The Challenge is simple. Families pledge to be screen-free (including TV, videotapes or DVDs, video/computer/cell/mp3 games) for 7 full days.

The Challenge is also meant to be fun. It gives children and families an idea of what their lives would be like if television, videotapes, DVDs and video and computer games didn't take up so much of their time.

Many of our local schools will be participating as well as many others around the country. We have discovered that many families enjoy a break from TV. Kids and parents have more time to talk with each other, read, exercise, play, think, create, do homework or have fun with their friends and neighbors.

The Screen-Free Challenge is a chance for everyone in the family to get their TV viewing and video game playing under control. Remind your child that the Challenge is coming soon!

It's okay if your child forgets that the Challenge is going on and watches a couple of minutes of a show or starts to play a video game. Just offer a gentle reminder. If a child keeps watching the TV or playing the video game, parents should mark it on the slip as an "oops" and try harder the next day. The same is true for computer use. Sometimes computers are used for educational purposes, but other times kids just play on computers. During the Challenge, *playing* on the computer is considered the same as all other entertainment screening.

How the Challenge Works

The Screen-Free Challenge is simple. **Ideally, step 1 is for all family members.** Step 2 is for your child to follow, so that he or she can take part in exciting events at preschool. Children will need parents to guide them and support them all along the way.

- Step 1** Participants decide not to watch any TV/Videos/DVDs, and not to play any Video/Computer/cell/mp3 games, for 7 full days.
- Step 2** Children keep a journal during the Challenge. They can draw and have a parent label what they spent their time doing and how they are feeling at the end of each day.



Some Terrific Screen-Free Activities

There are all sorts of fun things for children and adults to do when the TV, gaming units & computers are turned off.

- ☛ **Read aloud.** Reading to children makes them feel good and helps them to get ready for school.
- ☛ **Go outside.** Play t-ball, soccer, hockey, or basketball. Ride a bike, build a fort, play at the park, play with the dog or walk around the neighborhood together.
- ☛ **Start a family project.** Kids are curious about their family history. You and your children could work on a family tree together using old photos or you can tell family stories from when you were their age. Kids especially love to hear about when they were born.
- ☛ **Start a hobby.** Create a scrap book or start a collection of some kind.
- ☛ **Stock up on neat stuff.** Make a craft kit: Get a box of markers or crayons, paper, glue, yarn, scissors, clay, old magazines for cutting...
- ☛ **Build social skills.** Invite friends over for a picnic. Play games in the yard.

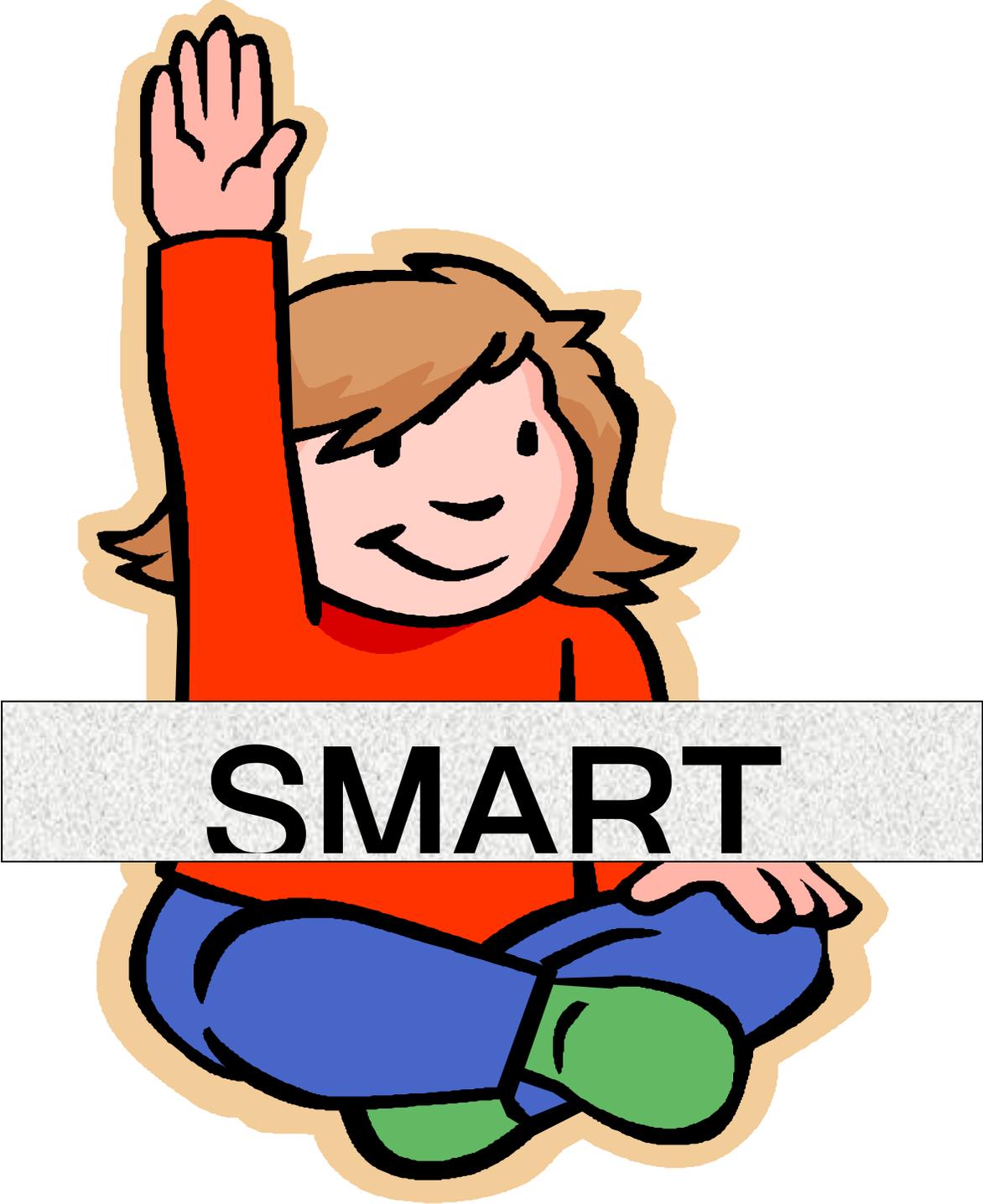


Media Statistics

- Nearly 2/3 of all programming contains violence.
 - Children's shows contain the most violence and young children cannot tell the difference between what they see and what is real.
 - Portrayals of violence are usually glamorized.
 - Perpetrators often go unpunished.
 - Nearly 1/4 of music television videos portray violence & weapon carrying.
 - Television news can traumatize children leading to nightmares.
 - An average 70 year old has spent 7-10 years in front of the TV.
 - By age 18, American children have seen an average of more than 200,000 acts of violence; 16,000 murders on TV.
 - The percent of overweight children has doubled- TV is a sedentary activity.
-
- While about 5 violent acts are televised during one hour of prime-time programming, 20-25 violent acts are shown **every hour** on Saturday morning "children's programs".

Take the Challenge!







FRIENDLY

Types of Media



cell phone



newspaper



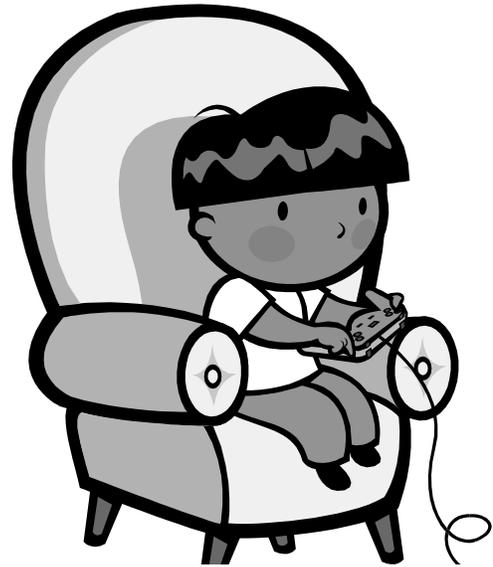
magazine



hand-held game



computer



video games



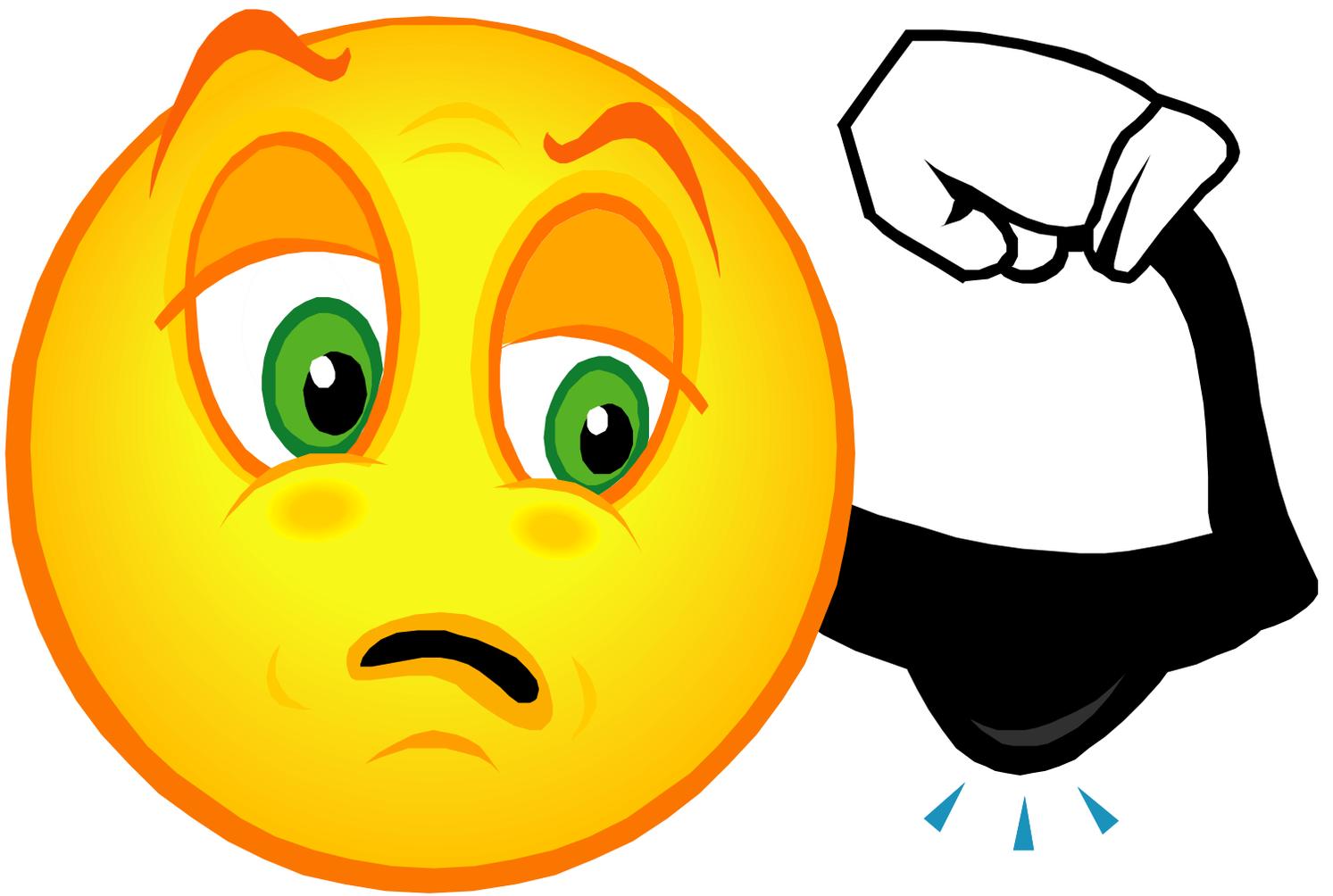
mp3 player



video tapes & DVD's



T.V.

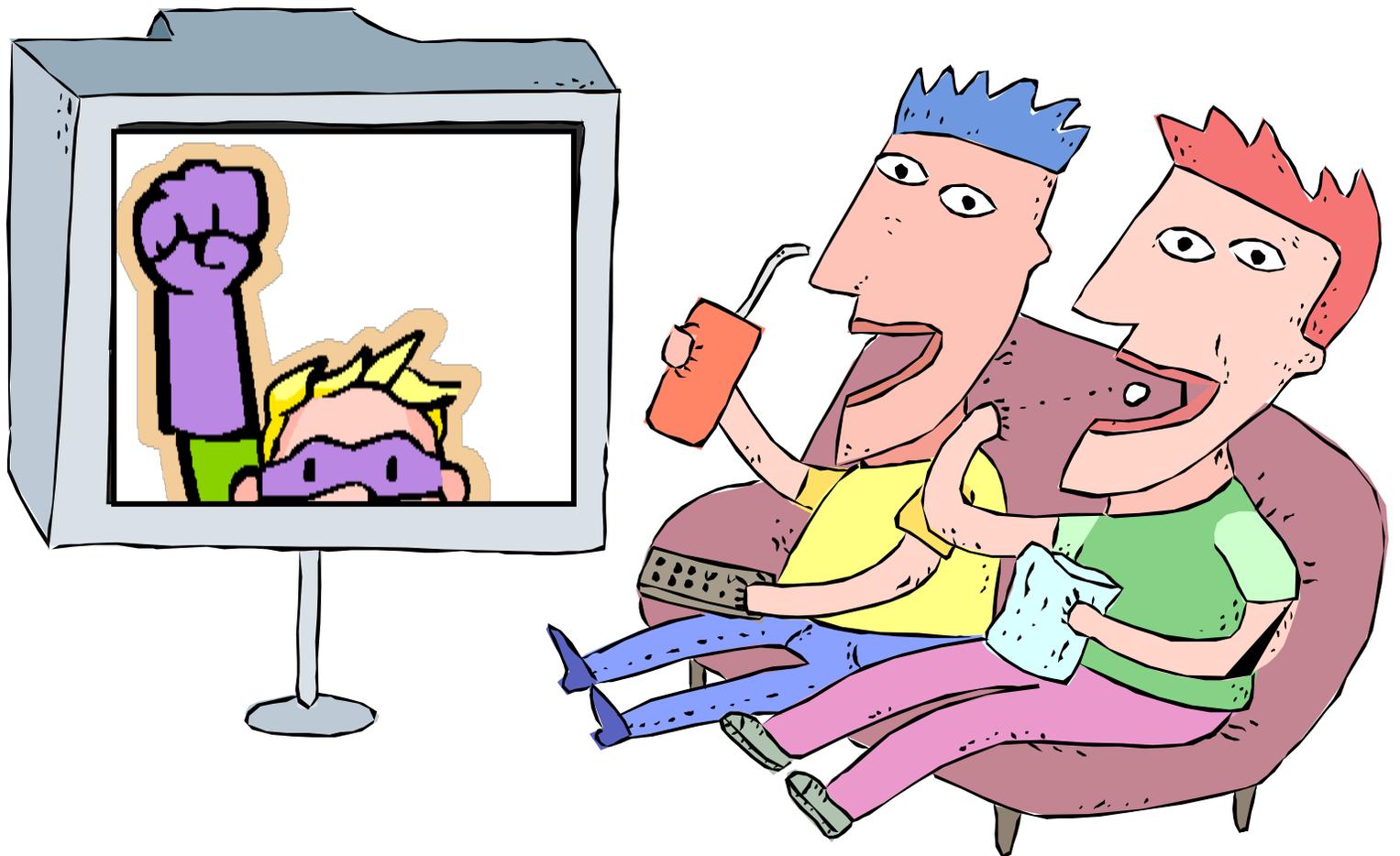


**Use Them
Or
Lose Them.**



Is this Friendly?

Is this Healthy ?





**Smart kids do
FUN things!**