1st Grade Observations on Daylight Saving Time

Facts about Daylight Saving Time (DST)

Each year, we have Daylight Saving Time (DST) starting on the second Sunday in March and ending in the first Sunday in November. To make DST happen, we set our clock forward one hour in Spring and then backward one hour in Fall. When the time just changed in Spring, I always feel hard to get up early in the morning but I enjoy the extra hour that I can play outside in the afternoon. I want to know whether my classmates like DST and how time changes impact their life.

Do you like the DST?

<table>
<thead>
<tr>
<th>Class</th>
<th>16</th>
<th>2</th>
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<tbody>
<tr>
<td>Class 2</td>
<td>15</td>
<td>2</td>
</tr>
<tr>
<td>Class 3</td>
<td>13</td>
<td>3</td>
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</tbody>
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Most of my Grade 1 classmates like DST.

Among the students who like the DST, we ask their favors “Spring forward” time changes versus “Fall back” time changes.

Class 1: 16

Spring Forward: 12

Class 2: 15

Spring Forward: 13

Class 3: 13

Spring Forward: 11

Definitely more students like time changes in Spring.

When time changes in Spring, we ask whether they have more time to play outside after school.

Class 1: 16

Spring Forward: 12

Yes

Class 2: 15

Spring Forward: 13

Yes

Class 3: 13

Spring Forward: 11

Yes

In the world, there are 71 countries use DST in 2024. That is about 75% of countries in the world.

Most my classmates like DST and favor spring time changes. For “spring forward”, they have more time to play outside after school. The “Yes” percentage in “Red” pie chart are close to the “Spring” percentage in “Green and Orange” pie chart. I think “can play outside more” could be one of the reasons that they like ‘spring forward’.

When the time changes in either spring and fall, it helps reduce the number of students who are tardy in the week following the changes. This surprises me! Also, most of my classmates think the time changes do affect their sleep in the night.