

CHOOSE TO MOVE-REDUCING SCREEN TIME

Goal: Children will learn why other activities (specifically active play) should be chosen more often than TV or other forms of screen time. They will have the opportunity to share what some of their favorite activities are (instead of TV).

Fundamental Movement: Depends on active game chosen from pages 101-106.

Materials:

- *The Berenstain Bears and Too Much TV* Book (may use other books with a similar theme, if desired. See www.childcarealive.org/curriculum for list of book titles)
- Half of a poster board
- Poster Title: We Choose to Move (page 93)
- Pictures of various activities (page 95, 97); at least 2 pictures per child (depending on the size of your group, you may need to add pictures or make multiple copies)
- Glue

Set up:

You may set up in your normal story or circle time arrangement, with each child having enough room to spread out their arms without touching another child.

Before Activity:

Copy or print poster header (page 93) titled “We Choose to Move” and glue on the top of poster board. Cut pictures of different activities from page 95 and 97.

How to Play:

- Talk with children about watching TV.
 - *“If you like to watch TV, raise your hand. I like to watch TV, too. But what would happen if we watched TV ALL DAY, and did NOTHING else? What would we miss out on?” (Playing outside, reading, talking with Mom and Dad, playing with brother/sister, etc.)*
- Explain that for today’s activity, we will start by reading a story.
- Read *The Berenstain Bears and Too Much TV* to the children. Talk about the story.
 - *“What did the bears do instead of watching TV?” (ride a bike, play outside, watch the stars come out, go on nature walk, and do a puzzle). “What happened when they watched too much TV?” (didn’t play outside, didn’t say hello to their Mom, etc.)*
- Point out that in the end, the Bears learned that it is more fun to do other things besides watching TV all the time.
- Discuss what specific activities you and the children like to do instead of watching TV or playing on phone/tablet, etc.
 - *“Instead of watching TV, I really like to _____ (fill in your favorite non-screen time activity). If you would like to tell me what you like to do instead of watching TV, raise your hand.”*

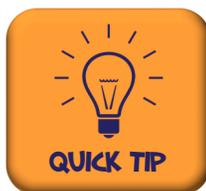
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Play a Game

- Choose one active game from pages 101-106, making sure to tell children that it's important to be active more often than watching TV or playing on phones/tablets. Play active game for 5-10 minutes.

Make a Poster Board:

- Have several pictures of various activities ready (may use pictures on page 95, 97). Ask children to take turns gluing these pictures onto the poster board. Talk about each activity with children, and how those activities should be done more often than watching TV. Display poster in your program.



Drawing Pictures

Instead of using printed pictures and a poster board, ask children to draw a picture of their favorite non-TV activity, and display it in your program.

