

## **Details of this challenge.**

I will be doing this challenge on Monday March 15. The device I have chosen is my phone. I will see how long I will last without my phone for an entire school day. This will last for 7 hours. And since my iPad also has the same functions as my phone, I will also not use my iPad as well. Since if it were only my phone, I could still use my iPad.

### **Hour 1**

Daylights saving time happened. And I woke up at 7:00 as usual. It was like waking up at 6 am. Usually, I would be watching YouTube on my iPad/phone. But not today. I had almost forgotten about this challenge beforehand. With no YouTube, I decided to read a book. It got boring since I did not find interest in the book I was reading, so I just sat down and did nothing. It was 8 o'clock.

### **Hour 2**

It was 8 a.m. And this is the time I usually eat breakfast. Because I don't know how to cook, I had found some instant noodles, so that's what I ate for breakfast. After eating my breakfast, it was around 8:30 because I took my time to enjoy my meal. Classes on Monday start at 9:00, and my computer is on. So I decided to log onto my computer. And after doing my work I forgot to do over the weekend, it was around 8:59, and the class was going to begin.

### **Hour 3**

Class has begun, and I joined the meet as always. The beginning announcements and the lesson start out as usual. We soon did Math and moved to French. I did not need to use my iPad or Phone during this time. My parents went out for a doctor's appointment during this time, so I was home alone. By the time it hit recess, I had already completed my work.

### **Hour 4**

It was time for recess. Usually I would watch YouTube. You'd expect me to go outside but I have taken advantage of online school. However, I could not watch YouTube. Because I can't use my iPad or phone. This was a huge bummer for me, since I could not have entertainment that I would usually have. So, being home alone, I sat down and did nothing again, while watching the time.

### **Hour 5**

It was 11 o'clock. And it was the end of recess. The class was going to begin soon. Class started and ended the way it usually does. Mrs. Joshi went into a breakout room with a group and came back an hour later. In that hour, we read and worked. Many other students in the meet talked about assignments and stuff when Mrs. Joshi was gone. When Mrs. Joshi was back, we did our one-year reflection.

### **Hour 6**

It was 12 o'clock, and class was not over yet. My parents had just come back from the doctor. Class ended at 12:35, and I ate lunch. After eating lunch, instead of going outside, I would usually watch YouTube on my iPad/phone. But, this challenge has prevented me from doing so.

So instead, I hopped on my computer and did some work.

### **Hour 7**

It was 1 o'clock, and it was halfway through recess. After doing pretty much nothing other than work, it was 1:35. Class started again. Mrs. Joshi announced that we were doing a fitness video in about 40 to 30 minutes. After a work period it was time for the workout.

### **Hour 8**

The workout had begun. Being completely unprepared for this, it was very hard. After the fitness training, I was sweating a lot. And the time was 2:55, since this was a 40 minute workout. I logged my Phys Ed log and log out of the meeting. Class has ended, and the challenge is over.

### **Reflection and opinion.**

This challenge didn't really have that big of a difference for me. I think it's because I don't use my phone or Ipad to work or do important things. This challenge would be different if I couldn't use my computer since I have way more uses for my computer like work and etc.

This challenge would have a big impact on people who really need Technology to do work.

Since then they wouldn't be able to do work on work periods in class which is a huge waste of time.