

Children's Connection Curriculum

Session Topic: Pick your TV Shows-2 hours or less

Developmental Level: Elementary and Middle School

Purpose: To create conversation about being more active and limiting TV/screen time every day.

Materials Needed: Worksheet "Pick Your TV Shows-2 hours or less"

Description of Session: This could be completed during a food group or just as a regular session. Have a discussion with students about how much TV/screen time they watch each day. Talk about the importance of being active and not sitting most of the day. Have them make some goals for the week and then follow up the following week.

Discussion Questions: Ask students questions about the different types of activities they can do instead of screen time.