## **MY THINKING**

Place a chair in the center of the circle. Invite volunteers to come one at a

- time to sit in the chair and finish these sentences:
- Television relieves my stress by...
  - Television creates stress for me by...
- If I gave up one hour of television a week, I would...
  - If I gave up one hour of television a day, I would...
- I usually watch television instead of...