




## INSTEAD OF WATCHING TV I COULD...

Children learn about the many fun activities they can do instead of watching TV.

**CODE:**  Moderate Activity Level

**PROPS:**  *Color Me Healthy* CD or cassette tape (optional)  
Lyrics for *Play Outside* on page 39 (optional)  
Lyrics for *Color Me Healthy* on page 36 (optional)

### ACTION:

1. Explain today's activity to the children. "How many of you like to watch TV? Instead of watching TV, what can we do to move our bodies?"
2. Go around the circle and ask each child to choose an activity that they could do instead of watching TV.
3. "What are some things you can do outside?"
4. "What are some things you can do inside?"
5. "What are some things you can do in your room?"
6. "What are some things you can do by yourself?"
7. "What are some things you can do with your parents?"
8. "What are some things you can do with your friends?"
9. Have the children draw a picture of one thing they would like to do instead of watching TV.
10. End the lesson by encouraging the children to try some of these activities today instead of watching TV.
11. Over the next few days, have the children talk about or demonstrate the activities they have tried instead of watching TV.



*Play the Play Outside and/or the Color Me Healthy song, and let the children move to the music.*



*Use this opportunity to Color Your Classroom by displaying the children's artwork on a bulletin board (see page 25).*

