



One Hour
No Power

What is One Hour No Power??



One hour no power is a challenge that our class is participating in. The goal is to help reduce the amount of unnecessary electricity used. Challenge your family to go as long as they can with only the bare minimum of electricity.

What is The Point?

Climate

The climate of our planet is one of the most important parts of the world, it affects us constantly in everyday life. Due to carbon emissions and other unhealthy gases in the atmosphere, the Earth is warming up. Soon we will run out of basic resources and it's almost too late to stop climate change.



One Hour No Power

One hour no power is an easy and simple way we can all help slow down climate change. By reducing the amount of electricity you consume you will be lowering your carbon footprint. The less carbon you produce the faster we can help save our planet.

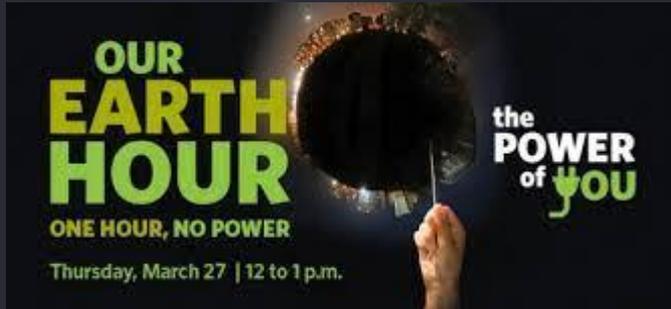
How Can You Help?



You can help by doing basic things such as walking to work or school instead of driving, turning the lights off when you leave a room, or even do bigger things like volunteer in one hour no power. If you feel like that is not enough you can take on one of your own projects similar to one hour no power on

<https://energydiet.canadiangeographic.ca/challenges/>

How Long Will it Take?



Well that is all up to you. The goal is for our class to achieve 15 hours but we want to smash that goal!. There is no limit, go as long as you can! But if you can't go a full hour, that's okay too. Record however long you went with no power because all the hours add up!

Earth hour is a great opportunity to do this. On Thursday March 27 we challenge everyone to go a full hour (12PM-1PM) using no power.

What Counts as an Hour Without Power?



One hour no power does not mean directly you will have no power, but rather to minimize the amount of power you consume. Try going for a walk outside or playing a board game with the lights off. Obviously you cannot turn off essentials such as your stove or fridge, just try to not use any excess power! You can submit your hours into the google form your teacher posted in your google classroom

What Are The Rules?

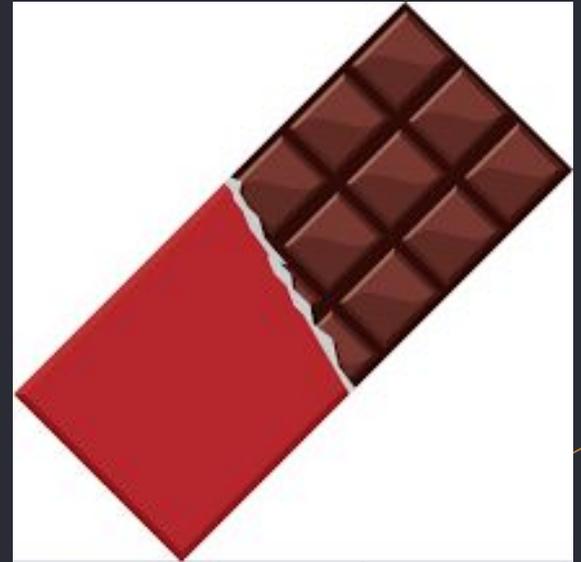


Try to save as much power as you can at home and at school. For every hour that we go as a class without power that contributes to one hour without power, However, at home each hour gone with no power is counted individually. You can submit how many hours you save through the google forms posted in your google classroom. There will be a prize for the person who contributes the most hours so start saving! **SLEEPING DOES NOT COUNT AS HOURS WITHOUT POWER!**

Prizes

The student who goes the most hours with no power will get treated with a \$10 giftcard to McDonalds. The students who have the second and third most hours will each get to choose a chocolate bar of their choice that we will give to them.

**ALL HOURS MUST BE SUBMITTED BY
APRIL 1ST TO BE ELIGIBLE FOR PRIZES**





START SAVING!