Lesson 4: Switch Off Challenge & Decision Making (part 1)

**Topic:** Selective viewing, decreasing sedentary behaviour and decision making

**Objectives:** To Switch Off the television for one show this week and find something else to do, and to learn decision making skills.

**Lesson outline:**

A. Review Lesson 3 –
   - Discuss whether children tried their S2A’s in the previous week

B. Discuss selective viewing with the children
   
   **Selective viewing is when a person selects the TV program they want to watch, they watch that program and then turn the TV off. Many people watch TV non-selectively by channel ‘surfing’**.

   Ask the children to get out their TV monitoring sheets from the previous week and discuss their style of watching TV.

   “**Do you sit and watch TV no matter what is on? Do you continue to watch TV even after the program you wanted to watch is finished? When the show you wanted to watch is finished do you turn the TV off and go and do something else? Before you switch the TV on do you find out what’s on by looking in the TV guide, or by switching on the TV and channel ‘surfing’ (flicking channels)?**”

C. Get children to form a circle and throw a bean bag/foam ball/balloon around the circle and ask the following questions
   - What shows can’t you miss every week?
   - What shows could you miss?
   - What could you do instead of watching TV?
D. Explain the importance of not swapping TV for other sedentary/sitting down activities. For example, children could discuss doing something active such as playing outside, riding a bike, skateboarding, dancing, taking their dog for a walk, playing with friends.

Eg. “Your reasons for watching TV are important. If you are watching a movie with your family, that can be fun, but if you are just watching TV because you are bored, then you could probably find something else more fun to do”

E. Hand out the Switch Off Challenge contracts to the children. Children fill in their Switch Off Challenge contract nominating one show to switch off for the next week until the next ‘Switch-2-Activity’ lesson. Children are to sign their contract (see explanation in italics below). Encourage the children to place their contract on the fridge at home or near the TV so it reminds them of what show they are Switching Off.

This is a contract. Why do you sign your Switch off Challenge? Because signing makes it official. When you plan to switch off the TV you are making a commitment to yourself. The Switch Off Challenge is a contract promising to do what you say you’ll do. Why is there a space for your parent to sign? Setting and obtaining a new target can be difficult, and we want you to get all the help you can. Your parent(s) can be a great source of support and encouragement.

F. Each student is to bring the Switch Off Challenge contract back to class the next week signed by his or her parent. A Notice for Parents is included for children to take home to explain the Switch Off Challenge to their parent/s or guardian/s.

G. This Switch Off Challenge is repeated at the beginning of each lesson for the next 2 lessons, with a switch off increase of one program per week. So by the end of week 6 the children should be switching off THREE TV shows per week.

Note: Depending on time remaining, teachers may opt to finish the lesson at this point and commence the decision making component next lesson.
Decision Making (part 1)

H. Decision Making

Next we are talking about making decisions. As you get older you usually have more opportunities to make big decisions. People make decisions every day.

For example, did you ever watch a TV show that was on late at night and then had trouble getting up in the morning and was late for school and felt tired all day? You chose to watch the show: therefore you made a decision. If you chose not to watch the show, and got to school on time, you were probably happy with your decision. What are some other decisions we make every day? (eg. what to wear, what to eat). Discuss active versus sedentary choices, eg. walking or taking the car, watching TV or playing outside with your friend.

I. Take the children through decision making chart (located at the end of this lesson plan) using an example

-Draw a decision making chart on board (see example below)

-“A friend asks you over to play XBox just as you were leaving to go for a bike ride”

-Your choices are – go for a bike ride or play XBox

-What are the outcomes of your decision? Write the negative and positive results of each choice

Example of a decision making chart

<table>
<thead>
<tr>
<th>Bike Ride</th>
<th>XBox</th>
</tr>
</thead>
<tbody>
<tr>
<td>-ve hot and sweaty might fall off too tired</td>
<td>-ve wastes time arguments with friends can become bored/frustrated</td>
</tr>
<tr>
<td>+ ve spend time with friend/s fun fresh air exercise</td>
<td>+ ve play with friend challenge to do best improve score handy tips off friend (cheats)</td>
</tr>
</tbody>
</table>

-Let’s make a decision – go for a bike ride

-Ask yourself if you are satisfied with your decision. You will be the one to enjoy the benefits of your decision

-Children complete examples of Decision Making Scenarios (3 scenarios per group of 5-6 children) on the worksheet chart (see Decision Making Scenarios 1-5)
Class activities:
- Bean bag/foam ball/balloon throwing
- Fill in Switch Off Challenge Week 1 Contract
- Complete Decision Making Chart worksheet

Conclusion:
- Remind children about their Switch Off Challenge (to switch off one TV show), and to bring their contracts back

Equipment:
- Bean bag/foam ball/balloon
- Switch Off Challenge 1 Contracts
- Switch Off Challenge notice for parents
- Decision Making Scenarios (5)
- Decision Making Chart worksheet

VELS:
Physical, Personal and Social Learning:
- Interpersonal development: working in teams (group activity)
- Personal learning: managing time spent watching TV, planning monitoring and revising TV viewing habits, goal setting

Discipline-based Learning:
- English: writing, speaking and listening
Lesson 4: Switch Off Contract 1

Switch Off Challenge 1 Contract

I (my name) _____________________________________________

declare that from today until my next Switch-2-Activity lesson

(Date From:______________ to ______________)

I will Switch Off the television and do something else for my nominated show. The
nominated show that I promise to Switch Off is:

_________________________________________________________

which is: on (channel)

   on (day)

at (time).

I also promise that the activity I do instead of watching this show will be SOMETHING ACTIVE
(eg. play outside, ride a bike, skateboard, take the dog for a walk).

I promise to return this form for my next Switch-2-Activity class with my parent’s
signature.

My signature: __________________________ Date: ___________  My

Parent’s Signature: ______________________ Date: ____________

My Parent’s Name: __________________________
NOTICE FOR PARENTS

Very soon your child will be participating in the Switch-2-Activity challenge. This challenge involves your child spending less time watching television, playing electronic games, and using the computer/Internet (excluding for homework purposes) and more time playing outside or being generally more active. We realise that not all children spend a lot of time watching television, so this challenge will be negotiated individually with your child.

For the next 3 weeks your child will be coming home with a contract regarding this Switch Off Challenge, which he or she will have completed in class. To help your child with this challenge, we would like you to sign these contracts each week to confirm your child’s success in the Switch Off Challenge. For example, in the first week your child will select one television show to switch off, and to do an alternative activity instead. The Switch Off Challenge will increase by one television program per week for a period of 3 weeks in total. That is, after 3 weeks your child should be watching 3 less television shows each week!

You may assist your child in his/her Switch Off Challenge by being active with him/her (eg, if you have a dog, take it for a walk, or go outside and throw a ball or Frisbee), and by switching off the television during dinner time for example.

We thank you very much for your support and interest in the Switch-2-Activity program.
“Can you decide?”

You have just finished your after school snack. Should you watch TV or go outside and play?
“Can you decide?”

You want an ice-cream from the milk bar. Should you ask your Mum and Dad to drive you, or should you walk or ride your bike to the shop?
“Can you decide?”

Your Mum and Dad ask you to take your dog for a walk, but your favourite show is on TV. What will you do?
“Can you decide?”

A friend phones and asks you to log on to the chat room just as you were about to go for a bike ride. What will you do?
“Can you decide?”

You were trying to you’re your best score on your Nintendo/Playstation/XBox when your Dad asks you to come outside and shoot some hoops. What will you do?
Lesson 4: Decision Making Chart Worksheet

### Decision Making Chart

<table>
<thead>
<tr>
<th>Choice 1</th>
<th>Choice 2</th>
<th>Choice 3</th>
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Your Decision: