**A Day Without Technology Extra Credit-25 points**

Choose one day (8 hours), Saturday or Sunday to live without technology. Keep an hourly journal on what you are doing throughout the day. Write a 1 page reflection on your experience of A Day Without Technology. Your parents **MUST** sign your assignment to verify your completion of the assignment.

You can only use the following electronics:

* Microwave
* Refrigerator
* Lamps

The following electronics are **prohibited**:

* Cellphone
* Telephone
* Computer/laptop
* Television
* Ipad
* Tablet
* Ipod
* Radio

Journal Example:

8:00-9:00am-I woke up and ate breakfast. I made a bowl of cereal because I could not use the stove

9:00-11:00am- I worked on my homework

11:00am-2:00pm-I played with my little sister outside in the yard

**Due:** Monday, December 16, 2013