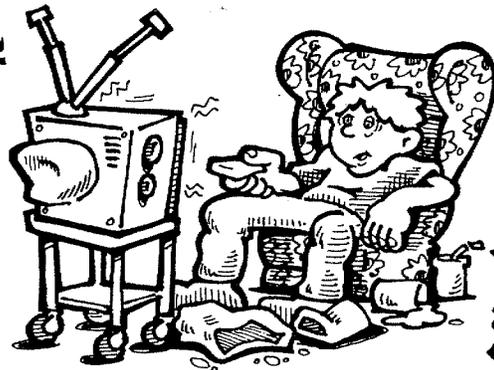


# CHANGING CHANNELS



List three of your most favorite and three of your least favorite TV shows.

**MOST FAVORITE**

**LEAST FAVORITE**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

How much TV do you watch? (Put an X before the statement that applies to you.)

**DURING THE WEEK**

**ON WEEKENDS**

- Less than most kids my age.
- About the same as most kids my age.
- More than most kids my age.

- Less than most kids my age.
- About the same as most kids my age.
- More than most kids my age.

Answer the following questions to find out what your life might be like if you could not watch any television.

- a. What would you do after dinner once your homework was done? \_\_\_\_\_
- b. What would you do on Saturday mornings? \_\_\_\_\_
- c. What would you do when the weather was bad and you had to stay inside? \_\_\_\_\_
- d. What would you do when your friends talked about TV shows? \_\_\_\_\_

What rules do you have in your family regarding TV viewing?

(Circle all that apply.)

- a. No TV is allowed.
- b. I must ask a parent or guardian before watching.
- c. No TV is allowed until homework is done.
- d. Only a certain number of shows can be watched each day.
- e. Other rules: \_\_\_\_\_

Fill in the blank in the sentence below with the word *always*, *sometimes*, or *never*.  
 I \_\_\_\_\_ watch television shows that I know are not good for me.

Read **Ephesians 2:10** and answer the following question: **How can TV interfere with God's plan for you?** \_\_\_\_\_