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Health to meet you

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Health dimension: Screen Use

Name of activity: Sleepless in Screenville

Description of the topic: Write a response to this letter to the school newspaper advice columnist. Be sure to give plenty of facts that will help “Sleepless in Screenville” convince her sister that powering down, especially at night, is important for good health.

Help! Ever since I started sharing a room with my sister, I haven't been able to sleep. The TV is always on. Her friends text all night. She even wakes up to check Instagram and her Facebook page. She's just as tired as I am the next day. How can I convince her that the world won't end if she focuses on getting a good night's sleep?

— *Sleepless in Screenville*

Extension:

On Day 1, have students track the way they spend their time on a typical weekday. On Day 2, ask them to make sure to include at least 1 hour of exercise or physical activity (walking or biking to school and other active daily routines count), 8 to 10 hours of sleep, and as little screen time as possible (homework using a computer does not count). Have them write an essay about how Day 2 went, and ways they might be able to make meeting the Day 2 goals easier.

Initial assessment: Raise awareness on how much time is spent on screen.

Objectives of the activity:

Students research the effects of screen time on sleep

Target group: all students

Equipment, aids, tools:

- Paper and pen

Expected results, assessment:

- Research screen-time and effect on sleep raises awareness
- Develop strategies to decrease screen usage time

References:

- [KidsHealth.org/classroom](https://kidshealth.org/classroom)