

Television

Group Activity - Would banning children's television encourage healthy lifestyles?

Split the children into groups. Give each group one of the three themes to work on:

- **Theme A:** How much television do you watch?
- **Theme B:** How to watch television safely.
- **Theme C:** What to do when you are not watching television.

You may have six groups in your class, so some groups will be working on the same theme.

The object of this 'mini project' is that the children decide how they are going to deliver their theme. Suggestions are featured below in case you need to guide some of the groups:

Theme A: How much television do you watch?

- Survey of the class/school.
- Use data e.g. bar graphs to present information.
- Launch a 'TV free' day for children at the school - explain and advertise this to raise awareness.
- Sponsorship event for a children's charity that sponsors children **not** to watch television for a week.

Theme B: How to watch television safely

- Write a mini play about the dangers of too much television.
- A leaflet for a doctor's surgery.
- An article on the school website.
- An advertising poster.
- Invent a machine that controls a child's television watching time.

Theme C: What to do when you are not watching television

- Learn some new playtime games and teach them to younger children.
- Set up a 'Playleaders' scheme for older pupils to play with younger children and model good play or new playtime games.
- Invent a new game using a ball and a piece of chalk. Explain the rules, teach the class and give it a name.
- Create a chess, cricket, hopscotch tournament for you school.
- Create challenges for the children in your school to complete every weekend e.g. This weekend make a robot from packaging found at home.
- Use the school website to create a feature for parents advising them on different activities they can do with their children at the weekend and in the holidays.
- Do a survey of the favourite hobbies of the children in your school. Ask children who have interesting hobbies to come and talk to classes about their activity.

Suggested Resources

Large pieces of paper and big markers are helpful for children planning out their ideas so they can 'think' on paper.

Access to laptops may also be useful.

Extra Challenge

How about asking more able pupils to survey the television habits of the class *before* finding out more about television. Then they could conduct the survey a week or so *after* the television themed group activity. Has the class changed its television habits?