

# LESSON SEVEN

## LESSON 7: Making Wise & Healthy Choices

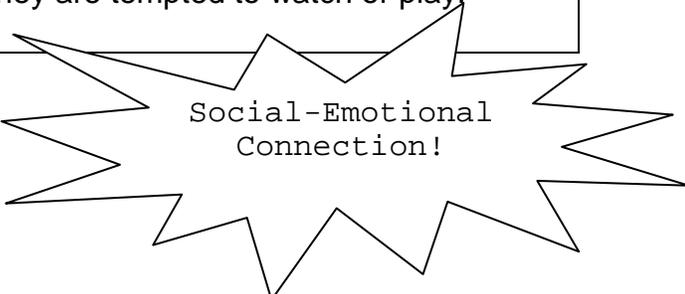
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### OBJECTIVE

- Children will develop skills & strategies to avoid screened media.

### LESSON OVERVIEW

- Children discuss *TV Temptation*.
- Children problem solve together what to do when they are tempted to watch or play.
- Parents receive a newsletter.



Social-Emotional  
Connection!

### MATERIALS NEEDED

- A Screeny Scenarios Sheet
- Parent newsletter, issue 3

### KEY TERMS

Habit

Temptation

Tempted

Scenario

Problem

Solution



#### **Family Newsletter**

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

## PROCEDURE

### Step 7.1: Children Discuss Ways to Fight TV Temptation

- **Ask Children:** Now we're on day \_\_\_\_\_ of the Screen-Free Challenge. How is it going? (Allow for responses.) Has someone at home been helping you fill out your journal page every night? (Allow for responses.)
- **Tell Children:** Before we started the Challenge, we were all screening quite a bit. We were in the **habit** of screening. A **habit** is something we do the same way all the time. Some of you were in the **habit** of coming home and turning the TV on and sometimes the TV would stay on until you went to bed! That's a long time, and a big waste of electricity. Remember too, we talked about three things we want more than TV and video games.

(Show visuals)

- **We want to be smart**
- **We want to be friendly**
- **We want to be healthy**
- **Ask Children:** What are some tricks that you have come up with to help you when you **really** want to watch TV or play a video game? (Allow students to respond and write tips down for reference. Prompt as needed)

*Examples/Prompts:*

- Stay out of rooms that have a TV in them.
- Hide the TV, cover it with a blanket or put a "Challenge in Progress" sign over the screen.
- Go outside and play.
- Do something fun when you usually turn on the TV such as after school.
- Ask someone in your house to help you think of something else to do.

### Step 7.2: What is Temptation?

- **Tell Children:** Sometimes, it is really hard to stay away from TV and video games. Today, we're going to think of a few ideas of what to do and what to say when you feel like you are about to watch TV or play a video game. It is called a **temptation** when you *really* want to do something or have something and you feel like you won't even be able to stay away from it. We can be **tempted** by other things besides TV. Sometimes we are tempted to eat candy or other snacks that are not very good for us. Let's talk through a couple of **scenarios**. A **scenario** is little story of something that might happen to you or a friend. We will listen for the **problem** in each scenario and then we'll see if we can come up with a good way to handle it. That's called a **solution**. Are you ready?

These are called Screeny Scenarios. Why do you think they are called that? (Accept responses, prompt as needed)

# Screeny Scenarios Sheet

## Screeny Scenario #1

You get home from school and someone is watching one of your favorite shows on TV.  
What can you do? (Allow children to offer some ideas and write them down for reference later.)

Some examples:

- Grab a snack and go outside to play.
- Go to another room and do something else.
- Put some music on in another room so you can't hear the TV. Then it won't be so tempting.
- Remind them that you are having a turn-off and maybe they would agree to turn off the TV.

**Note:** Discuss not getting upset with them if they choose to keep watching and how to choose another idea if the first one doesn't work. Hold out your hand and visualize putting the ideas in your hand. If one doesn't work, take it and toss it over your shoulder and try another one. This is a motor/visual reminder to help kids as they learn to go through the steps to solving a problem.

## Screeny Scenario #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 can you do?

Some examples:

- Turn on some music instead
- Say to yourself, "I can do this. I don't need TV this morning."
- Let someone know that you are tempted to turn on the TV so they can encourage you not to.

## Screeny Scenario #3

You are over at a friend's house and they turn on the TV to watch a new movie.  
What can you do? What can you say?

Some examples:

- You could tell them about the Turn-Off and see if they want to think of something else to do.
- You could ask them if they want to go outside to play.

**Note:** If nothing works and the friend just really wants to watch that movie, they may need to be really strong and say they need to go home. That would certainly take a lot of courage! Remind them too that they don't need to be angry or upset with their friend. They just need to make their own SMART and healthy choices.

# Take the Challenge

Family Newsletter

Early Childhood Edition

Issue Three

## What Have We Been Up To?

Your child's preschool or childcare began the Screen-Free Challenge a few days ago with an exciting opening ceremony.

Now students are learning about the fun things they can do when they are not watching TV or playing video games.

Your child brought home two "Challenge in Progress" signs to cover the screens. Hopefully, these signs will remind him/her to find something else to do instead of watch TV. They may even help the whole family try something new!

During the Screen-Free Challenge, children need family support. Any help and encouragement you can offer will help your child steer clear of the screens.

The whole family may want to join in the Challenge to see what neat things can happen when everyone has to think of new and exciting things to do!

## Screen-Free Journals

Please remember to sign your child's journal page each night. And don't forget to send it back at the end of the Challenge. Soon after that, we will report on the results of our Screen-Free Challenge.

### **Your child is learning to make smart & healthy media choices!**

The kids have been discussing *Screeny Scenarios*. These are situations that may arise at your house or at a friend's while the Challenge is happening. We have been practicing what we can do and what we might say when we are tempted to watch TV or play a video game. We also talked about not getting angry or upset with family members or friends who are not doing the Challenge and how it is important for us to make our own smart & healthy choices and not worry so much about what others choose to do.

Many of the solutions we came up with included the reactions of family members and friends. We talked about how it would be if family members were supportive and encouraging and then we talked about what to do if, for instance, a sibling is less than eager to turn off a show they are watching. The kids are practicing letting go of that first idea to get upset and choosing another, more appropriate one.



# Making the most of the Screen-Free Challenge

Here are more fun things for children and adults to do while the TV and video games are turned off:

- **Draw/Paint/Create.** Without TV, you'll have more time to do creative and artistic projects. Think of a theme and let their imaginations run wild. Get an empty appliance box and make it into a space ship. Of course, then you'll need space gear and moon boots!
- **Make music.** Encourage children to listen to music and make their own with instruments or things around the house. A spoon and a cup can be great percussion tools.
- **Perform for others.** Many kids love to entertain. They can create a dance to a song or act out a skit for the family. Puppets are another great way to encourage children to be dramatic.
- **Make a plan.** Think of a museum or park the family would enjoy. Plan to go there on a Saturday morning when kids are usually watching cartoons. Help your child make a map of where you will go at the park or plot it out on a map you may already have. Some parks have maps online.
- **Go to the library.** Kids and parents can discover new interests and authors. Pick out a new book or sit down with a magazine. There is no better way to role model the importance of reading books than let them see you doing it.
- **Enjoy quiet time.** Sit outside and listen to the sounds around you and write down as

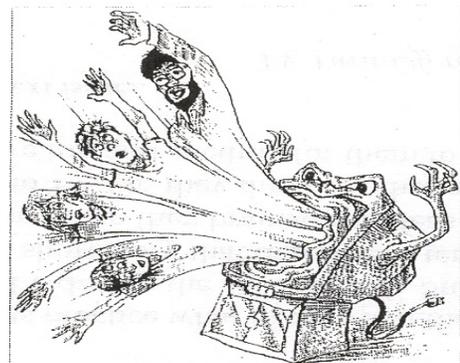
many things as you can in 5 minutes. Once children realize they can't turn to the TV or

play video games, they will create their own entertainment. Kids can be great at thinking of fun things to do, especially after their brains are tuned off of the tube. Sometimes it takes a couple of days for a successful *detox*. ☺



## Some Scary Stats

- The average school-age child spends 1,500 hours a year watching television. That same child spends only 900 hours a year in school.
- In the average U.S. home, the TV is on almost 7 hours a day.
- While eating dinner, 66% of Americans watch television instead of talking to each other.
- 73% of parents say they would like to limit their children's television viewing.
- About half of all Americans feel they watch too much television.
- 70% of day care centers use the TV during a typical day.



Sometimes I am tempted to watch too much TV or play too many video games. I have to think of a solution to my problem.

I can \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Or

\_\_\_\_\_

\_\_\_\_\_

I have two good solutions to my temptation problem. Here is a picture of my favorite one.