

Week of May 3rd

Monday	<p>Lesson: Last week we spent our morning meeting time learning about screen time and the importance of balancing it and finding other things to do in our free time, besides always being on a device. All week our UE and AP students will be tracking their sleep and screen time data to gauge where they are at. In honor of Screen Free Week, we are going to utilize our time in Morning Meeting time this week to do screen free activities.</p> <p>CH & LE: EXTREME ROCK, PAPER, SCISSORS: In this rock, paper, scissors tournament, everyone starts off playing with a partner. The winner of each round stays standing, while others sit down. The game keeps going until the last person wins their game.</p> <p>UE & AP: Follow the Leader: In this game, one person leaves the circle who will be the detective. One of the remaining people is the leader. The leader starts with a basic movement (snapping, clapping, stomping, touching arms or thighs) and repeats that movement for several beats. Everyone else follows the leader as quickly as possible. The detective enters and stands in the center of the circle. The leader is the only one who can change the movements. It is everyone else's job to follow the leader's movements as quickly as possible so that it's hard to tell who the leader is. The detective gets 3 or so guesses before a new detective and a new leader is chosen. (Video Example: https://www.youtube.com/watch?v=v2k7b66l9z8)</p> <p>UE & AP - Remind your students and/or give them some time Monday morning to fill in their screen time and sleep survey data for Friday-Sunday.</p>
Tuesday	<p>Goal: Communication</p> <p>We will continue to honor Screen Free Week and utilize our time in Morning Meeting time this week to do screen free activities. Students will be working on their communication skills in this team building exercise. They will need to find a partner and sit back-to-back (socially distanced) in chairs or on the ground with their partner. One partner will draw an image using basic shapes on their paper. They will then need to describe their picture verbally to the other partner who will need to try to recreate the exact image the first partner drew. Here is a <u>video</u> that models the exercise.</p> <p>Once the partners are done describing and drawing, they should compare their images and discuss differences in the images and which directions were clear or confusing.</p>

	<p>Next, the partners can switch roles and the second partner can draw. This time, they can draw an image, not just shapes. Again, they should describe their image to their partner (without using the name of the object) so their partner can recreate the drawing. Once completed, the pair should again examine the differences in their images and share why they think these differences occurred.</p> <p>At the end of the activity, the whole group can discuss how the activity went and what they learned about how they needed to communicate with their partner. They can also share whether they found it easier to give directions to draw shapes or everyday objects.</p> <p>UE & AP - Remind your students and/or give them some time Monday morning to fill in their screen time and sleep survey data for Friday-Sunday.</p>
<p>Wednesday</p>	<p>Goal</p> <ul style="list-style-type: none"> ● Check in: Can use either of these: <ul style="list-style-type: none"> ○ <u>Zones Check-In</u>- What are you feeling today? What Zone are you in? Why? ○ Mid Week Check- In: Rose/Thorn (<u>Article explaining for staff</u>). ● If you didn't get to things earlier in the week with Morning meeting, you can do it today. ● Or, this is a great time to do class council and discuss topics generated by students in your room or class based things you want to talk about. <p>UE & AP - Remind your students and/or give them some time to fill in their screen time and sleep survey data for Tuesday.</p>
<p>Thursday</p>	<p>Goal- Today we will continue with screen free time with an age old classic game, Hangman.</p> <p>Lesson:</p> <ul style="list-style-type: none"> ● Many students probably have never played hangman, so explain the concept of the game/ rules. I would have the classroom teacher think of the word and give students the category the word would fall into. ● Play a few rounds, trying to give each student a turn in guessing a letter or the word if they know it. ● Remind students that there are MANY games like this that they can play with a peer rather than always choosing a device! <p>*UE & AP: Remind your students and/or give them some time to fill in their screen time and sleep survey data for Wednesday.</p>

Friday

Goal - Reflection

- **CH & LE:** All week we've celebrated screen free week through activities that don't involve a device or screen. We are going to finish the week with a read aloud, titled [If You Give a Mouse an Iphone](#)
 - What do you think is the main idea or takeaway we learn from reading about mouse with his iPhone?
 - Can you think of a time that you were so focused on your device, that you were unaware of what was happening or going on around you?
- **UE & AP:** For one week, we've been tracking our screen time and our sleep habits. Today, we are going to take some time to reflect on the data and what we've tracked. To assist you, we have a handout to help you think through What are your current digital habits? (Keep in mind: Habits can be positive, negative, or both. Brainstorm and list as many of your habits as you can) . Choose one digital habit you want to change or to try to do differently. Why is it important that you change this habit? Think about how your screen time does or doesn't impact your sleep, if there are trends during certain days of the week, is your usage mostly entertainment or school based or a mix?
 - [Student Handout](#) - copies in mailbox