

Section 2: Screen Smart Options

Recognizing that most inactive, recreational screen time takes place at home, the Screen Smart program is based at school, but implemented at home.

There are 3 options to introduce Screen Smart in your school:

1. Screen Smart Week (whole school)
2. Screen Smart Curriculum (whole school)
3. Screen Smart (individual class)

Materials in this document provide everything teachers need in order to implement Screen Smart at all grade levels. This program is most effective when used as an annual event. Over time, schools can help to build a culture that encourages and supports active lifestyles.

This section (Section 2) gives an overview of the 3 options. Sections 3 to 7 provide ready-to-go student activities and teaching tips for the Curriculum option. Section 8 provides a set of resources that are common to all Screen Smart options, including a list of websites that will provide you with additional information about topics that will be raised by Screen Smart program activities.

1. Screen Smart Week (Whole School)

Screen Smart Week raises awareness about screen time by asking students to track 3 days of their time using screens. If children are using screens more than the recommended 2 hour daily maximum, they (and their families) can work together to decrease screen time (and engage in fun non-screen activities instead). Screen Smart Week can be an annual, one-week event!

Messages from the Screen Smart Week can also be reinforced by monthly refreshers that continue to build community and excitement about reducing screen time (e.g., Turn-it-off Tuesday, Walking Wheeling Wednesday, Screen Smart Saturday).

Staff can select and adapt the basic resources provided in this document to suit their school population. See sample timeline, poster master, and other resources in Appendix B.

- Start the week by engaging students in thinking about the impact of screens on them personally. Children of all ages have an opinion, and some are very attached to their screens at an early age. See the resource (in Appendix B), Why Be Screen Smart? for sample questions.
- Ask the students to complete the Lifestyle Pie Chart and record an estimate of their screen time on the first line of the Student Log. This will provide them with a personal baseline for future comparisons.
- Have students keep track of their screen time for 3 days in their Student Log, reporting in each morning (Wednesday, Thursday, Friday). Total the student reports from each day in the Class Log and put the class total on the school chart. Masters for the logs and charts are provided.
- On Friday, have students complete another Lifestyle Pie Chart. Help them compare Friday's Pie Chart to their initial Pie Chart and reflect on their choices.
- After student reports have all been recorded on the School Chart, celebrate student success with a Screen Smart Week certificate (individual or class) and one of the rewards from the ideas sheet, Healthier Rewards (or other great ideas you may have)!

SCREEN SMART WEEK OVERVIEW		
	STUDENT ACTIVITIES (GRADES 4-7)*	RESOURCES FROM APPENDIX B
MONDAY	Introduction to Screen Smart Lifestyle Pie Chart	Posters, Notice to Families, Ideas for Action Why Be Screen Smart? Pie Chart Handout, Directions (Pie Chart Overheads Masters, Appendix C)
TUESDAY	Start tracking time	Student Log
WEDNESDAY	Screen Smart Reports and Charting for Tuesday	Student Log, Class Log, School Chart
THURSDAY	Screen Smart Reports and Charting for Wednesday	Student Log, Class Log, School Chart
FRIDAY	Screen Smart Reports and Charting for Thursday & Lifestyle Pie Chart Comparison Celebration	Class Log, School Chart Pie Chart Handout Healthier Rewards Sheet Screen Smart Week Certificate

*Suggestions for Primary:

- Use some of the curriculum ideas or prepared lesson plans from the Section 2 (Primary Grades) rather than using the Lifestyle Pie Chart activity.
- Ask parents and caregivers to work with their children to complete the Student Log.