

# LESSON PLAN

## Dear Diary



Dear Diary offers students an opportunity for students to reflect how much time they spend with media each day. In the game, students answer questions about their daily habits based on whether it is a School Day, Bad Weather Day, Sick Day, or Vacation day. They “write” their diary by making different choices from a list about what they would want to do on a particular day, from watching and reading media, to spending time with family and friends, or participating in other activities. At the end of the game, students are

provided a result that describes how “immersed” they are in media—from spending a little, some, or too much time with media.

After students play this activity, have them to keep a handwritten diary of their own life activities. Use the “My Life Diary” template on the following pages (this can also be downloaded from the Dear Diary game online). For three days, have students keep track of how they spend each day (including how much media they consume). Recording daily media use promotes awareness and reflection on the role of media consumption in everyday life.

After the three days, have students total up their hours for various activities and calculate averages—per day, and for the three total days. Ask students questions to reflect on the data they have collected, and generate ideas for possible changes they may wish to make in their media consumption behavior.

### **Discuss:**

- What was difficult and what was easy about keeping track of your activities?
- How much of your day was spent in front of some type of (TV, videogame or computer) screen? How much of your day was spent with media?
- What are some of the health consequences of spending too much time in front of screens?

DAY 3: \_\_\_\_\_

*Write in the numbers by estimating the hours.  
You can use percentages. For example: .25 = 15 minutes and .50 = 1/2 hour*

### SLEEP

What time did you go to sleep last night? \_\_\_\_\_

What time did you wake up? \_\_\_\_\_

\_\_\_\_\_ total hours of sleep

### SCHOOL

\_\_\_\_\_ number of hours

### LIFE

\_\_\_\_\_ homework

\_\_\_\_\_ practicing/rehearsing or sports

\_\_\_\_\_ in an organized after-school activity program

\_\_\_\_\_ helping my family

\_\_\_\_\_ doing my own thing

\_\_\_\_\_ hanging out with friends

\_\_\_\_\_ using the computer or going online

\_\_\_\_\_ playing videogames

\_\_\_\_\_ watching TV

**DESCRIBE YOUR DAY:** List three adjectives about this day.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## MY LIFE DIARY

MY NAME: \_\_\_\_\_

\_\_\_\_\_

FOR \_\_\_\_\_

Dates \_\_\_\_\_

DAY 1: \_\_\_\_\_

*Write in the numbers by estimating the number of hours.  
You can use percentages. For example: .25 = 15 minutes and .50 = 1/2 hour*

**SLEEP**

What time did you go to sleep last night? \_\_\_\_\_

What time did you wake up? \_\_\_\_\_

\_\_\_\_\_ total hours of sleep

**SCHOOL**

\_\_\_\_\_ number of hours

**LIFE**

\_\_\_\_\_ homework

\_\_\_\_\_ practicing/rehearsing or sports

\_\_\_\_\_ in an organized after-school activity program

\_\_\_\_\_ helping my family

\_\_\_\_\_ doing my own thing

\_\_\_\_\_ hanging out with friends

\_\_\_\_\_ using the computer or going online

\_\_\_\_\_ playing videogames

\_\_\_\_\_ watching TV

**DESCRIBE YOUR DAY:** List three adjectives about this day.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DAY 2: \_\_\_\_\_

*Write in the numbers by estimating the hours.  
You can use percentages. For example: .25 = 15 minutes and .50 = 1/2 hour*

**SLEEP**

What time did you go to sleep last night? \_\_\_\_\_

What time did you wake up? \_\_\_\_\_

\_\_\_\_\_ total hours of sleep

**SCHOOL**

\_\_\_\_\_ number of hours

**LIFE**

\_\_\_\_\_ homework

\_\_\_\_\_ practicing/rehearsing or sports

\_\_\_\_\_ in an organized after-school activity program

\_\_\_\_\_ helping my family

\_\_\_\_\_ doing my own thing

\_\_\_\_\_ hanging out with friends

\_\_\_\_\_ using the computer or going online

\_\_\_\_\_ playing videogames

\_\_\_\_\_ watching TV

**DESCRIBE YOUR DAY:** List three adjectives about this day.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_