



TV Viewing – How Much Do I Watch?

Unplug – All Grades

Students gain awareness of how much time is spent watching television by tracking their patterns of TV viewing.

Materials:

- “Me and My TV” worksheet (attached)
- Bean bag
- “TV Self-Monitoring” worksheet (attached)

Instructions:

1. Students answer the following questions on the worksheet, “Me and My TV”
 - a. What do you watch on TV? What show is your favorite?
 - b. When do you watch TV?
 - c. Who chooses the programs you watch?
 - d. How much TV do you watch?
 - e. Who watches TV before school? (Discuss)
 - f. TV rules in your house (ex: only allowed to watch one show; can only watch TV after bedroom is clean or homework complete; no TV during meal times, etc)
2. Class activities:
 - a. Fill in “Me and My TV” worksheets (you may like to color code popular TV shows and get children to compare worksheets)
 - b. Get children to stand up and form a circle and throw a bean bag around the circle: whoever catches the bean bag has to nominate their favorite TV show and then throw it to someone else and sit down.
 - c. Introduce and explain the TV self-monitoring worksheets. Explain to children that they need to write the TV shows they watched in the squares for each day during the week.
3. Distribute the worksheets (see following pages). Emphasize the importance of returning the self-monitoring chart (may wish to reward children who complete their chart).



Me and My TV Worksheet

What TV shows do you like to watch?

- 1.
- 2.
- 3.
- 4.
- 5.

When do you watch TV?

Morning	YES	NO
After school	YES	NO
During dinner	YES	NO
After dinner	YES	NO
In bed	YES	NO

Who chooses the programs you watch?

How much TV do you watch?

What are the TV rules in your house?

- 1.
- 2.
- 3.



TV Self-Monitoring Worksheet

How much TV do you watch?

Please write the TV shows that you watched in the boxes for each day this week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							