



Brainstorm Session:
Mindful Driving

Agenda

Introduction & Instructions
Brainstorm
Review



Distracted Driving

In 2020 –

- 8% of fatal car accidents are due to distracted driving
- Engaging in visual-manual subtasks, such as reaching for a phone, dialing or texting, increases the risk of getting into a crash by three times
- The average time your eyes are off the road while texting is five seconds. When traveling at 55 mph, that's enough time to cover the length of a football field blindfolded

Mindful Driving Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silence your cell phone before turning on your car <u>engine</u>					Clean your windshield and side mirrors before leaving home this morning	
	Find the speed limit on every street you drive on <u>today</u>					
				Come to a complete stop at a stop sign with no other cars or people around		
		Drive with both hands on the wheel <u>at all times</u> today (except to manually shift)				Turn off your radio, roll down the window, and listen to the world

Brainstorming Session

Part 1 - Brainstorm tasks a driver can do while driving to increase their mindfulness

- Focus on typical school commute driving
- Bonus for challenges that don't require preparation

Part 2 - Brainstorm ways to popularize the challenges



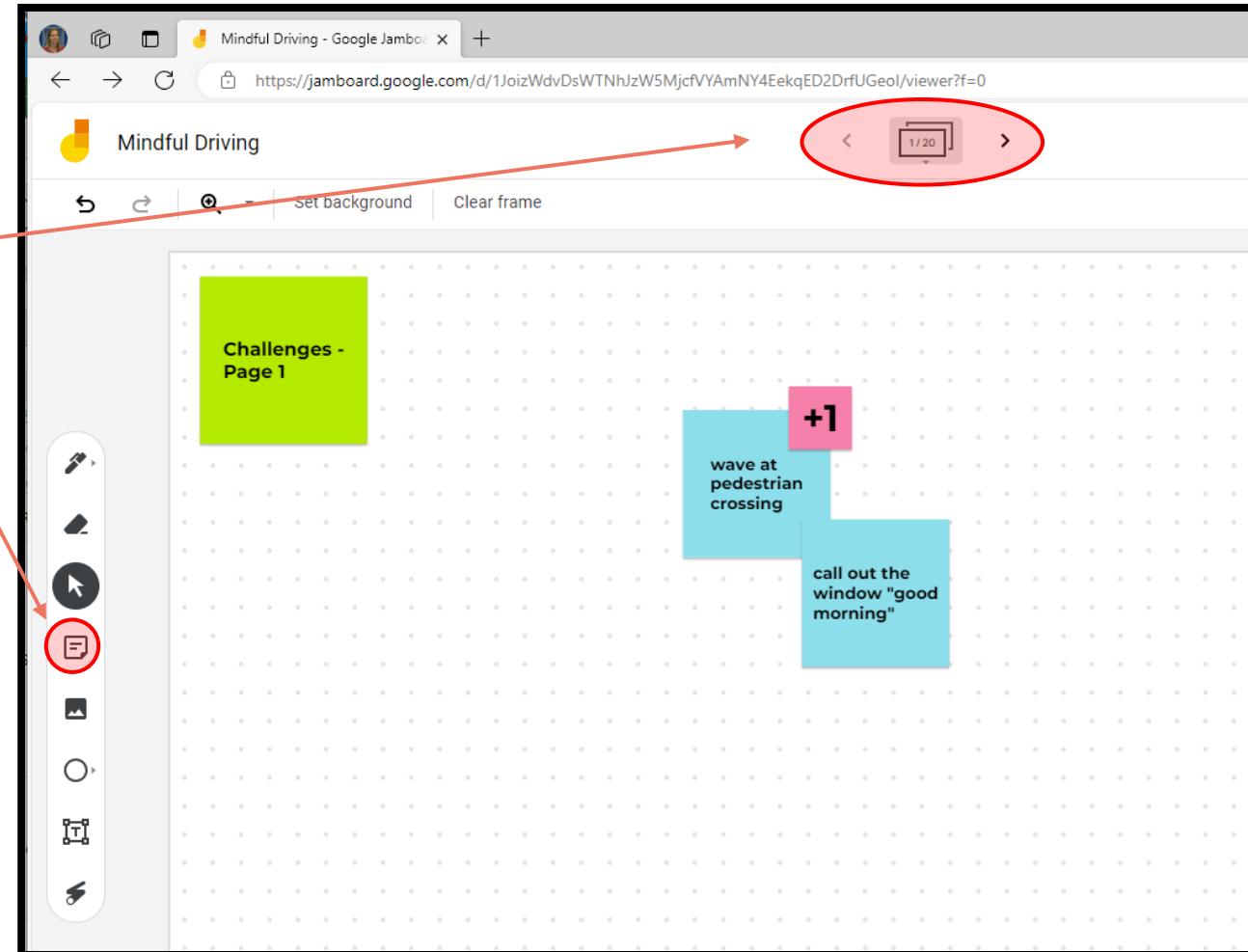


Online - Count Off

In Person – Get sticky notes & pen

Jamboard Instructions -

- Click on the link in chat
 - <https://jamboard.google.com/d/1JoizWdvDsWTNhJzW5MjcfVYAmNY4EekqED2DrfUGeol/edit?usp=sharing>
- Page through to find your number (see red oval)
- Sticky note icon is on the left - instructions (see red circle)
- Add challenge ideas, using a new sticky note for each
- Go to the page 8 to add suggestions on the format of the challenge
- If you're done early, page through and add to others
 - Improv rules - never say "no", build on what's there
 - There are no bad ideas, the more outrageous the better!





Set background

Clear frame

Challenges -
Page 1

+1

wave at
pedestrian
crossing

call out the
window "good
morning"

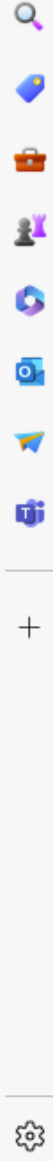


Challenges - Page 1

Sticky note

type [here](#) ...

Cancel Save





Idea Review



Thank You!