THE PAUSE PROJECT

Alright, are you ready to take the plunge? To unplug from technology for a period of time? To pause? For this project, you are going to unplug from all electronic technology for a period of 4 hours. No phones, computers, TVs, tablets, kindles, etc. If it requires batteries or electricity, you can’t use it.

During this time, you can do many things. Visit with friends. Read a book. Go to a park. Meditate. Find Scripture passages that refer to rest. Write a story. Write a song. Learn to play the guitar. Play chess. Play tag. Bake a cake. Eat a cake. Well, maybe just a piece of cake. 😊 The possibilities are endless. However, don’t sleep; that defeats the purpose of this project.

As you find things to do that don’t require electronic technology, keep a journal. How do you feel? Is this hard? What is the hardest about this? How are you spending your time?

To earn extra credit, you will need to submit this journal by 4/16. Pick a time that you know you can walk away from technology for four hours. This time cannot be spent sleeping, so choose wisely. Think about your homework & work schedule too. Will you need technology? If so, make sure you schedule your Pause Project without hindering your homework & work.

Mistakes happen. So do emergencies. If something comes up, use your best judgment. And write it down in your journal. But, most of all, be honest. If this is easy for you, say so. If it’s not, say that. I’m not going to grade you on whether or not you successfully walk away from all technology without a second glance. I just want to see that you work hard and give it your best. After all, four hours isn’t that long. Right?

The Pause Project Journal:
1. When did you do the Pause Project? (Date and Time)
2. Now that it’s over, how do you feel?
3. What was the hardest part about completing the Pause Project?
4. What was the easiest part?
5. How did you spend your time during the Pause Project?
6. Did you relapse and use electronic technology for any reason during the Pause Project?
7. What have you learned about yourself during this time?
8. If you had the opportunity to participate in a longer Pause Project, would you? Why or why not?
9. What effect do you think that modern technology has on relationships?
10. What effect do you think modern technology has on your life?
11. How would you define rest?
12. In an average week, how often do you rest? What do you typically do to rest?
13. If you had to rank your top priorities, how high would you rank rest?
14. Have you ever considered scheduling specific periods of rest in your weekly schedule?
15. Has the Pause Project helped you reconsider how you use electronic technology?
16. Will you make any changes in your daily life based on what you have learned during the Pause Project?

If you have any questions about the Pause Project, please let Ms. Tudor know. Have fun!