

Quick Start (Grade 4)

8 Quick Steps

1. The Screen Smart Passport is a workbook for Grade 4 students. It includes short activities that are completed over a two week period. Copy and corner staple Student Screen Smart Passports before class, and buy inexpensive stickers or locate an appropriate ink-stamp. The passport pages are the 12 landscape-format pages that follow this Quick Start sheet.
2. Send home introduction notice and information sheet to parents and caregivers (Appendices F and G).
3. Glance through the Teacher's Guide to see the type of information provided to help you work with the students. This section immediately follows the Student Screen Smart Passport.

Examples of information in the Teacher's Guide (Grade 4):

- Clear explanations and sample overheads to teach the Lifestyle Pie Chart activity
- Outline for a visualization activity where students are asked to imagine participating in their favourite (a) screen and (b) physical activity
- Suggested questions and activities to help make the Passport a meaningful learning experience for students

4. Check program structure. In Grade 4, Screen Smart has a student Passport, followed by the Teacher's Guide. The 10-day Grade 4 program parallels curriculum activities for Grades 5, 6, and 7 which have an Awareness Week and Action Week.

5. Start by holding a discussion with students about screens.

We know that when students are given a rationale for the work they are asked to do, they tend to commit more to the task. Therefore, introduce Screen Smart by engaging students in a discussion. Some sample questions are offered below in Day 1 of the Teacher's Guide.

6. Send home passports with your students each day of the program. The passports include take-home activities. Students will ask their parents or caregivers to read and initial each day's screen time message in a Family Connect box. Remind students to bring back their Passports each day. We suggest that the program be used as part of your daily agenda/schedule posted on the board for your students.

7. Give out passport stickers to acknowledge completion of the previous day's work.

8. Use this opportunity to clarify and expand student thoughts and understandings about screens. Each day, take a few minutes to talk about screen time - especially any activities students were asked to complete at home. Teaching tips are provided in the Teacher's Guide, including answers to questions often asked by students (see Student FAQs in Section 1).

Time Commitment

- Each day - 10-15 minutes (depending on length of class discussions permitted)
- Teacher prep - about an hour in total - either up-front or 5 minutes a day