

LESSON FOUR

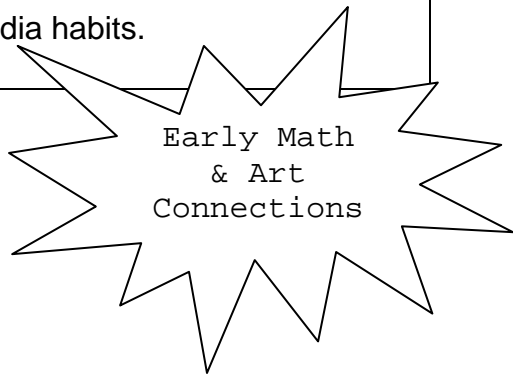
LESSON 4: Too Much Screen Time

OBJECTIVE

- Children will be introduced to the Screen Free Challenge.
- Children will become familiar with the concept of less screen time.

LESSON OVERVIEW

- Children turn in and discuss their Screen-time Logs.
- Children discuss the Screen Free Challenge and changing media habits.
- Children create a class or individual spirit prop.



Early Math
& Art
Connections

MATERIALS NEEDED

- Classroom Screen-time Log and a wipe-off marker
- Materials for class name, slogan and spirit props. (Paper, markers, crayons, or other materials depending upon prop choice.)

KEY TERMS

Spirit Prop
Embark
Vote
Slogan

PROCEDURE

Step 4.1: Chart Screen-time Log Data

- **Tell Children:** I have added up all the hours of screen time for our whole class and I am going to put them on our classroom log.

With the students watching, read off the totals and write them with a wipe-off marker on the classroom Screen-time Log.

- **Tell Children:** Wow! We have some pretty big numbers!
- **Ask Children:** Do you remember talking about all of the fun things we could do instead of watching TV or playing video games? Let's look at our Fun Chart.

Refer to the class "Fun Chart".

- **Ask Children:** Do you remember these three posters reminding us of the good things that can happen if we don't spend so much time in front of the screen? We decided we wanted these things *more* than sitting in front of the screen all day.

Refer to the three posters from lesson 3.

- **We want to be healthy**
- **We want to be friendly**
- **We want to be smart**

- **Ask Children:** Do you think it would be a good idea to spend less time in front of the screen and more time doing some of these fun activities instead? (point to the Fun Chart)

Accept responses.

- **Ask Children:** Would you like to have a special contest to see how many of us can go without any screen time?

Accept responses.

- **Tell Children:** The contest is called the **Screen-Free Challenge!** We will try to go for 7 whole days without any screen time! That means no TV, no videos or DVD's, no video games or computer games. Who thinks they might be able to tackle a challenge like that?
- **Tell Children:** There are two parts to our **Take the Challenge * Take Charge** adventure. The first part will be our 7-day Screen-Free Challenge to prove that we can go without TV and video games. The second part of our challenge will involve each of us working hard to make wise media choices for the rest of the year.

Step 4.3: Our Spirit Prop

The Spirit Prop will be used at the Screen-Free Challenge kick-off Ceremony and displayed in the classroom.

- **Tell Children:** As a class, we are about to embark on an exciting adventure. That means we are about to *begin* or *start* an exciting adventure. Say that with me..."embark" So before we *embark* on our adventure, we need to create a class spirit prop to remind us that we're all in this together! It can be a flag or a banner of some kind. Let's look at some ideas. I have several ideas to choose from and we can take a group vote.

Or

- As the teacher, you choose the slogan and Spirit Prop that you feel would be best without offering options. If going this route, you'll certainly want to allow for individual creativity when making and decorating their props. A fun option might be a large class signed banner with slogan and a small prop for each child to make. Display these at school through the rest of the lessons as they will be used during the Wrap-Up Ceremony.
- Take a photo of the class or each child with their Spirit Prop to give to them as a memento in lesson 8.

Examples of class names, slogans, and spirit props follow.

Examples of class names:

- **Screen Stoppers** - **The No Screens Team**
- **TV Busters** - **Media Dunkers**
- **TV Tamers**
- **Great Room 8**

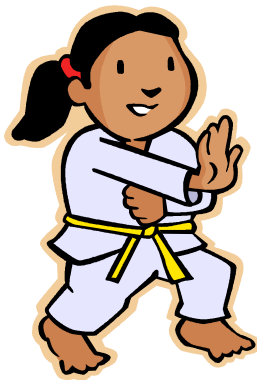
Examples of class slogans:

- **Screens Off- Fun On!**
- **Run and Play – Every Day!**
- **NO to TV and YES to ME!**
- **Great Room 8 has a reason to celebrate!**

Examples of Props: (Characters available online at Microsoft Clipart)



No Screens for Me!



Put A **STOP** to Screen Time!



Media Dunkers!

