



Healthy 8 Screen Time

Key focus points

- Screen time = TV, computer, IPad, phones, tablets
- There are many other fun things you can do instead of playing with screens!
- Try to make TV time educational - watch it with your parents and have discussions or watch educational shows

Previous Lesson Recap

Last week we talked about energy in and energy out and how to balance these to live healthy lives! Can anyone tell me what energy in means? What about energy out?

- Energy In: is healthy foods and drinks that give our bodies energy and make us grow
- Energy Out: is physical activity like playing that uses our energy and makes us strong.

Lesson Intro

Today, we are going to learn about healthy screen time habits. First we will learn what screen time means and then we will talk about alternatives to screen time and ways to make it healthy!



Healthy 8 Screen Time

Lesson Prep

- Make copies of the activity dice template and activity cut-outs for each child.
- Cut out enough activity pictures for each child to have at least 6 each.
- Activity set up: hand out dice template, cut-outs, glue sticks, and coloring supplies for children

Supplies

- Markers/colored pencils
- Dice template
- Glue sticks
- Book “The Berenstain Bears and Too Much TV!”
- Parent newsletter
- Alternative activity cut-outs



Healthy 8 Screen Time

1. Introduction:

- *What does screen time mean to you? What are different types of screens?*
 - TV, phone, iPad, video games
- *How much time do you spend each day playing with different screens?*
 - FUN FACT: Children spend more time using screen media than any other activity other than sleep.
 - By the time today's children are 30 years old, they will have spent 10 years of their lives watching TV!
- *What is something you can do instead of screen time?*
 - Play with friends/family, read a book, play with toys, play outside
- *What are ways you can make screen time healthy?*
 - Watch educational shows, take exercise breaks during commercials, having discussions with friends/family after or during the show, play educational video games
- *It is important to limit the amount of time you spend in front of a screen. This takes away time that you could be spending outside, being active, or with your friends/family.*

Optional Connection Time (See Page 7)



Healthy 8 Screen Time

2. Activity:

Today we are going to do a small craft! Each of you will go back to your seat and create an activity dice to help us think of fun activities we can do besides screen time using the materials on your table.

- Set up supplies for children to glue, cut, and color on dice template.
- Show students an example of what their activity dice could look like. Allow students to glue whatever pictures they think they would do instead of screen time. Talk to them about other things they might like to do besides watch TV or play video games as they work on this activity.

Good job! You guys did a great job making your dice for activities you can do instead of watching T.V! Next time you are looking for something to do, you can always roll your dice and let the luck of the roll decide what you can do.

Adaptation

If you are unable to print out activity pictures provided in the lesson you can have Sprouts draw and color in pictures of their favorite activities.



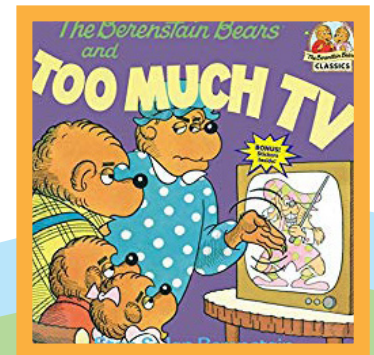
8 Healthy Screen Time

3. Book “The Berenstain Bears and Too Much TV!”:

Now we are going to read “The Berenstain Bears and Too Much TV!” to see how the Berenstain Bears deal with screen time.

Guiding questions

- *What is it that mama bear does not like about the T.V.?*
- *What did the Berenstain Bears stop doing once they started watching too much TV?*
 - Playing outside, having conversations at dinner
- *What are some of the things the bears did instead of watching TV?*
 - Nature walks, play outside
- *What did the bears do when Papa Bear decided to keep watching TV at the end? If you're parents are watching TV does that mean you have to too?*



Berenstain, The Berenstain Bears and Too Much TV!
Random House New York, 1984



Healthy 8 Screen Time

4. Recap:

Today we talked about healthy screen time habits. We learned that there are other fun things to do besides spending time in front of screens

- *Can someone remind me what the different types of screens are?*
- *What activities can we do instead of playing with screens? Or how can we make screen time healthy?*



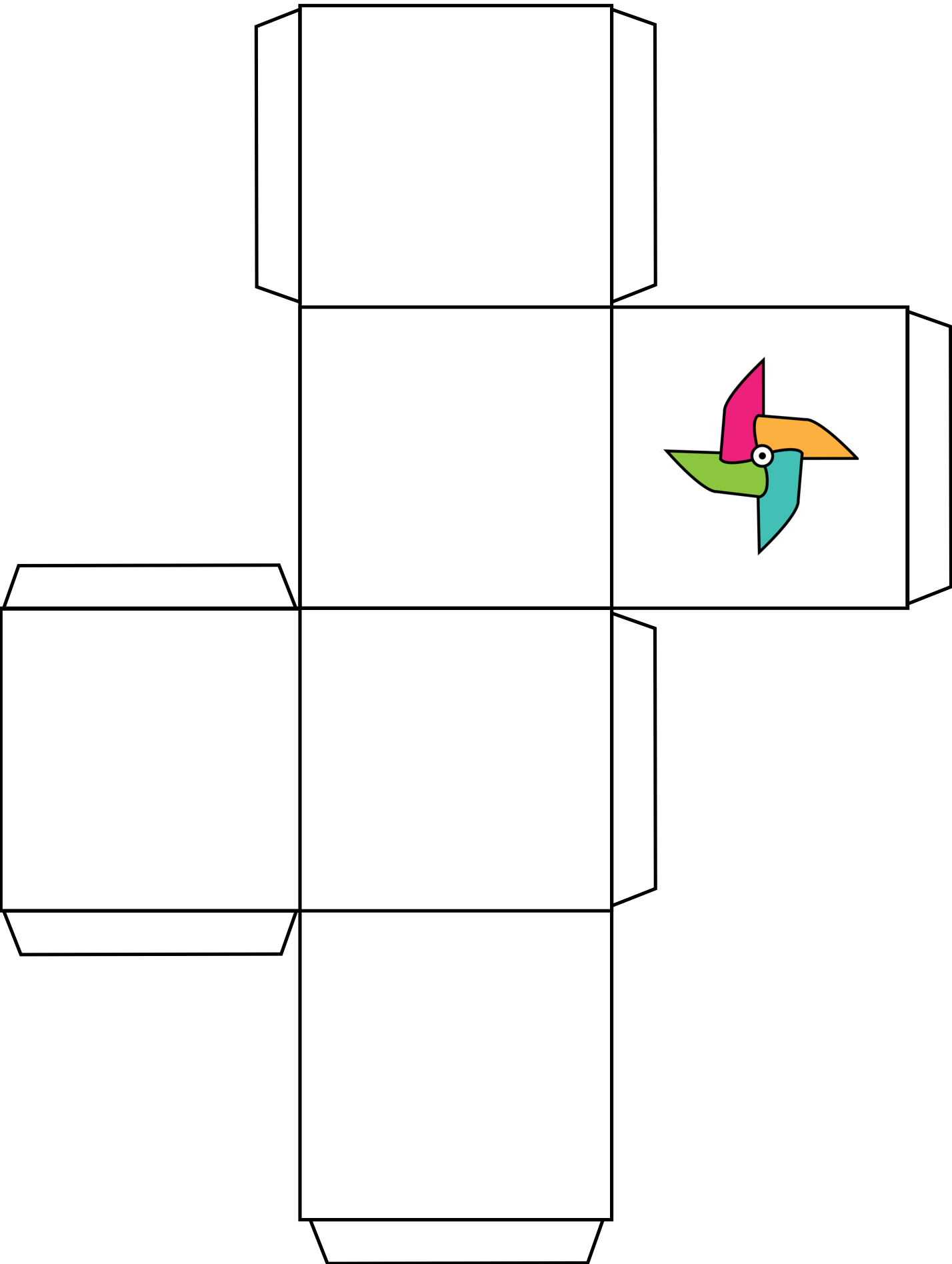


Healthy 8 Screen Time

Optional Connection Time

When have you shown a video in your class or in your program that has helped you teach a lesson? Talk about this experience with your Sprouts.







Make a show with acting



Play a board game



Play doctor



Color and draw



Help with dinner and cooking



Make a craft



Dance



Build a fort



Play with dolls



Play with a pet



Play in the snow



Play with toys inside



Play Outside



Read a book



Be active with your family



Have a tea party



Put together a puzzle



Take a nap



Play hide and go seek



Ride your bike



Bake and decorate cookies



Play dress up



Write a letter



Make up a new game

Healthy Screen Time

Did You Know?

- More than half of today's children have a television in their room.
- Making dinner time screen-free can help families grow closer together.
- Language skills are developed through interactions with others and reading. Try reading a book together or talking about your day.
- Playing the actual sport burns more calories than the video game counterpart.



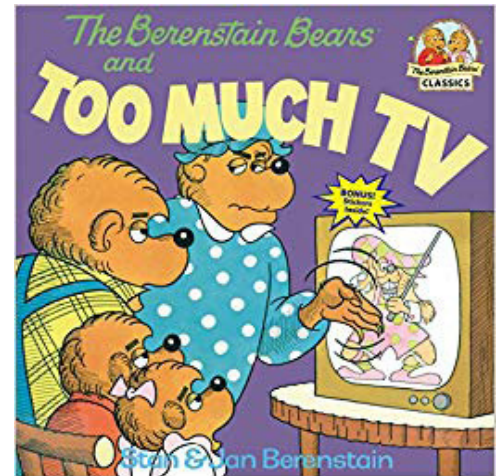
Take Action!

Try these activities with your child:

- Read a book.
- Play a sport or other activity.
- Find something new to learn about with your child.
- Use TV for educational purposes.

Healthy Screen Time

This lesson focused on explaining what screen time is, like television, video game, phone/ tablet usage, or computer usage. The lesson also talked about some activities that children can do instead of watching TV or playing video games. A fun book to consider is “The Berenstain Bears and Too Much TV.”



Reasons to Limit Screen Time

Limiting children’s television time to 2 hours a day or under is important for multiple reasons.

- Young kids are vulnerable to the influence of commercial advertising, as they do not have the capacity to evaluate it critically.
- Children who watch more TV are more likely to consume soft drinks and snacks, which are heavily advertised on television.
- Children who spend more time “consuming media” are less likely to spend time “creating media.” It is important to let them enhance their creativity!
- Some screen time is okay, try to incorporate educational screen time like educational games or shows that get children thinking into their limited screen time.