



Do You Really Need It?

Name _____

Worksheet

Date _____

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
my phone	4 hours
tv	1 hour
my sisters phone	30 mins
microwave	10 min
my laptop	

Need (essential)

my phone microwave
lights laptop

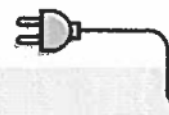
Want (privilege)

my sisters phone tv

To save energy I will give up using Phone for the next day because
it will save more energy. Instead, I will only use my laptop



Classroom Energy Diet Challenge



Energydiet.ca

on my 24 hours without my phone. I had to play with my sister a lot. I also played outside. It was kind of hard because there was like nothing to do.

I also coloured with my family. I think it helped save energy in my house. For the rest of my 24 hours I went skating at a pond by my house and it was really really really fun. At the pond I practiced hockey with my dad and sister. It was one of my hardest challenges because I am on my phone so oooooo much like all day. After I got back from skating I practiced dance with my sister too.



Do You Really Need It?

Name

Date

February 19 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
Light	all day
phone	half a day
tv	a little
uvim	a little
charger	all the time

Need (essential)

phone/charger

Want (privilege)

google

To save energy I will give up using charger for the next day because

I can save. Instead, I will not use my charger



I did not vs my effort was
hard because I can
hear my sister working it
I had to connect the
chain so it was really hard



Do You Really Need It?

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Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	30 ^{min} 2 hour
iPad	4 hours
School	6:45 hours
charger	3 hours
lamp	IDK

Need (essential)

fridge

Want (privilege)

iPad TV

To save energy I will give up using TV for the next day because

I can watch shows on my iPad. Instead, I will use my iPad.

I chose TV because I can watch
Netflix on my iPad. It was easy. P.



Do You Really Need It?

Name

Date Fri, Feb 19, 2021

Worksheet

Things I use everyday that require energy, and time spent using them: yes

What I use	How long I use it
Computer	2 hours
Phone	1 hour
lights	5 hours
Plugs	1 hour

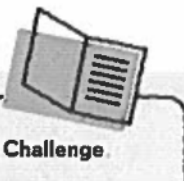
Need (essential)

Phone, bed, Food, stove, Fridge, bath or shower.

Want (privilege)

phone, computer, lights, and Flash light

To save energy I will give up using my nintendo switch for the next day because
I will play outside. Instead, I will play with my sister.



Tessa

Tuesday, February 23, 2021

My nintendo switch because I use it a lot. Instead

went outside for building snowmen with my sister

We also have a trampoline and we jumped on it

together. We made snow angels.



Do You Really Need It?

YES

Name

Date

no thanks

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
switch	7 hours
ipad	1 hour
computer	3 hours
VR / at my cousins	3 hours
tv	3 min

Need (essential)

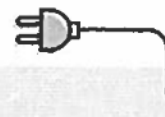
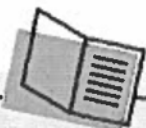
switch, ipad, computer, VR, ME
food water

Want (privilege)



To save energy I will give up using ipad for the next day because

i want to. Instead, I will play on my switch



It was good but it was a pain
and i cant watch tiktok.
andi can not play roblox.



Do You Really Need It?

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Date _____

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
X box	2h
COMPUTER	1h
ALACSA	4h

Need (essential)

fridge, food, stove

Want (privilege)

X box

To save energy I will give up using X box for the next day because

_____. Instead, I will _____.

I WAS HATED BUT I

STUCK WITH IT, I WENT
WITH THE XBOX BECAUSE
I KNEW IT WAS EASY.



Do You Really Need It?

Name

Worksheet

Date

February 19, 2021

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
i Pad	5 h
Phone	3 h
lights	12 h
car	2 h
COMPUTER	1 h

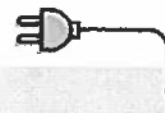
Need (essential)

nothing

Want (privilege)

iPad lights car computer

To save energy I will give up using TV and iPad for the next day because
I do not need. Instead, I will color.



it was interesting to live with
those things instead I made a drawing
I



Do You Really Need It?

Name

Date Friday Feb 19 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
Phone	7 h
TV	1 h
microw wave	3 m
light	12 h
iPad	5 h

Need (essential)

Fridge, microwave, light.

Want (privilege)

Phone, iPad, tv, and vido games

To save energy I will give up using my iPad for the next day because

I don't need it that much. Instead, I will Play outside.

i went without my iPad for 24 hours because it's
some thing i use alot but it was not that hard because i got
to do other thing like go outside, play with my dog. But
some times i got tempted to use it. But over all it was hard
not going on my iPad all Day

Kylah,



Do You Really Need It?

Name

Date

Friday, February 19
2021, day 5

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	3hr
PS5	24/7
computer	2hr
phone	5hr

Need (essential)

fridge, stove, lights,
blanket phone

Want (privilege)

phone, PS5, computer, TV

To save energy I will give up using

TV

for the next day because

I need to
self.

punish my

Instead, I will

~~keep my phone~~

~~stove.~~

~~Use~~

my phone.



It wasn't the hardest thing
in the world, but it ~~was~~ was
pretty hard, without my TV. Because
I would normally watch Netflix and
YouTube when I go to sleep,
and during the day, but I'm
glad I concurred it, but I'm
also glad that now
I know how to go without
my TV. So thank you
and have a good day.

from,





Do You Really Need It?

Name

Date

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
Xbox	I don't know
TV	A few hours
Sister's TV (watching movies with her)	2-3 hours
Phone	Few hours
Lights	Whole day

Need (essential)

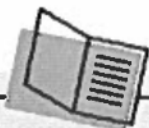
Fridge, Shower, microwave, Phone, ect

Want (privilege)

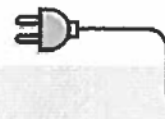
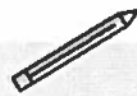
Xbox, TV

To save energy I will give up using Sister's TV for the next day because

I don't have to watch a movie Instead, I will not use it.



Classroom Energy Diet Challenge



Energydiet.ca

Aiden

It was fine, I did not care that I
could not watch a movie with my sister.

I did not use it the entire weekend.



Do You Really Need It?

Name

Date

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
tablet	10 min
laptop	30 min
computer	1 hour
games	20 min

Need (essential)

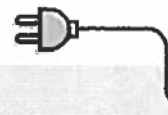
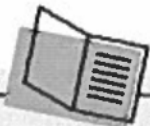
food, water, phone

Want (privilege)

Video games, tablet, iPad

To save energy I will give up using laptop for the next day because

I use it too much. Instead, I will play with my sisters.



It was kind of hard. I use my laptop a lot because
I use it for school sometimes and I watch videos a lot.
The hardest part was that my sisters were using
it a lot. Thing I used was my phone



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Date _____

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
RUNNING	PROBABLY 10 MINUTES
PLAYING	5 MINUTES
JUMP	2 TO 1 REPEAT
GYM AT SCHOOL	8 TO 10 MINUTES
WALKING	A LOT

Need (essential)

RUNNING.

Want (privilege)

work.

To save energy I will give up using

~~bars & stools~~

for the next day because

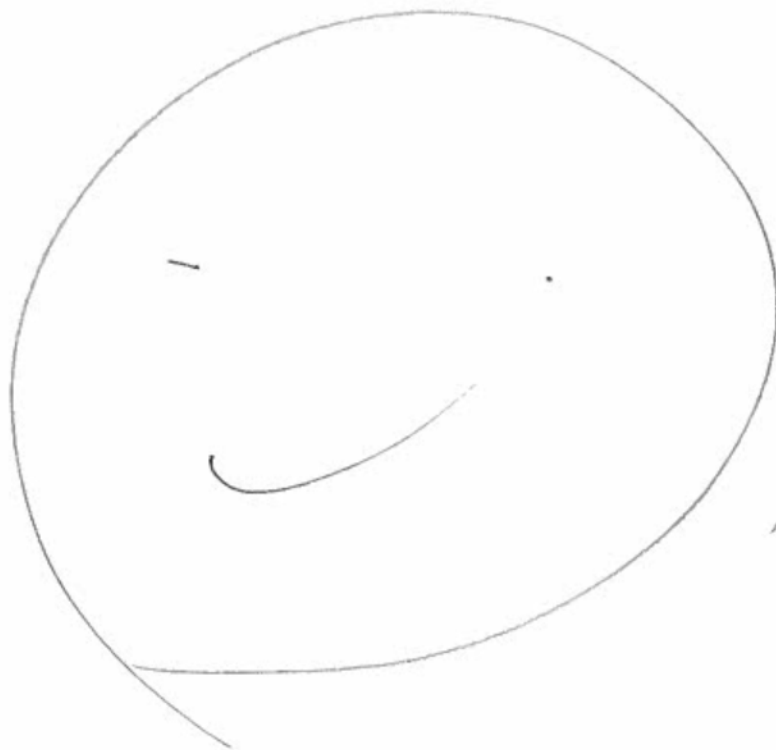
IT TAKES A LOT

. Instead, I will

RUNNING & SQUAT



MYXBOX WHO KIDNAP USERS I HAVE A PC



IT WAS NO I REPLYED TO

MY EX PER FENCE WITH SAY MYXBOX
WAS FINE BECAUSE I WAS PLAYING
OTHER THINGS I PERSONALLY USE IT FOR
VIDEOS AND MY SM PAN MINER
AND MY ~~SM~~ ^{SOMEONE} ~~SM~~ ^{USERS} ~~SM~~ ^{SOMEONE} ~~SM~~ ^{SOMEONE}



Do You Really Need It?

Name

Date

Friday, 19 2020

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
Computer	3h (week days)
Phone	30m - 2h
Tv	20m - 1h
Microwave	35 sec

Need (essential)

fridge, phone, light, water.

Want (privilege)

phone, computer,

To save energy I will give up using my phone for the next day because

I sometimes use sometimes don't alot. Instead, I will go on my computer.

Do we Really need it Sheet

When I didn't have ^{my} phone i felt bored and I Really wanted to go on!

Although when I told my mom She said that we could build a snowman and we did, he is melting slowly. When I didn't have my phone I went on my computer instead. I have my phone because sometimes i use it a lot.



Do You Really Need It?

Name

Date

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
my moms phone	30m
Parents t.v	50m
Brothers Playstation	1h
led light	15m

Need (essential)

food, water, Shelter,

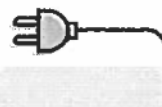
Want (privilege)

light, my car

To save energy I will give up using my sibling and parents stuff for the next day because they always get mad at me.
Instead, I will play board games.



Classroom Energy Diet Challenge



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On the day the exchange started
on Saturday I didn't use
my Brother's PS4 and tv.
I played Board games and
went skating, and went
walking to. I
chose my Brother's playstation
because my playstation
is broken.



Do You Really Need It?

Name

Date Friday Feb 19 2021
Day 5

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
Phone	Almost all day
toster	1 min
micoave	3 mins
TV	All day day
XBOX	All day day

Need (essential)

frige light stove Shower
Phone

Want (privilege)

Phone xbox tv computer
ipad

To save energy I will give up using TV for the next day because it needs a lot of energy. Instead, I will not use it ^{put out side}.

I did my TV and it was really
hard Because my xBot hook's up
to my TV and So it was really
hard because i couldn't Play
Video game's watch netflix or
Youtube So that's why. And When
ever i would walk in my Sister's
room she would be on the TV
or when he'd walk in my Brothers
room he'd be on it to Same
with my Parents So ya it
was tofe put i got through
it luckly So im happy
and plus i still had my
Phone and was able to go
outside So it kinda ok
i guess...!!-!!



Do You Really Need It?

Name

Date

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
Playstation 4	The whole day.
PC	3 hours
Mobile	1 hour
TV	1 hours
Microwave	1 minute

Need (essential)

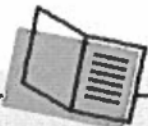
Fridge, microwave, shower, toilet, stove.

Want (privilege)

playstation, phone, LED lights, TV, computer

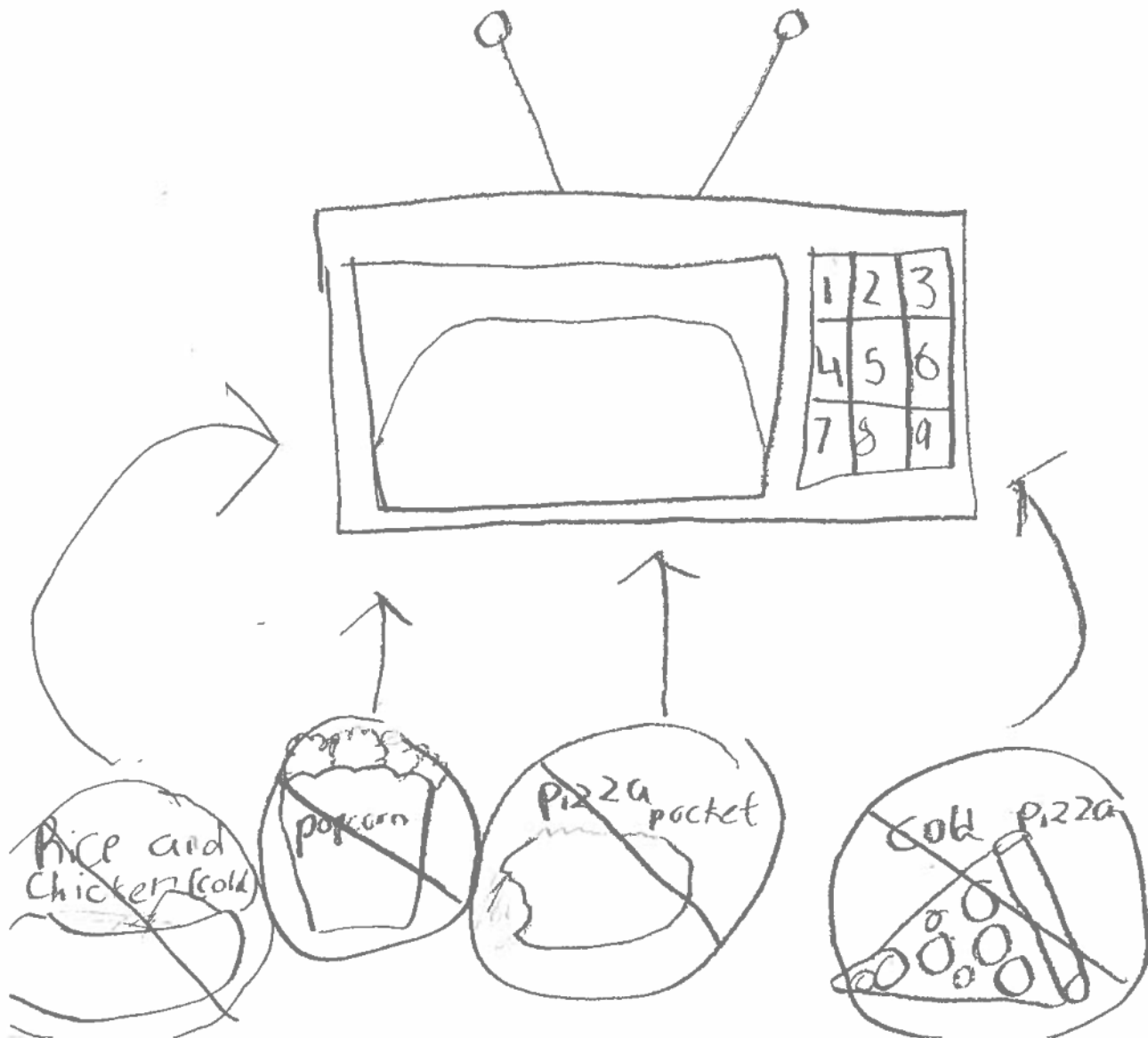
To save energy I will give up using Microwave for the next day because

I don't like very hot food. Instead, I will NOT use it for 24 hrs



I did not use a microwave and I couldn't use it to warm up pizza pockets. I also could not warm up my leftover food, instead I used a pan to warm my food up. I could not warm up my popcorn 😞. 24 hours without a microwave was stressful, 🤪 🚫

24 hours





Do You Really Need It?

Name

Date

2021/2/19

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
computer	24 hours
phone	1 min
light	24 hours
oven	1 min
T.V.	2 mins

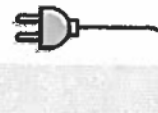
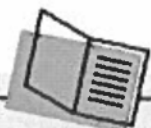
Need (essential)

light, oven, computer

Want (privilege)

T.V., game boy

To save energy I will give up using mikrowave for the next day because
I don't use it that much. Instead, I will play on my computer.



I + was actually fun I did not use the

microwave for 24 hours because I didn't
use it that much so instead it play on
my computer.