March Lesson: Screen Break

Goals:
- Students will learn the term screen time
- Students will learn the risks of too much screen time
- Students will brainstorm ideas to reduce screen time at home

Audience (grades): *3rd*

Materials:
- Internet / projection screen
- Paper and pencils

Common Core Standards Taught:
- English Language Arts: Speaking and Listening: 3.1
  - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 3 topics and texts, building on others' ideas and expressing their own clearly.
  - Follow agreed-upon rules for discussions (e.g. gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).

Lesson:

Last month we talked about exercise. Raise your hand if you can remember one of the three main types of exercise and how it helps your body.

1. Cardiovascular or cardio keeps your heart strong and helps you maintain a healthy weight. Anything that gets your heart racing and leaves you out of breath is cardio.
2. Strength training keeps your muscles strong and helps you keep your balance.
3. Flexibility or stretching lengthens and loosens your muscles so you don't pull a muscle and hurt yourself. They are also a great way to relax.

Who exercised 60 minutes a day or increased how much they exercised last month? Great Job!

(Show slide 1)This month we're going to talk about limiting screen time. Who has heard the phrase "screen time" before? Raise your hand if you can tell me what it means. (time spent watching television, playing video games, surfing the Internet, using a computer, etc)

The American Academy of Pediatrics recommends limiting screen time to 2 hours or less a day. Why do you think they recommend that? What's wrong with spending time in front of a screen? (Show slide 2)

- You have less time to play actively. Exercise and active play keep us healthy and help us maintain our weight.
- It increases snacking on unhealthy foods like chips and crackers. When people are watching TV, playing video games or using computers, they don't pay attention to how much they are eating so they tend to eat more.
- Elementary children who have televisions in their bedrooms tend to do less well on tests than those who don't.
- Watching too much TV makes is harder to fall asleep and get the rest you need.

(Show slide 3) So now that we know why it's important, let's come up with some things we could do to limit our screen time. You could play outside, play a sport, read, learn to cook.

You can also set limits to your screen time. Here are some tips to help you get started:

1. Make screen time special: choose a show or game you really enjoy.
2. When a T.V. program ends, turn the T.V. off, don't channel surf.
3. Set a time limit for how long you'll play video games or use the computer.
4. Do not eat meals or snack while using electronics.

(Break class into small groups for brainstorming ideas for limiting tv.)

 (Show slide 4) We're going to have a brainstorming competition. Each group will try to come up with as many ideas as possible for limiting screen time. Here are some things to think about. What could you do with your family? How about with your friends or by yourself? What tools can help you make sure you are limiting your screen time? Write down your answers so you don't forget. You have 2 minutes. Go!

(After two minutes have each group read their ideas. Record the number of ideas each group comes up with using tally marks.)

You've come up with some great ideas! Over the next month why don't you try some out and see which you enjoy the most.

Optional:
Have the students write in a journal about their efforts to reduce their screen time.
- Did they try any new activities? What was their favorite?
- After a few weeks of reducing screen time, do they miss it? Did they spend more time with friends and family? What was the biggest change they noticed?
- Were there any particular strategies they found most useful?

Have student keep log and chart of their screen time.
- How much did their screen time decrease over time?
- What was their average starting screen time and average ending screen time?