



Presented by



One Hour No Power

Discover how many hours your class can go without using any power.



Learning outcomes

By the end of this activity, students:

- ✓ will understand why reducing energy consumption is important
- ✓ will be able to explain why and how they reduced their energy use

There is only **ONE** option for this challenge.

Please complete the activity to determine how many hours your class can go without using any power and reflect on how easy or difficult it was.

Important

Please respect all school and governmental guidelines and restrictions surrounding COVID-19. Review the 2022 CEDC COVID-19 policy [here](#). This challenge does NOT require students to participate in an in-person setting.





One Hour No Power

Activity: One hour no power

As a class, students will determine how many hours they can go without using any power and reflect on how easy or difficult it was.

Materials

As required to continue workflow without electricity.

Proof to be submitted

Final number of “hours of no power” tallied in the online form (a minimum of 15 hours), a copy of your One Hour No Power tracking sheet (attached).

Activity

Introduce the idea of One Hour No Power to your class. Hold a discussion about what this hour means and how you can integrate it into your class. Decide how many hours your class would like to go without power and make a class schedule. For example, time might be spent as a work period without computers and overhead lights, as a gym block spent outside instead of inside under lights, or as a silent reading period using natural instead of artificial light. For students tracking their individual power savings at home, an hour spent without power at home counts as one hour without power. For students in classrooms, an hour spent without power as a class counts as one hour without power. Using the One Hour No Power tracking sheet (attached), keep track of your total hours without power, and what you did with your class or what students did at home.

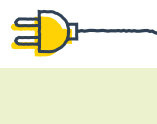
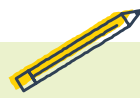
Please note: Some class periods may be shorter or longer than one hour. If your class period does not run for a full hour, keep track of the length of time you went without power using the handout provided and add your time up.

Each classroom must go 15 hours without power to receive credit. Keep track of how many hours you go without power throughout the entire Classroom Energy Diet Challenge by using the worksheet provided. Submit your total hours before the Challenge closes (noon EST, April 22, 2022) and check the website homepage to see how many combined hours classrooms across Canada have gone without power.



Teacher tip

If your classroom does not have windows, arrange for a library period or make arrangements to go to a place where students can work using natural sunlight for one hour.





One Hour No Power

Name _____

Tracking Sheet

Date _____

Keep track of how many hours you can go without power. You need a minimum of 15 hours. You must submit the hours online to receive credit for this challenge. Good luck!

Date	Time without power	What did you do?

Total hours of no power: _____





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Example from previous years of how this challenge can be completed:

The Eco Panthers spent over 15 hours doing power-free activities, like reading with the lights off and building plasticine models!



Classroom Energy Diet Challenge



Energydiet.ca