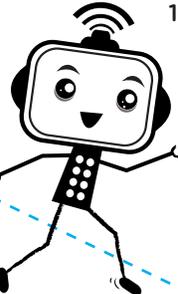


Quick Start (Grade 5)

6 Quick Steps



1. Copy and corner staple Student Workbooks before class. This section follows this Quick Start sheet.

2. Send home introduction notice and the 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 Workbook section.

EXAMPLES OF INFORMATION IN THE TEACHER'S GUIDE FOR GRADE 5:

- **Focus: Impact of screen time on the body.**
- **A backgrounder highlights the impact of screens on five body systems, making it easy for teachers to check student work. An illustration asks students to label the systems (and they will also likely colour them for fun).**



4. Check program structure. Screen Smart is split into two weeks, with all materials included in the workbook.

- Awareness Week – 5 days of student activities designed to raise their awareness. The 4th day is the Ultimate Screen Challenge – an opportunity to see what it is like to spend a whole day without screens.

- Action Week – 3 days of experiential learning where students set a goal to reduce their screen time, followed by reflection on their experience and a celebration.

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 in Day 1 of the Teacher's Guide for each grade level.

6. 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