

Digital Citizenship

Lesson Title: Would You Rather?

Grade Level: 3-5



Project and Purpose:

Students analyze their own screen habits.

Essential Question:

How much screen time is just right?

Materials:

- *Would You Rather...?* worksheet

Note:

No video accompanies this lesson.

Procedure:

Introduction:

1. Begin the class by telling students that today's class is all about screen time: the amount of time we all (students and adults, alike) spend watching television, playing on electronic devices, texting on their phones, etc. They will complete a survey, analyze a story, and then analyze the survey results.
2. Ask students to define the word "anonymous." Anonymous means that no name is attached to or signed on the work, so other people never know who created the work. Some people forget to write their names on their work, and some people leave their names off on purpose. Today, the students will leave their names off on purpose.
3. Distribute the *Would You Rather...?* worksheet and tell students this will be an anonymous survey. You/student volunteers will read each line and students will select one of the choices in each line. Ask students to really think about what they prefer to do and answer honestly.
4. When they have finished, collect the surveys and shuffle the papers to use later.

Direct Instruction (I do)

1. Read the following story, "Family Togetherness," aloud:

Family Togetherness

Every day when they get home from school, Sabrina and her brother Ruben fight over the family computer. When Sabrina “wins,” Ruben picks up his cell phone and texts his friends.

Their younger brother Daniel runs in the house, throws his book bag on the floor, and flops on the couch to play videogames with a friend. Their sister Alinna stomps on the floor shouting, “I want to watch *Sponge Bob!* My turn to use the TV!” Daniel does not give in, so she picks up an iPad and plays a *Sponge Bob* game.

When their mother comes in to check on them, every child is glued to a screen.

“It’s a beautiful day! We just bought you the new soccer net! Go practice outside.”

The children do not even look up to answer her; they simply grunt, “No thanks, Mom.”

Their mother says, “What am I going to do with you?”

Nobody answers her. They are all too involved in their electronic screens.

Guided Exploration (We do)

1. Ask students any/all of the following questions:
 - Do you think this is a real story? Why or why not?
 - What do you think the mother should do? What do you think the children should do?
 - Do children really behave this way? How do you know?
 - What will make them change their habits?
 - What other kinds of activities do kids need to do instead of just being on screens? Why?
 - Young people are supposed to get at least 60 minutes of active time every day. Do you think the children in the family in the story will get that hour of activity? Why or why not?
2. Tell students that they are going to look at the answers on their surveys and compare their answers to the behaviors of the children in the story. Randomly distribute the surveys to the students. If a student receives his or her paper, exchange with another person.
3. Create a T chart on the board. Down the left side, number 1-10 to chart the survey responses. Use tally marks or whatever process you have taught to count the responses.

Independent Practice (You do)

1. Tell students they will analyze the data, because the choices they made say something about the members of the class. Do the answers say most of our class...
 - is active or inactive?
 - enjoys electronic devices more than other activities?
 - prefers to be with friends or by themselves?
 - prefers to be indoors or outdoors?
 - spends more or less than 6 hours a day online?
2. According to the results of the survey, do you think most of the members of our class go home and behave like the family in the story? Why or why not?

Conclusion

Think about your own time that you spend on a screen and the amount of time you are active each day. Are you active enough for a person your age? What changes, if any, do you need to make to be more active?

Would you rather...

Circle the activity you would prefer to do from the two choices on each line.

1. Ride your bike outside
2. Go to the movies with friends
3. Play a board game with your best friends
4. Take a swim lesson with three friends
5. Read a book from the library
6. Go to sleep away camp
7. On a nice day, walk to the store for some candy
8. Climb a tree
9. Talk with a friend while making a snack
10. Go into your kitchen and create something with ingredients that are in your pantry or refrigerator (maybe with the help of an adult!)

1. Ride a motorcycle in a video game
2. Watch a movie on your mobile device
3. Play a game on Xbox or PlayStation
4. Take a lesson at the Apple store
5. Read an electronic book
6. Go to gaming boot camp
7. Sit inside and eat cereal while watching a TV show
8. Chop a tree in Minecraft
9. Text with a friend while eating a snack
10. Watch a cooking show on TV or online