



Unit 6 Screen Time: Child Lesson

Hi boys and girls, it's Miss Shanita again.

How many of you like to watch shows like Daniel Tiger, Doc McStuffins or Handy Manny? These are some pretty cool shows right? There are many other shows you might like too.

You probably watch these shows on a TV, a phone, a tablet or a computer. These all have screens. So when you watch a show or a video, that is called screen time.

Even though it's nice to watch our favorite shows, we should still do other fun things without screens to stay healthy and keep our brains active.

Too much time in front of a screen can keep us in one spot for too long and make us feel tired. Hey, let's put on our imagination hats and let's go on an adventure together! I'm going to tell you a story but I need your help in acting out this story. When I say an action word like jump or walk, do this along with me. Are you ready for a power up adventure?

Once upon a time, you were watching TV and realized your brain and body were getting slow and tired so you turned on your imagination and started on a power-up adventure.

You **closed your eyes, turned in a circle and jumped**. When you opened your eyes, your adventure began.

Up ahead was a cool, refreshing river but when you looked down you noticed you were standing on a bumpy road. In order to travel the bumpy road you need to **hop on 1 foot** to get to the river.

When you get to the river you **bend down** to take a drink of water then stand up and **stretch your arms up tall**. You need to cross the river but it's really wide, so you **take a deep breath** and then take a HUGE **leap** across the river. PHEW, that was close, you almost fell in!

You take a **walk** to get to the mountains up ahead. Whoa, those mountains are really tall.

You have to lift your knees up really high like you're **marching** to climb to the top. You did it! Do a little **dance** and cheer to celebrate!

SHHHHH! There's a bear sleeping in a cave up ahead. You need to **tip toe** past the bear cave and hope you don't wake it up.



Oh NOOO! The bear is awake and it's chasing you. Quick **climb** up the tree. You get to the top of the tree and realize the bear can climb too and he's right behind you.

You grab onto the vines of the tree and **swing** like a monkey from tree to tree to get away from the bear.

You made it to the last tree so you need to let go and **dive** into the lake. You **swim** across the lake.

You meet a friendly bird. Since it's starting to get dark you ask the bird to **fly** you home.

Your brain and body worked really hard on your power-up adventure so when you get back home you snuggle up with your teddy bear and fall right to **sleep**.

The end!

Wow! What a fun adventure!

It's really important that after we are done with looking at screens, that we get up and play, read a book, color or do something that gets our brain and body active.

Well, until next time see you later!