

# One Hour, No Power!

**Ideas:** drawing, reading a book, play with toys, natural light (sunlight), sleep/nap, play in the snow, going for a walk, play with siblings, eat a snack, drama, exercises

**Remember:** No lights, no batteries, no electricity, no candles, no unplugging the fridge, no cooking, no laundry, no screens

Date	Time Without Power	What did I do with NO Power?
Feb 4th	40 minutes	Eat lunch, read a book and make milkshakes.
Feb 5th	40 minutes	Eat a quick snack, walk, and play.
Feb 6th	1 hour	Play with my toys.
Feb 7	55 minutes	Play with legos.
Feb 8	40 minutes	Walk around.
Feb 9	40 minutes	Eat a quick snack.
Feb 10	40 minutes	Eat a quick snack and walk around.
Feb 11	40 minutes	Play with my toys.
Feb 12	1 hour	Play with my toys.
Feb 13	1 hour	Play with my toys.
Feb 14	1 hour	Play with my toys.
Feb 15	1 hour	Eat a quick snack and play with my toys.
Feb 16	1 hour	Eat a snake, play with my toys.
Feb 17	40 minutes	Eat a quick snack, play with my toys.
Feb18	40 minutes	Play with my toys, walk around.
Feb 19	35 minutes	Play with my toys.
Feb 20	1 hour	Play with my toys, walk around and eat a quick snack.
Feb 21	1 hour	Eat a quick snack, and walk around.
Feb 22	1 hour TOTAL=950 minutes 15.8 hours	Play with my toys and eat a quick snack.