**A-24 Hour Tech-free Day**

Hi there,

Today I’m going to talk about my tech-free day experiences. Actually I was about to start at 11 pm but I was in a zoom meeting till 2 am. That’s why I had to start my day on 26 December at 2 am. I woke up at 9 am. It was a Sunday morning and my first challenge was not going to the living room. Cause my mom and my brother were watching magazine shows. So I went to the kitchen and helped my dad with preparing the breakfast. I don’t like magazine shows, that’s why the first challenge was easy for me. After the breakfast I went to my room. I studied my lessons, did my homework and played games with my kitten till afternoon. In the afternoon I took a shower and read my book. It’s called Kuyucaklı Yusuf. Then we had our dinner. (like 5 or 6 pm.) After dinner I draw some pictures and wrote my diary. I have a diary because I want to remember every single detail when I grew up and this day was also something I would like to remember. Then I brushed my teeth and went to my bed. It wasn’t so easy. Doing everything without technology and getting any notifications. I did it just one day but I know I can’t live my life in this way. However I realized something. There was nothing to distract me while I was drawing, reading or studying. I realized I can focus on something a lot more easily when I turn off my digital devices. Because I know I’m not going to get any notifications. Interestingly I felt like I received a message or notifications when I was reading. Actually, I wasn’t distracted by anything during this challenge. But I really don’t know why I felt that way. I think I’m in the habit of checking my phone even if there is nothing to be sent. The main point is turning your devices off can be useful sometime, at least, to be able to experience the hidden things in your life.

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