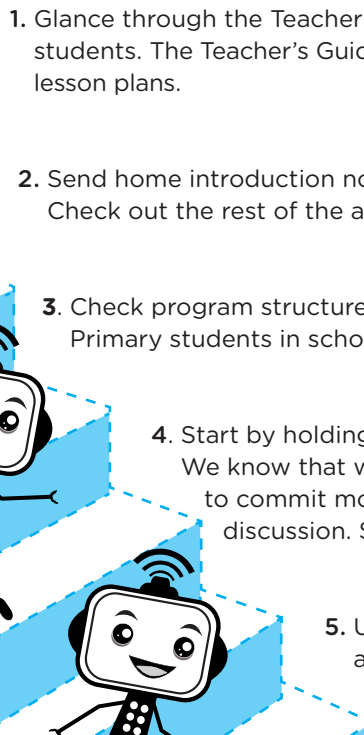


## Quick Start (Primary)

### 5 Quick Steps

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1. Glance through the Teacher's Guide to see the type of information provided to help you work with the students. The Teacher's Guide (Primary) includes 10 Screen Smart activity ideas, five of which are presented as lesson plans.
  2. Send home introduction notice and information sheet to parents and caregivers (Appendices F and G). Check out the rest of the appendices, which include references and other pre-prepared materials.
  3. Check program structure presented in Section 2, Screen Smart Options. Suggestions for including Primary students in school-wide activities are included in this section.
  4. 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 the Teacher's Guide (Primary).
  5. Use this opportunity to clarify and expand student thoughts and understandings about screens. Each day, take a few minutes to talk about screen time. Teaching tips are provided in the Teacher's Guide, including answers to questions often asked by students (Section 1).

#### Time Commitment

- Teacher prep - about 1.5 hours in total - including preparation and delivery

#### Recreational Screen Time

Recreational screen time happens in the periods before and after school, between dinnertime and bedtime on school nights, and on weekends. Unless otherwise stated in student materials, screen time is intended to refer to recreational time, i.e., the time children can be encouraged to make alternate choices about how they spend their time. Recreational screen time does not include work on screens in school or homework.