KidsHealth in the Classroom

KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyyouth/sher/standards

Grades 3 to 5 • Personal Health Series

Screen Time

Spending too much time watching TV, playing video games, or using a computer, tablet, or smartphone can increase kids' chances of becoming overweight, decrease school performance, and interfere with relationships with friends and family. The following activities will help your students learn the importance of choosing healthy, active alternatives to being glued to a screen.

Related KidsHealth Links

Articles for Kids:

Are Video Games Bad for Me?
KidsHealth.org/kid/talk/qa/video_gaming.html

Why Exercise Is Cool
KidsHealth.org/kid/stay_healthy/fit/work_it_out.html

It's Time to Play
KidsHealth.org/kid/stay_healthy/fit/what_time.html

How to Pick a Great Book to Read
KidsHealth.org/kid/grow/school_stuff/find_book.html

Be a Fit Kid
KidsHealth.org/kid/stay_healthy/body/fit_kid.html

What if I Don't Like Sports
KidsHealth.org/kid/stay_healthy/fit/no_sports.html

Computers Can Be a Real Pain
KidsHealth.org/kid/watch/house/k_ergonomics.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. How can spending too much time watching TV, using a computer, or playing video games affect your health?
2. Why is it important to be active, play sports, or just play with friends every day?
3. What are some of your favorite physical activities? List active things you can do inside and outside.
4. Not counting using a computer for homework, kids shouldn't spend more than 2 hours a day in front of screen (TV, computer, mobile device). Do you think it's important for grown-ups to follow this advice, too? What are some ways your family can be active together?

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Screen Time

Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Pulling the Plug on Screen Time

Objectives:

Students will:

- Brainstorm ways to replace screen time with other fun activities

Materials:

- Old magazines
- Paper, scissors, and paste or tape (pencils, crayons, or markers for extension)

Class Time:

- 1 hour

Activity:

Today we're going to think of all the fun things you can do that don't involve a TV, computer, tablet, or smartphone. So make a list of at least 10 screen-free activities that you like, or that you'd like to try, then find or draw pictures of those activities. Create a 1-page collage of your coolest screen-free activities – but don't put your name on it. We'll put all those collages in a pile, then everyone will get a turn to pick one out at random and we'll try to guess whose collage is whose.

Extension:

Ask students to put their screen-free collage on their refrigerators at home as a reminder, and to collect a list of a family member's top 10 screen-free activities as homework.

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KidsHealth in the Classroom

Grades 3 to 5 • Personal Health Series

Screen Time

Keeping an Eye on Screen Time

Objectives:

Students will:

- Track the amount of time they spend watching screens for 2 weeks
- Replace TV, computer, tablet, smartphone, and video-game time with healthier activities

Materials:

- "Keeping an Eye on Screen Time" handout
- Pencil or pen

Class Time:

- 35 minutes (5 minutes to explain the activity, 30 minutes discussing results after tracking screen time)

Activity:

How much time do you think you spend watching TV, playing video games, and using a computer, tablet, or smartphone in a week? Five hours? Ten? If it's more than 14 hours, you're spending too much time in front of a screen! Too much screen time could affect things in your life, like how well you do in school, how much physical activity you get, and how well you get along with your family and friends. For the next 2 weeks, use the "Keeping an Eye on Screen Time" handout to record your habits. For the first week, count the hours you spend watching TV; using a computer, tablet, or smartphone; and playing video games. For the second week, try to cut down on screen time and use that time to do other activities. Play outside, create a piece of art, practice a sport, or read a book. The possibilities are endless, so come up with a list of fun things to do. After the 2 weeks, we'll talk about how you did.

Extensions:

1. Make copies of blank charts for each of your family members. Have a contest to see who has the least amount of screen time in a week. What were the most fun activities that didn't involve a TV, computer, video game, tablet, or smartphone?

2. Arrange to have your class, grade or school participate in the annual Screen-Free Week (visit ScreenFree.org).

Reproducible Materials

Handout: Keeping an Eye on Screen-Time
KidsHealth.org/classroom/3to5/personal/fitness/screen_time_handout1.pdf

Quiz: Screen Time
KidsHealth.org/classroom/3to5/personal/fitness/screen_time_quiz.pdf

Quiz: Screen Time
KidsHealth.org/classroom/3to5/personal/fitness/screen_time_quiz_answers.pdf

KidsHealth

KidsHealth.org is devoted to providing the latest children's health information. The site, which is widely recommended by educators, libraries, and school associations, has received the "Teachers' Choice Award for the Family" and the prestigious Pirelli Award for "Best Educational Media for Students." KidsHealth comes from the nonprofit Nemours Foundation. Check out www.KidsHealth.org to see the latest additions!

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KidsHealth in the Classroom

Personal Health Series

Screen Time

Name: **Date:**

Keeping an Eye on Screen Time

Directions: Fill in the number of hours, to the nearest quarter-hour, you spend with each type of screen during Week 1.

Week 1	Computer*	Mobile Devices*	TV	Video Games	Total Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

*not including use for homework

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KidsHealth in the Classroom

Personal Health Series

Screen Time

Name: **Date:**

Keeping an Eye on Screen Time

Directions: Fill in the number of hours, to the nearest quarter-hour, you spend with each type of screen during Week 2. Whenever possible, try to replace time in front of a screen with doing something active, even just drawing or reading a book! In the last column, write the healthier activities you did. Try to exercise, play sports, or do something else active for at least 1 hour a day.

Week 2	Computer*	Mobile Devices*	TV	Video Games	Total Hours	*Healthier activities!*
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

*not including use for homework

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KidsHealth in the Classroom

Personal Health Series

Screen Time

Name: **Date:**

Quiz

1. It's time to hit the off button when you've spent this much time in one day watching TV, using a computer, tablet, or smartphone, or playing video games:

a) 20 minutes

b) 60 minutes

c) 2 hours

d) 6 hours

2. Spending too much time on the computer can:

a) hurt your eyes

b) hurt your back

c) hurt your wrists

d) all of the above

3. True or false: Playing video games is a kind of exercise.

4. Too much screen time can interfere with:

a) being physically active

b) doing homework

c) playing with friends

d) spending time with family

e) all of the above

5. True or false: Kids shouldn't sit at a computer for more than 30 minutes without a break.

6. Exercise produces chemicals that can make you feel good. These chemicals are called:

a) endorphins

b) bile

c) white blood cells

d) plasma

7. True or false: Swimming, basketball, hockey, and jogging are all examples of aerobic exercise.

8. True or false: Push-ups, sit-ups, and swinging across the monkey bars are all activities that build muscle strength.

9. True or false: Running around on the playground counts as exercise.

10. If your wrists are starting to hurt from being on the computer too much, you may be getting an overuse injury called:

a) growing pains

b) carpal tunnel syndrome

c) acne

d) arthritis

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Quiz Answer Key

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