

Preschool
Take the Challenge * Take Charge
Lessons at a Glance

Lesson 1: What is Media?

- ☞ Discuss different types of media
- ☞ Identify which are screened media
- ☞ Brainstorm screened activities
- ☞ Categorize & chart screened activities
- ☞ Early Writing Connection
- ☞ Parent Newsletter 1

Lesson 2: Screen Time

- ☞ Introduced to and practice using Screen-time Log
- ☞ Families record screened media for 3 days
- ☞ Early Math Connection

Lesson 3: Let's Have FUN!

- ☞ Discuss and chart activities children enjoy
- ☞ Discuss negative affects of too much screen time
- ☞ Discuss positive affects of choosing FUN activities
- ☞ (Healthy, Friendly, & Smart)
- ☞ Learn & sing the TV Song
- ☞ Early Writing, Social-Emotional & Music Connections
- ☞ Parent Newsletter 2

Lesson 4: Too Much Screen-Time

- ☞ Turn in and discuss Screen-time Logs
- ☞ Discuss the Screen-Free Challenge and changing media habits
- ☞ Create a class or individual Spirit Prop
- ☞ Early Math & Art Connections

Lesson 5: Instead of Screens

- ☞ Choose and attach FUN activities to Instead of Screens, I Can...sheets
- ☞ Cover the screen with completed sheets
- ☞ Early Writing Connection

Lesson 6: Screen Free Kick-Off

- ☞ Participate in the Kick-Off Ceremony
- ☞ Review & sign a Screen-Free Challenge Contract
- ☞ Receive a Screen-Free Challenge Packet
- ☞ Early Writing & Social-Emotional Connections

Lesson 7: Making Smart & Healthy Choices

- ☞ Discuss TV temptation
- ☞ Problem Solve what to do when tempted to watch or play
- ☞ Social-Emotional Connection
- ☞ Parent Newsletter 3

Lesson 8: Awards Ceremony

- ☞ Participate in Awards Ceremony
- ☞ Receive awards/certificates of participation
- ☞ Kids take a new stand
- ☞ Early Writing Connection
- ☞ Parent Newsletter 4

Lesson 9: Calling All Media Police!

- ☞ Children trained to be official media police officers
- ☞ Begin Media Wise Sessions & using Screeny Scenarios
- ☞ Take home letter on Family Media Planning Meeting
- ☞ Families take a new stand
- ☞ Early Writing Connection

