

Timestamp	What is your name?	What did you do instead?	Did you find it difficult? Why?	Did this experience change anything?	Any additional thoughts?
4/19/2021 11:05:13		Reading and sleeping.	It was very difficult because	Absolutely. I now know that	Nope.
4/19/2021 11:12:42		I read for most of my free	I found it a little tricky, but	No, but it gave me a bit more perspective.	I already knew that I didn't need to use my phone, but it was eye-opening to see how much I use it to fill time.
4/19/2021 11:16:57		Homework and reading	No, because I don't use t	c not really because it didn't really affect what I was doing	
4/19/2021 11:19:10		I drew and read some bo	It was difficult because no	I don't need to watch tv or	Don't think so.
4/19/2021 11:19:41		I mainly read books and n	I didn't find it difficult beca	This experience didn't change much as I already "knew" that media streaming / online stuff is not a need, but just something you want.	
4/19/2021 11:23:49		I mostly spent my time on Our Nighttime Ritual of Fc	No. I was already aware that streaming media and having access to videos/tv shows/movies, as well as many other devices/utilities/objects that my family uses is a privilege and a want, rather than an absolute. I've been incredibly aware (throughout the past years) of what the needs of a human being are (which, compared to everything we have here in Canada, doesn't seem like a lot), so I'm also aware that we take m	In reality, our basic survival needs (classified as 'phycological needs' according to Abraham Maslow's hierarchy of human needs) can be boiled down to food, clean water, shelter, air, and sunlight, so everything €	
4/19/2021 11:29:45		I drew and wrote, although	I found it SO difficult- I nor	I don't really think so...? I mean, I know that I don't absolutely "need" videos, but it definitely helps me concentrate on whatever I'm doing, so it's a definite strong want.	
4/19/2021 11:31:08		art, piano, work out in my	Yesss, because even tho	c not really	
4/19/2021 11:51:48		Went outside to skateboa	No not at all because the	It really made me realize	I Nope. Thanks and GL!
4/19/2021 12:07:11		read books, played a gam	Yes because I like using e	Yes it did. Now I know tha	It was hard.
4/19/2021 12:10:24		Sketch concept art for Bo	Not watching youtube or t	It did, and really showed t	nope, that's it.
4/19/2021 12:17:53		Reading	Not really, since I had fun	Yes	
4/19/2021 12:18:04		Calculus	Not really, I don't really w	c Absolutely. I didn't think th	Not at the moment
4/19/2021 12:19:34		I read books, played pian	Not particularly. While I w	i In an abstract sense. I've always known that things like television are completely unneeded, but this solidified it in my mind.	
4/19/2021 12:19:44		I read "The Code Book" fc	I did not find it difficult, prc	No	
4/19/2021 12:21:46		I played chess with my sis	No, I don't really use dev	i No, I know what is a want and what is a need.	
4/19/2021 12:23:32		I read	not really	sort of, i noticed I dont really need media streaming	
4/19/2021 12:24:31		Campfire & board games	Not really, it was actually	I Uh, not rly sure...	Non...
4/19/2021 12:24:48		Played outside, crafts	I did because it means I w	no, not really.	It seems like something that wouldn't benefit the environment much, and there are other things to do that would be easier and of less detriment.
4/19/2021 12:24:57		Played a couple of card g	I did because it's usually r	yes it did because watchir	nope
4/19/2021 12:41:19		Dishes, reading	It was a bit difficult becaus	Not really	I could imagine doing this for a week at some point to see how it feels. When I was in university, I didn't have TV one year and that was an interesting experience!