

# LESSON

# Eight

## LESSON 8: Awards Ceremony

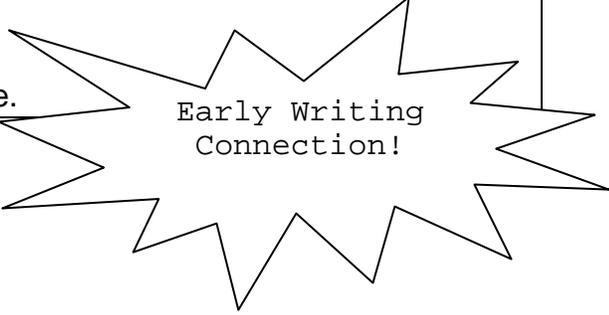
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### OBJECTIVE

- Children will celebrate their effort and success in completing the Screen-Free Challenge.

### LESSON OVERVIEW

- Children are welcomed to the awards ceremony.
- Children receive awards.
- Children take a new stand.
- Children write about their favorite part of the Challenge.



Early Writing  
Connection!

### MATERIALS NEEDED

- Certificate of Participation: 1 per participating student
- Parent Newsletter
- Smart, Healthy, & Friendly posters, 1 per child
- Writing Prompt PSW 8

### OPTIONAL MATERIALS

- Camera
- Ceremonial Music
- Paint sticks for posters
- Gift certificates/awards

### KEY TERMS

Wise

Certificate

Memento

Souvenir



### Parent Newsletter

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

## PROCEDURE

### Step 8.1: Closing Ceremony

**[Note to Teacher]:** This lesson should fall as close to the last day of the Screen-Free Challenge as possible.

- **Tell Children:** You should all feel very proud of yourselves! You made it all the way to the end of the Screen-Free Challenge. This was a very “grown up” thing for you to do. There aren’t very many big people who could go a whole week with no TV! We hope that you will keep making wise choices for a long, long time. Just because the Challenge is over doesn’t mean you have to turn the TV on as much as it was before. Remember how much time we used to spend watching TV? (Show the chart if available or just remind them of the number of hours spent according to the class log)
- **Tell Children:** We hope that you learned a lot about how to fight off temptation when you are trying to change bad habits. And we sure do hope you found lots of really fun things to do instead of watch TV or play video games. We know now that there are much wiser and healthier ways to spend our time. To make a wise choice means to make a *smart* choice. We want you all to stay Media Wise!

### Step 8.2: Certificates & Prizes

- **Tell Children:** It’s time to hand out certificates (and prizes if included). Everyone who worked hard and did their best will receive a Certificate of Participation. A certificate is a special piece of paper with your name on it and what a great job you did at something. For this certificate, you did a great job with the Screen-Free Challenge. You can keep it as a memento or souvenir of our adventure. That’s something special that will help you remember our adventure whenever you look at it. I also have a picture of each of you with your Spirit Prop. That will also be a nice memento. When I call your name, come up to get your certificate and picture.

**Note:** Awards may include YMCA passes, gift certificates, treat coupons, etc.

Distribute *Certificates of Participation* and pictures (and prize if applicable)

**Tell Children:** Congratulations everyone! You have done an excellent job of showing your family and friends and everyone here at (daycare/preschool) how important it is to make wise media choices.

### Step 8.3: Wrap-Up

- **Tell Children:** I want to thank all of you for participating in the Screen-Free Challenge. You have done a fantastic job!
  
- **Tell Children:** Now just because the Challenge is over, doesn't mean our job is done. Next time we meet, we will be training each of you to be Media Police. Our new goal will be to spend *less* time in front of the screen than before the Challenge. This means that you will need to keep a careful eye on how long you watch TV and play video games each week so that you don't go back to those unhealthy media habits. After doing such a great job with the Challenge, watching a little less TV than you used to should be easy for you. As an official member of the Media Police, you will be in charge of watching for those bad habits to come creeping back in to take over. You will need to work hard to keep yourself and your family safe. Now let's take a stand! I have our posters here and we are going to split up into 3 groups. *This group* (pointing) will stand when "Healthy" is held up, *this group* (pointing) when "Friendly" is held up and *this group* (pointing) when "Smart" is held up. Okay, let's practice.

Practice several times and then invite others to come and see the children. (Other classes, staff, parents, the newspaper...☺)

- **"We want to be Healthy!" (hold up sign)**
- **"We want to be Smart!" (hold up sign)**
- **"We want to be Friendly!" (hold up sign)**
- **Everyone cheer wildly! (holding up all signs! ☺)**

**Note:** You may want to print posters on cardstock and attach a paint stick to the back so children can hold them up.

**Note:** Take a photo of students holding their certificates to frame and display. You could also send home a copy with each child. It might be a fun extension activity to make frames for their pictures.

**Note:** If the director/teacher or other adult agreed to a Super Silly Incentive during the Opening Ceremony, announce when that event will take place. Don't wait too long as it might be an easy one to avoid. ☺ And, as we know, incentives are most effective when received immediately after a goal is accomplished.

The Screen-Free Challenge was really FUN!

My favorite part was \_\_\_\_\_

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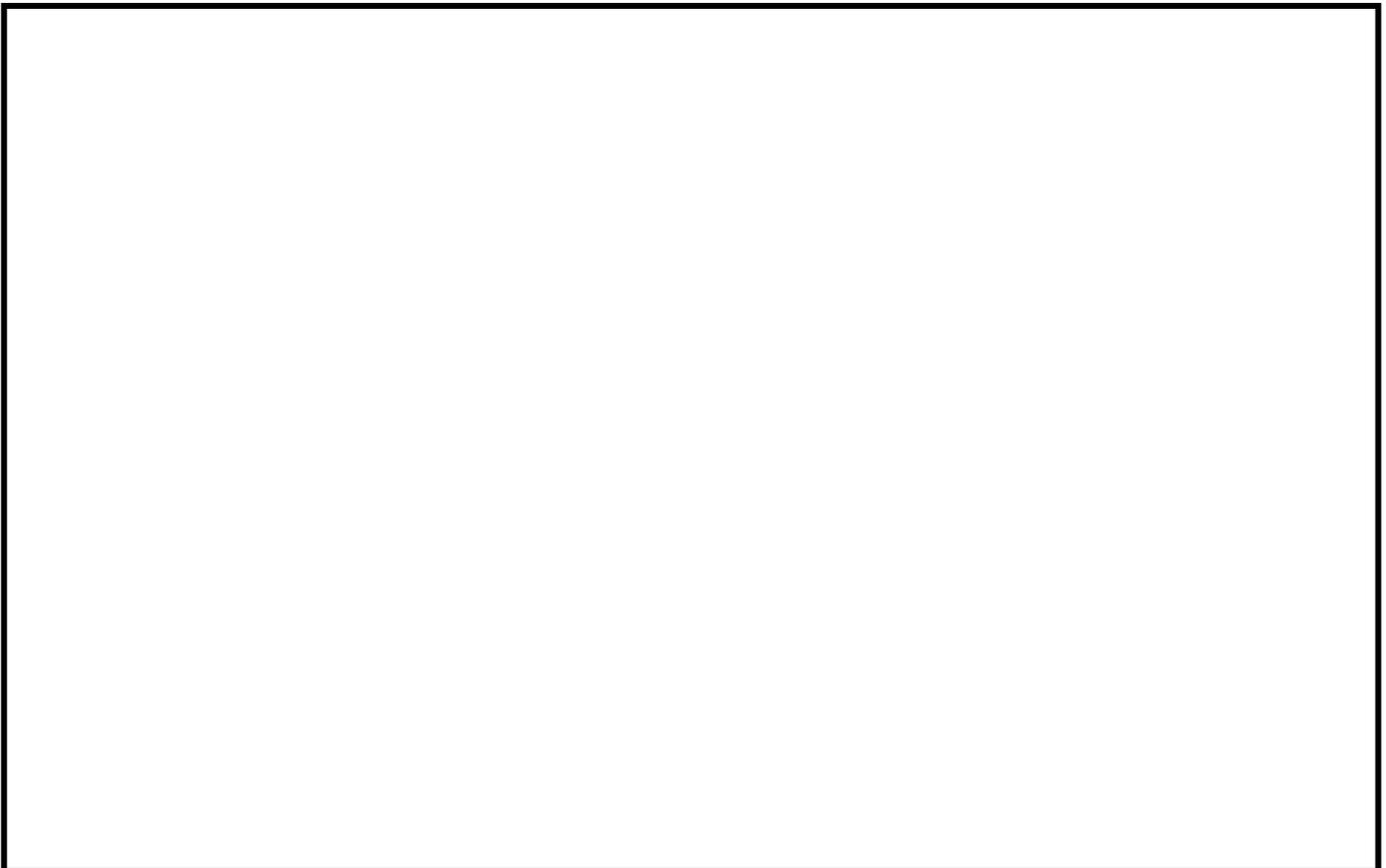
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Here is a picture of my favorite part.



# Take the Challenge

Family Newsletter

Early Childhood Edition

Issue Four

## Hurray!

The Screen-Free Challenge was a great success! Thanks to everyone who participated. The kids celebrated their accomplishments with an awards ceremony. During the event students received certificates for their efforts.

We hope that everything learned during the Challenge will be remembered for years to come. You may even want to try holding a Screen-Free Event with your family at other times of the year! Summer is a great time to find other, healthier things to do outdoors.

This week, children will be trained to be Media Police. The goal of the Media Police is to help keep their homes and families safe from a Media Take-Over. We are hoping that every family can commit to having healthier media habits than before the Screen-Free Challenge.



**Congratulations to everyone  
who took the challenge!**

## Ways to Reward:

There are several ways to reward a child for ongoing efforts to maintain wise and healthy media habits:

- A daily checklist could be done to keep track of media use.
- A weekly incentive could be attached to a successful week.

Weekly rewards should motivate your child, but not be so grand that they become the main focus. You can reward your child each week for staying under a certain amount of time in front of the tube.

Here are some reward ideas:

- Staying up late one night (but not to watch TV)!
- Picking out a new book or game. (not video)
- Dad & Me or Mom & Me Time is special one-on-one time with your child doing an activity your child enjoys. You can have a few favorites (preapproved by you) to choose from in a container. That way, no disappointments.
- Inviting a friend to stay over. Build a tent...
- Earning a **small** extra allowance. Young children are so thrilled with small amounts of money and they are never too young to start teaching them how to save their pennies.
- Family Game Night.
- Going outside and exploring a park or trail with family and friends.
- A Mystery Trip- How about a trip to a museum, the aquarium or a forest, but don't tell them where they are going!

## How Much TV is okay?

Not all TV is bad for kids. Parents need to be aware of the effects of too much TV and then focus on monitoring how much and what types of media their child is using. Take a moment to stop and listen to the characters in some of their favorite cartoons. You may find that they are not consistent with your views and values at all. The topics may not be appropriate for your child and the ways of showing respect or solving problems may certainly not be what you would want to see in your home.

If your child plays video games or has an older sibling who does, take some extra time to really check these out. Many games contain violence and profanity. Don't rely too heavily on the rating, look at it for yourself. How much is okay? That is a personal decision but a limit of 1-2 hours/day would be a good start. No one is going to look out for your kids if you don't.



## How Can You Help?

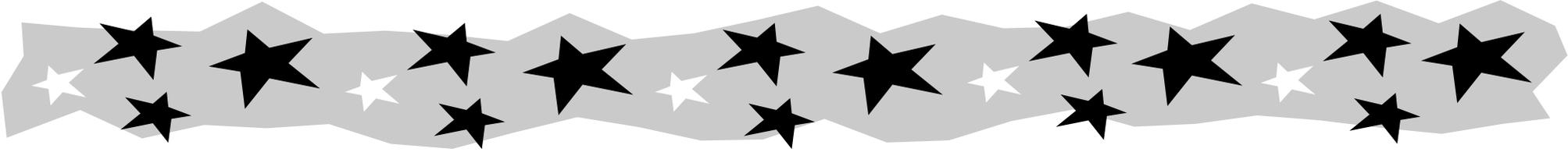
- 1. Other Activities.** Try creating a table for crafts or a mini library where your kids can go to spend their time. Join in with your child by reading or making something new with her or him.
- 2. TV Location.** The TV is often in a central location in people's homes. Think about moving the television, covering it up with a decorative cloth, or putting it in a cabinet. This will keep family members from watching TV just because it's there.
- 3. Praise.** Tell your child she or he is doing a great job with a difficult task. Encourage your child when he or she chooses alternative activities. Offer praise when they remain calm and respectful.
- 4. Role Model.** Do your best to limit your own TV use. This will make it much easier for your child to stay within a healthy limit. You could be a great example for the whole family.

## Media Police

Your child will be training to become an official media police officer. Their duties will be to watch over your home to ensure that screening habits do not become as unhealthy as they were before the Screen- Free Challenge. We are hoping that this will be an incentive to keep media reduction on your child's mind throughout the year so those poor media habits don't come creeping back in to take over.

While we are training the children to keep a watchful eye and to make a plan of action, we are also training them to be sensitive to individual preferences. We hope that you won't be seeing any bossy or demanding behavior at home. We are also working on attitude. We hope that you won't see any outbursts of strong negative emotions if others in the family don't feel as strongly about media reduction. These are tough life lessons for a preschooler as life most certainly revolves around them. 😊 So please be patient with our newly formed police force.

We will be spending a bit of time each week discussing how it's going with those wise and healthy media choices. We will continue to challenge students and encourage them to stick with it. It takes some time to really make a solid change in a habit. The more TV is valued in the home, the harder it will be to hang in there.



# Congratulations!

This Certificate of Participation  
is awarded to

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for making wise & healthy media choices during the  
***Screen-Free Challenge***

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**Teacher/Provider**

**Date**

