



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/healthyschools/sher/standards/index.htm

With video games at home, computers at school, and TVs just about everywhere, screens are hard to avoid. Spending too much time watching screens can affect students' health and their performance in class. These activities will help your students understand how and why to limit their screen time.

Related KidsHealth Links

Articles for Kids:

Are Video Games Bad for Me?

KidsHealth.org/en/kids/video-gaming.html

Why Exercise Is Cool

KidsHealth.org/en/kids/work-it-out.html

It's Time to Play

KidsHealth.org/en/kids/what-time.html

How to Pick a Great Book to Read

KidsHealth.org/en/kids/find-book.html

Be a Fit Kid

KidsHealth.org/en/kids/fit-kid.html

What if I Don't Like Sports

KidsHealth.org/en/kids/no-sports.html

Discussion Questions

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

1. What do you like to do when you aren't in school?
2. How much time do you spend watching TV, using a computer and playing video games each day?
3. Why is it important to be physically active every day? What can you do to be more active every day?
4. What are some things your family can do together instead of watching TV?



Activities for Students

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

Going Screenless

Objectives:

Students will:

- Explore ways to have fun without a screen

Materials:

- White paper
- Markers or crayons

Class Time:

- 30 minutes

Activity:

Think about your favorite app, video, or computer games and what makes them fun. Now we're going to divide the class into two teams and make up our own game - writing down as many fun things as possible that don't include TV, computer, tablet, smartphone, or video game screens. The team with the most ideas on their list after 10 minutes wins. (Tally up the points and then compare each list.) Now, draw a picture of you doing your most fun thing without a screen.

Extension:

Have students create a poster or decorate a classroom or hallway wall showing their favorite screen-free activities.



All Aboard the Screen-Free Train!

Objectives:

Students will:

- Keep track of their screen-free choices for a week

Materials:

- “All Aboard the Screen-Free Train” handout

Class Time:

- 10 minutes a day for 1 school week

Activity:

This week, whenever you’re about to turn on the TV, play a video game, or grab your tablet or smartphone, STOP - and take a ride on the Screen-Free Train instead! I’m going to put the engine of the Screen-Free Train on the board to start us off, and I’ll give you passenger car sheets to take home. Every time you choose an activity at home that doesn’t use a screen (for example, reading, drawing, dancing, playing outside), just write or draw a picture of the activity on the passenger car, along with your name, and bring it back to school. Each day we’ll add new passenger cars to the Screen-Free Train. Let’s see how long we can make the Screen-Free Train!

Extensions:

1. Have students discuss in class (or keep a journal) what it was like to go screen-free for a week.
2. Arrange to have your class, grade or school participate in the annual Screen-Free Week; visit ScreenFree.org.

Reproducible Materials

Handout for Teachers: All Aboard the Screen-Free Train!

KidsHealth.org/classroom/prekto2/personal/fitness/screen_time_handout1.pdf

Handout for Students: All Aboard the Screen-Free Train!

KidsHealth.org/classroom/prekto2/personal/fitness/screen_time_handout2.pdf

Quiz: Screen Time

KidsHealth.org/classroom/prekto2/personal/fitness/screen_time_quiz.pdf

Answer Key: Screen Time

KidsHealth.org/classroom/prekto2/personal/fitness/screen_time_quiz_answers.pdf

A large, stylized black and white illustration of a train. The train is oriented horizontally, facing left. It has a rounded front, a flat roof, and a series of rectangular windows along its side. The text "Screen-Free Train" is written in a large, bold, sans-serif font across the middle of the train's body. The train is shown on a solid black track.

Screen-Free Train



Personal Health Series Screen Time

Name: _____

Date: _____

All Aboard the Screen-Free Train

Directions: Write or draw a picture about the activity you did – instead of watching TV, playing video games, or using a computer – on this Screen-Free Train passenger car.

A large white rectangular area intended for writing or drawing, framed by thick black horizontal lines at the top and bottom, and a decorative bottom border consisting of a series of white trapezoidal shapes on a black background.



Name: _____

Date: _____

Quiz

1. True or false: Watching TV or playing video games for a long time isn't good for your body.

2. Being physically active or exercising every day:
 - a) makes your body stronger
 - b) makes you feel good
 - c) can help you stay a healthy weight
 - d) all of the above

3. Which one of these counts as exercise?
 - a) Watching a football game on TV
 - b) Walking or riding a bike to school
 - c) Playing a basketball video game

4. True or false: Kids who spend lots of time in front of TV, video, and computer screens are more likely to be overweight.

5. Which one of these does **not** count as exercise?
 - a) playing tag
 - b) jumping rope
 - c) using a remote control
 - d) dancing



Quiz Answer Key

1. True or false: Watching TV or playing video games for a long time isn't good for your body.
2. Being physically active or exercising every day:
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3. Which one of these counts as exercise?
 - a) Watching a football game on TV
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4. True or false: Kids who spend lots of time in front of TV, video, and computer screens are more likely to be overweight.
5. Which one of these does **not** count as exercise?
 - a) playing tag
 - b) jumping rope
 - c) using a remote control
 - d) dancing