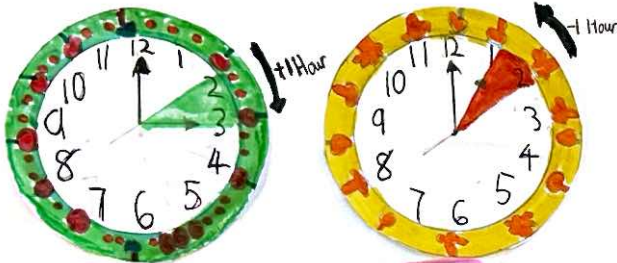


1st Grade Observations on Daylight Saving Time

Facts about Daylight Saving Time (DST)



SPRING
forward

Fall
Back



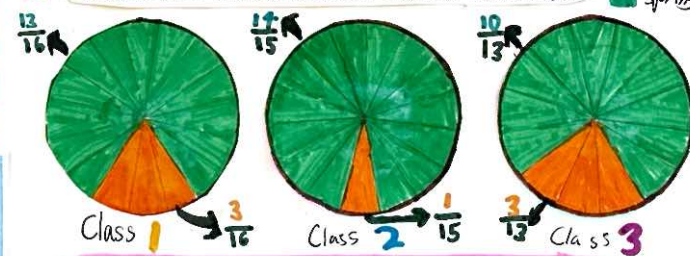
Each year, we have Daylight Saving Time (DST) starting on the second Sunday in March and ending in the first Sunday in November. To make DST happen, we set our clock forward one hour in Spring and then backward one hour in Fall. When the time just changed in Spring, I always feel hard to get up early 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? ☒ Yes ☐ No

Class 1	16	2
Class 2	15	2
Class 3	13	3

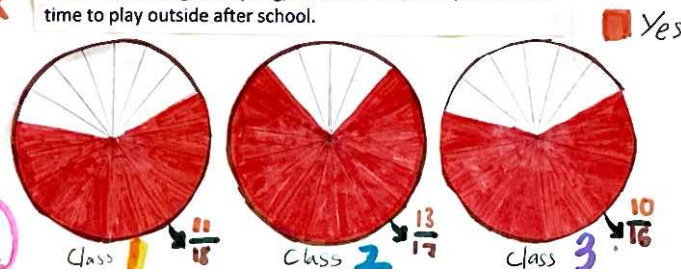
Most of my Grade 1 classmates like DST.

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

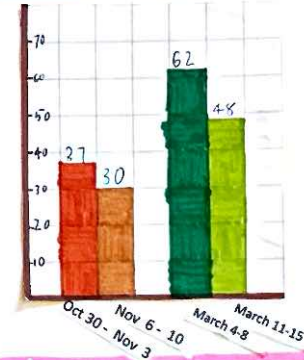


Definitely more students like time changes in Spring.

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

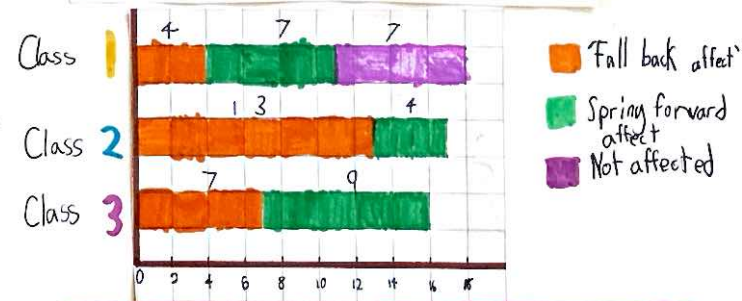


★ In my school, we count the number of students who are tardy in the morning for the week before and after the time changes.



It surprises me that more students are tardy before the week we have time changes (either in fall or in spring).

★ I ask my classmates, "Will 'spring forward' time changes make you hard to sleep in the night? How about 'fall back' time changes?"



Class 1 and 3 have more students feel hard to sleep in the night for the spring time changes. But Class 2 are opposite.

★ Conclusion ★

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.

Only 2 out of 50 states not use DST. It is to say, 96% states use DST.



In the world, there are 71 countries use DST in 2024. That is about 1/3 of countries in the world.