

### **Walden Extra Credit Project**

**Directions** – Thoreau lived at Walden Pond for two years. He claimed he went there to “live deliberately.” Essentially, he was escaping the complications of modern society. You are going to “escape” by **giving up a part of modern life (a convenience) that adds stress to your life for at least two days**. This can’t be food, drinks, or your daily schooling.

- 1) You are to keep a **journal** that records your thoughts throughout the “escape.” There should be at least **10 entries that are a minimum of five sentences each**. The entries should detail the effects of your sacrifice, as well as your thoughts regarding the self-imposed simplification of your life ☺ (*This portion may be hand written.*)
- 2) You are to write a **two-page reflection** that describes your experiment. You should explain why you selected the “complication” you gave up, the emotions you experienced in the midst of the experiment, and lessons learned. You should finish the reflection with a message for your audience regarding modern life. (*This portion should be typed and printed out or emailed to me by the deadline.*)

~**Page 1 of the Reflection** – Share the notes you recorded during your experiment – What insight did you gain? Was the experiment hard or easy? Why?

~**Page 2 of the Reflection**– What did you realize about yourself during this experiment? Will this have an impact on your actions in the future? What do you think Thoreau would have to say about your experiment? How would you relate this to the ideas of the Transcendentalists?

**Journals and reflection are due to the in-basket at the beginning of class on Monday, October 1, 2018. NO EXCEPTIONS. If you will be out on Monday, email this to me. You will receive a response from me if I receive it. Don’t assume I have received it.**

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