

Alternatives to Screen Time

Learning Objectives

- I can name several ways I can stay active without the need of a screen.

Teacher Notes

- Follow along with the video.
- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

Lesson Steps: Video Outline [K.2f Video](#)

Step 1 Introduction

- Do you know your body needs daily physical activity to stay healthy and strong?
- Do you know screentime is a reason many people struggle to be active?
- Can you name ways you can stay active that don't require the use of a screen?

Step 2 Activity

- Charades Activity
 - Teacher can do this activity with the whole class or divide the class into small groups to ensure everyone gets a chance to share and guess.
 - Students will take turns acting out (without talking) things they like to do to stay active, without a screen.
- Have a class discussion as needed.

Step 3 Closure

- Do you know several things you enjoy doing that don't require you to be on a screen?

Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: The activity will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

Extensions/Connections/Applications

- The teacher can have more discussion as desired with students throughout the lesson.

Resources/References

- [Health Smart VA](#)
- [Kids Health](#)



Virginia 2021 SOL Edition
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Healthy Decisions
GRK-HP-9
Kindergarten - K.2f