



# 4-H Healthy Living

Encouraging youth to make healthy choices

**UP FOR THE CHALLENGE**

**LESSON 4**

**DECREASE YOUR SCREEN TIME**

**LEVEL: Middle School (6-8)**

<b>GOAL:</b> Children will identify ways they spend their time, and alternative activities they can do instead of watching television.
<b>KEY QUESTION:</b> What are wise choices we have to make to stay healthy and safe? Why should we limit time playing computer games and watching television?
<b>MATERIALS NEEDED:</b> <ul style="list-style-type: none"> <li>• 4-H Wheel</li> <li>• CD Player</li> <li>• Markers, pencils</li> <li>• Old magazines, calendars, pictures of children’s movie or television characters</li> <li>• Note Pad, Newsprint</li> <li>• Music</li> <li>• Samples of cereals</li> <li>• Parent notes</li> <li>• Tape</li> <li>• Small paper cups</li> </ul>
<b>TEACHING TIP:</b> Include water breaks!!!

Agenda	Topic	Source
3:30	<b>Welcome</b> <b>Warm-up game</b>  <b>4-H Wheel</b>	Chapter 1, Lesson 1, pg 16, Get in the Movement Groove  4-H Wheel Activity
3:45	<b>Activity:</b> Who am I?	See games
4:00	<b>Mini-Lesson:</b> Create an Ad  <b>Discussion:</b> Present and discuss ads created. What is the impact of television advertising on our food choices?	Chapter 4, Lesson 4, Activity 3, pg 143 Create an Ad
4:30	<b>Taste Test:</b> Sample different kinds of cereal seen advertised on TV.  <b>Reinforcement:</b> Reflect, Apply (keep log of screen time for one week)  [WATER break]	
4:40	<b>Active Game:</b> TV tag  [WATER break]	See Games
4:50	<b>Reflection / sharing circle / cool down</b>	4-H Wheel Activity
5:00	<b>Good-bye</b>	