



[KidsHealth.org/classroom](http://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](http://www.cdc.gov/healthyyouth/sher/standards)

The average kid or teen spends more hours in front of a TV, computer, smartphone, and video game screen than in school. That's hours lost every day of learning, being active, and interacting face-to-face. It's a good idea for kids and teens to limit screen time to 2 hours or less per day (not counting time spent doing homework). The following activities will encourage students to discover healthier, more active ways to spend their time.

## Related KidsHealth Links

### Articles for Kids:

#### **Are Video Games Bad for Me?**

[KidsHealth.org/kid/talk/qa/video\\_gaming.html](http://KidsHealth.org/kid/talk/qa/video_gaming.html)

#### **Why Exercise Is Cool**

[KidsHealth.org/kid/stay\\_healthy/fit/work\\_it\\_out.html](http://KidsHealth.org/kid/stay_healthy/fit/work_it_out.html)

#### **How to Pick a Great Book to Read**

[KidsHealth.org/kid/grow/school\\_stuff/find\\_book.html](http://KidsHealth.org/kid/grow/school_stuff/find_book.html)

#### **Computers Can Be a Real Pain**

[KidsHealth.org/kid/watch/house/k\\_ergonomics.html](http://KidsHealth.org/kid/watch/house/k_ergonomics.html)

### Articles for Teens:

#### **Technology: 5 Ways to Reboot Yourself**

[TeensHealth.org/teen/safety/safebasics/reboot.html](http://TeensHealth.org/teen/safety/safebasics/reboot.html)

#### **Why Exercise Is Wise**

[TeensHealth.org/teen/your\\_body/take\\_care/exercise\\_wise.html](http://TeensHealth.org/teen/your_body/take_care/exercise_wise.html)

#### **Are Video Games Good for the Mind?**

[TeensHealth.org/teen/expert/school\\_jobs/gaming.html](http://TeensHealth.org/teen/expert/school_jobs/gaming.html)

## Discussion Questions

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

1. Health experts say too much screen time can get in the way of a healthy lifestyle. Do you agree? Why?
2. Do you think it's true that people act like they're "addicted" to their screens (phones, tablets, video games)? Name some problems with spending too much time glued to a screen.
3. If all your electronics suddenly went dead, what would you do instead?
4. What are some ways families can be more active together?



## Activities for Students

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

### Debunking Dr. Screen

#### Objectives:

Students will:

- Learn why too much screen time isn't good for you
- Identify alternatives to screen time

#### Materials:

- Pen or pencil and paper

#### Class Time:

- 45 minutes

#### Activity:

You've just seen the world's craziest infomercial. Dr. Screen is encouraging people to spend as much time as possible in front of a screen. He says:

- Leaving the TV on in your bedroom helps you sleep at night
- Moving a computer mouse burns hundreds of calories per day
- Playing heart-pounding video games counts as aerobic exercise
- Sitting on a couch texting is an effective way to exercise the gluteus maximus
- Texting helps build social skills

Luckily, you know better. Write a letter to the TV station explaining point by point why Dr. Screen's infomercial should be canned. Include the reasons why too much screen time isn't good for you, and some healthier activities kids and teens should be doing instead.

#### Extension:

Lead a classroom discussion on the pros and cons of smartphones and come to a consensus on or assign a 500-word essay on:

- The top 3 ways smartphones have improved the people's lives
- The top 3 problems with the ways people use smartphones



## Screen-Time Journal

### Objectives:

Students will:

- Track and try to reduce their screen time

### Materials:

- “Screen-Time Journal” handout
- Pencil or pen

### Class Time:

- 25 minutes (5 minutes explaining the assignment, 20 minutes discussing the results in class)

### Activity:

We’re going to challenge ourselves to adopt a screen-time budget. The goal is to spend no more than 2 hours a day in front of a TV, computer, smartphone, tablet, or video game screen (except for homework). Cut out four slips of paper from the “Screen-Time Journal” handout, each slip representing 30 minutes of screen time. Each time you use up a 30-minute interval in front of a TV, computer, device, or video game, place one slip of paper in an envelope. The slips are yours to spend as you wish, but once they’re all in the envelope, you’re maxed out for the day and need to move on to a screen-free activity. Using the “Screen-Time Journal” handout, keep a record of your experience. Was it easy or hard to stick to the budget? What did you learn? At the end of the week, we’ll talk about our experiences.

### Extensions:

1. Have students invite family members to try the screen-time budget plan. After a week, lead a discussion on the results and assess the effects when people support each other’s behavior-change efforts.
2. Try to use fewer slips day by day and see if you can get to zero hours of screen time by the last day.
3. Have your class, grade or school participate in the annual Screen-Free Week; visit [ScreenFree.org](http://ScreenFree.org).

## Reproducible Materials

### Handout: Screen-Time Journal

[KidsHealth.org/classroom/6to8/personal/fitness/screen\\_time\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/screen_time_handout1.pdf)

### Quiz: Screen Time

[KidsHealth.org/classroom/6to8/personal/fitness/screen\\_time\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/screen_time_quiz.pdf)

### Answer Key: Screen Time

[KidsHealth.org/classroom/6to8/personal/fitness/screen\\_time\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/screen_time_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Keeping an Eye on Screen Time

Directions: Each time you use up a 30-minute time period in front of a TV, smartphone, computer, or video game, place one slip of paper in an envelope. Once four slips (2 hours) are all in the envelope, you need to move on to a screen-free activity. Try to use fewer slips day by day and see if you can get to zero hours of screen time by the last day. On the Screen-Time Journal, record the number of hours, to the nearest half-hour, you spend with each type of screen.

Monday	30 minutes	30 minutes	30 minutes	30 minutes
Tuesday	30 minutes	30 minutes	30 minutes	30 minutes
Wednesday	30 minutes	30 minutes	30 minutes	30 minutes
Thursday	30 minutes	30 minutes	30 minutes	30 minutes
Friday	30 minutes	30 minutes	30 minutes	30 minutes
Saturday	30 minutes	30 minutes	30 minutes	30 minutes
Sunday	30 minutes	30 minutes	30 minutes	30 minutes

\*not including use for homework



# Personal Health Series Screen Time

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Screen-Time Journal	Computer*	Mobile Devices*	TV	Video Games	Total Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

\*not including use for homework

Was it easy or hard to stick to your screen-time budget? Write about your week here: \_\_\_\_\_

---



---



---



---



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

1. True or false: How much time kids and teens spend watching screens can affect their grades and even their weight.
2. True or false: Falling asleep with the TV on at night is not a healthy habit.
3. Playing video games, texting, or using the mouse for long periods can cause pain in your wrists and thumbs. This is called a:
  - a) sprain
  - b) strain
  - c) cyst
  - d) repetitive stress or overuse injury
4. According to the experts, kids and teens should exercise at least:
  - a) 60 seconds every day
  - b) 60 minutes every day
  - c) 60 hours each week
  - d) once every 60 days
5. When you exercise, your brain releases chemicals that can make you feel happier. These chemicals are called:
  - a) endorphins
  - b) bile
  - c) electrolytes
  - d) plasma
6. Each day, kids and teens should spend no more than this much time watching TV, using a computer, or playing video games:
  - a) 2 minutes
  - b) 40 minutes
  - c) 2 hours
  - d) 4 hours
7. True or false: Texting doesn't count as screen time.
8. True or false: Walking or biking to school counts as exercise.



## Quiz Answer Key

1. True or false: How much time kids and teens spend watching screens can affect their grades and even their weight.
2. True or false: Falling asleep with the TV on at night is not a healthy habit.
3. Playing video games, texting, or using the mouse for long periods can cause pain in your wrists and thumbs. This is called a:
  - a) sprain
  - b) strain
  - c) cyst
  - d) repetitive stress or overuse injury
4. According to the experts, kids and teens should exercise at least:
  - a) 60 seconds every day
  - b) 60 minutes every day
  - c) 60 hours each week
  - d) once every 60 days
5. When you exercise, your brain releases chemicals that can make you feel happier. These chemicals are called:
  - a) endorphins
  - b) bile
  - c) electrolytes
  - d) plasma
6. Each day, kids and teens should spend no more than this much time watching TV, using a computer, or playing video games:
  - a) 2 minutes
  - b) 40 minutes
  - c) 2 hours
  - d) 4 hours
7. True or false: Texting doesn't count as screen time.
8. True or false: Walking or biking to school counts as exercise.